# NEWSLETTER

### FRIDAY 13TH OCTOBER 2023



TEL: 01274 639049 WWW.SWAINHOUSE.CO.UK

**ASPIRE** 

**BELIEVE** 

PERSEVERE

### ACHIEVE

### **Y6 FRSIBEE!**

This week, some of our Year 6 children competed in a Frisbee tournament. Well done to all of those who were involved.







### **READING PLANET REVIEWS!**

Following the successful introduction of our Key Stage 2 reading scheme, we would like to use our weekly newsletter to help promote and share some of your children's favourite stories that they have read. Each week, we will be sharing book reviews that have been written by your children. Hopefully these reviews will inspire our children to read one of the books when they choose their next one.

#### What your pet is really thinking?

I really loved reading about all the facts in this non-fiction book I found out that cats have been living with humans for 9,000 years and dogs even longer! 16,000 years! Did you know that dogs often lick their lips when they are hungry. I think you should read this book, you will really enjoy it!





#### Game Changers, Super Scientists.

This book is all about scientists who like to question absolutely everything. I would recommend this book for people who like to find out lots of interesting facts about a variety of things. I really like this book because I like to learn about people who explain how everything works. (You need to be on SuperNova to read this book)

Olivia, Year 5

### **SHARING YOUR NEWS!**

This week, we would like to say a huge well done to some of our Year 6 girls for their amazing achievements in dancing. Well done to Abby, Millie, Libby, Ella-Rose and Evie for their achievements at the golden awards.

If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!











## **SCHOOL DINNERS**

As of 30th October 2023 school dinners will be £2.20.

CLICK THE ICON TO SEE REGULAR UPDATES ON OUR FACEBOOK PAGE!

### WEEKLY UPDATES

### ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending 13/10/23.

#### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	97.3%	0
Willow	96.7%	3
Kandinsky	85.6%	2
Matisse	89.3%	3
Lowry	90.0%	2
Van Gogh	97.1%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	95.0%	0
Roald Dahl	94.7%	3
JK Rowling	88.1%	2
J Wilson	97.2%	3
Elgar	98.3%	2
Mozart	95.3%	5
Beethoven	95.3%	1
Vivaldi	96.1%	2

Congratulations to Elm Class, Willow Class, Van Gogh Class, Jacqueline Wilson Class, Elgar Class and Vivaldi Class for having the best attendance this week.

Well done to Elm Class and Anne Fine Class for having no lates this week!

Our whole school attendance this week:

93.9%

### COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - Upsetting Content		
LETTERS:	09.10.23 - Year 5 Ingleborough Hall Residential Packs 10.10.23 - Year 5 Gurdwara Visit 12.10.23 - Vivaldi Class Assembly		
MESSAGES VIA PARENTAPPS:	13.10.23 - Year 5 Homework		

### MENU 16/10/23



### REMINDERS

## BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

## AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.00 each per day.

If you would like to book your child into After School Club, please use ParentPay.

If you would like to book your child into Breakfast Club, please use ParentPay.

### EXTRA CLUB

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

### **DIARY DATES**

#### DAY DATE **EVENT** TIME Thursday 19.10.2023 Year 2 Visit to Peel Park During school hours Thursday 19.10.2023 5.30pm-7.00pm Halloween Disco 19.10.2023 Thursday School closes for half term Monday 30.10.2023 **School reopens** 02.11.2023 Thursday During school hours Year 6 Gurdwara Visit Wednesday - Friday 08.11.2024-10.11.2024 N/A Year 5 Ingleborough Hall Residential Thursday 23.11.2023 **During school hours** Year 5 Mosque Visit 24.11.2023 Friday 8.30-10.00am **Coffee Morning** 01.12.2023 Friday 4.00 - 5.30pm **Christmas Fair** 07.12.2023 Thursday All Day **Christmas Jumper Day**

#### ANY NEWLY ADDED ITEMS WILL BE IN BLUE

### COMING UP THIS HALF TERM

## **ASSEMBLY SCHEDULE**

DAY	DATE	TIME	EVENT
Thursday	02/11/23	2.30pm	Y6 Vivaldi Assembly
Thursday	09/11/23	2.30pm	Y4 Diwali Assembly
Thursday	15/11/23	2.30pm	Y5 Ingleborough Assembly
Thursday	23/11/23	2.30pm	Y6 Beethoven Assembly
Thursday	07/12/23	2.30pm	Y4 Hanukkah Assembly

### HALLOWEEN DISCO

Please see information below about our Halloween

Disco.



### **COMMUNITY NEWS**



#### FREE SPECIAL EVENT

DATE: 23-27 October 2023

**LOCATION:** The Broadway, Oastler and Kirkgate shopping centres

### Learn, create and play together this October half term.

We're back on the road this October, bringing our free live shows and family activities to shopping centres across Bradford.

Our activities are part of the <u>Family</u> <u>Learning Festival</u>, with events happening across Bradford District.

#### WHAT'S ON

#### SECRETS OF SPACE

When: 23, 24 and 25 October, 11.00–16.00, drop in

Where: The Broadway shopping centre

How do people visit the moon? What are planets made of? Learn the secrets of space with the National Science and Media Museum and Future Transformation this half term.

#### **HOCUS POCUS**

When: 26 October, shows at 11.00, 12.00, 13.00 and 14.00 Activities 11.00–15.00, drop in Where: Oastler shopping centre

Join us for 30-minute Halloween science shows and spooky family activities.

#### MONSTER MAKE-UP AND SPOOKY SLIME

When: 27 October, 11.00–12.30 and 13.30– 15.30, drop in Where: Kirkgate shopping centre

Have a go at special effects make-up in our workshop and try your hand at finding our spooky toys in oozing oobleck.



### NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about Upsetting Content

### SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

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#### FIND OUT WHAT YOUR CHILD KNOWS (1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much yc child has been impacted by what they've seer

#### **RIGHT TIME, RIGHT PLACE**

provide up on the back of down oper units probably is the best lide when your child charge of the when they're related to be charge of the when they're related to be and open to talking, to make sure you have heir full attention. Remember, these conversations can become emotional, so choose somewhere your child feels sofe and comfortable.

#### **KEEP IT AGE APPROPRIATE**

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

#### **EMPHASISE HOPE**

Upsetting content can make anyone feel angry, scared, sdd or overwhelmed. Try to lind stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

#### MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, conlused or uncomfortoble. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stav mindful of how they might be feeling.

#### CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stree Children develop coping strategies by mirrorit those around them, so staying on top of how y appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

#### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp relps give a voice to bystanders by encouraging them to conclusion of either being the world with world but need.

🧊 @natonlinesafety

#### SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at start of the pandemic, for example). It's virtu impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

#### TAKE THINGS SLOWLY

alf at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

#### **ENCOURAGE QUESTIONS**

Online, troubling images, posts, vider are shared across multiple platforms which your child might access. Even content is actually inappropriate, encourage your child fo discuss wha they as winstead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultim

#### FIND A BALANCE

There's often a tremendous compulsio right up to date with events. Our phone trequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your chickhont's a continy on pole reguent instead of 'doomscrolling' and risking becoming averwhelmed by had news.

#### **BUILD RESILIENCE**

News has never been more accessible. While or instinct may be to shield children from upsettin stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

#### **IDENTIFY HELP**

"s hugely important that children now where to find support if they ncounter upsetting content online. Incourage them to open up to an adult that hey trust, and make sure they're aware of who their trusted adults are. It is essential that hildren understand that they're not alone, and but hele is available if and when they are di that hey is available if and when they are di



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