

NEWSLETTER

FRIDAY 26TH APRIL 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

YEAR 2 VISIT TO ST JAMES' CHURCH

Year 2 enjoyed their visit to St James' church this week. They found out about the features of a church and the different events that happen in church.



COMMUNITY LIBRARY

The community library is proving very popular this week! The children have really enjoyed choosing different books to take home. We would like to say a huge thank you to everyone who has donated books. As this is our school community library younger siblings may choose books to take home too. The books are there for everyone to enjoy!



YEAR 6 POLICE TALK

On Thursday, West Yorkshire Police came into school to visit the Year 6 children. The children learnt about keeping safe online.

They were told about the dangers of social media; ensuring that they only accept friend requests from people they know and that if they receive messages from strangers to report, block them and tell a trusted adult.

The police also shared tips on using their devices safely and ensuring they are getting enough sleep for children their age.

The session was great fun and the children learnt a lot about keeping themselves safe.



RECEPTION PLACES

SEPTEMBER 2024

We are really looking forward to meeting our new Reception starters soon. If your child has been offered a place at Swain House Primary School for September 2024, please return your acceptance slip in person to school or via email by Tuesday 30th April.

Office email - office@swainhouse.bradford.sch.uk

We still have a few places available for September 2024, if you are interested in your child having a Reception place at Swain House Primary School please contact the office 01274 639 049 to come and visit our fantastic school!



MY HAPPY MIND AT HOME!

Leila in Year 2 is enjoying using the myHappyMind app at home. She really enjoys listening to the stories and does 'Happy Breathing' every night to relax, before she goes to sleep. Well done Leila, we are really pleased you are enjoying it so much!

If you have anything related to myHappyMind at home that you would like to share with us please email

myhappymind@swainhouse.bradford.sch.uk



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



SHARING YOUR NEWS!

Maddison in Year 2 has earned an amazing trophy this week in her dance lessons, well done Maddie!



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!

JU:MP @ HOME!

Stuck for something to do? Want to play a game with your children and be active? Try out this week's JU:MP @ home activity - Juggling!



JUGGLING

Keep it off the ground!



HOW TO PLAY LET'S JUGGLE!

- > Put one ball in one hand and another ball in another
- > Throw one ball up in the air, and pass the other ball to the now empty hand
- > Try to catch the ball that's in the air with your spare hand
- > Do the same again
- > How long can you do it before a ball drops on the floor?

SUITABLE FOR: Ages 9-14
TAKES: 20-40 minutes

YOU WILL NEED:

- > 2 small balls - or things that can be used instead of balls, like a pair of rolled up socks

REMEMBER

This is quite tricky! You might want to start by using only one ball, passing and throwing it from one hand to the other. When you get the hang of it, bring in a second ball!

SAFETY...

Make sure the balls you use aren't too big or heavy!

Why not try?

- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

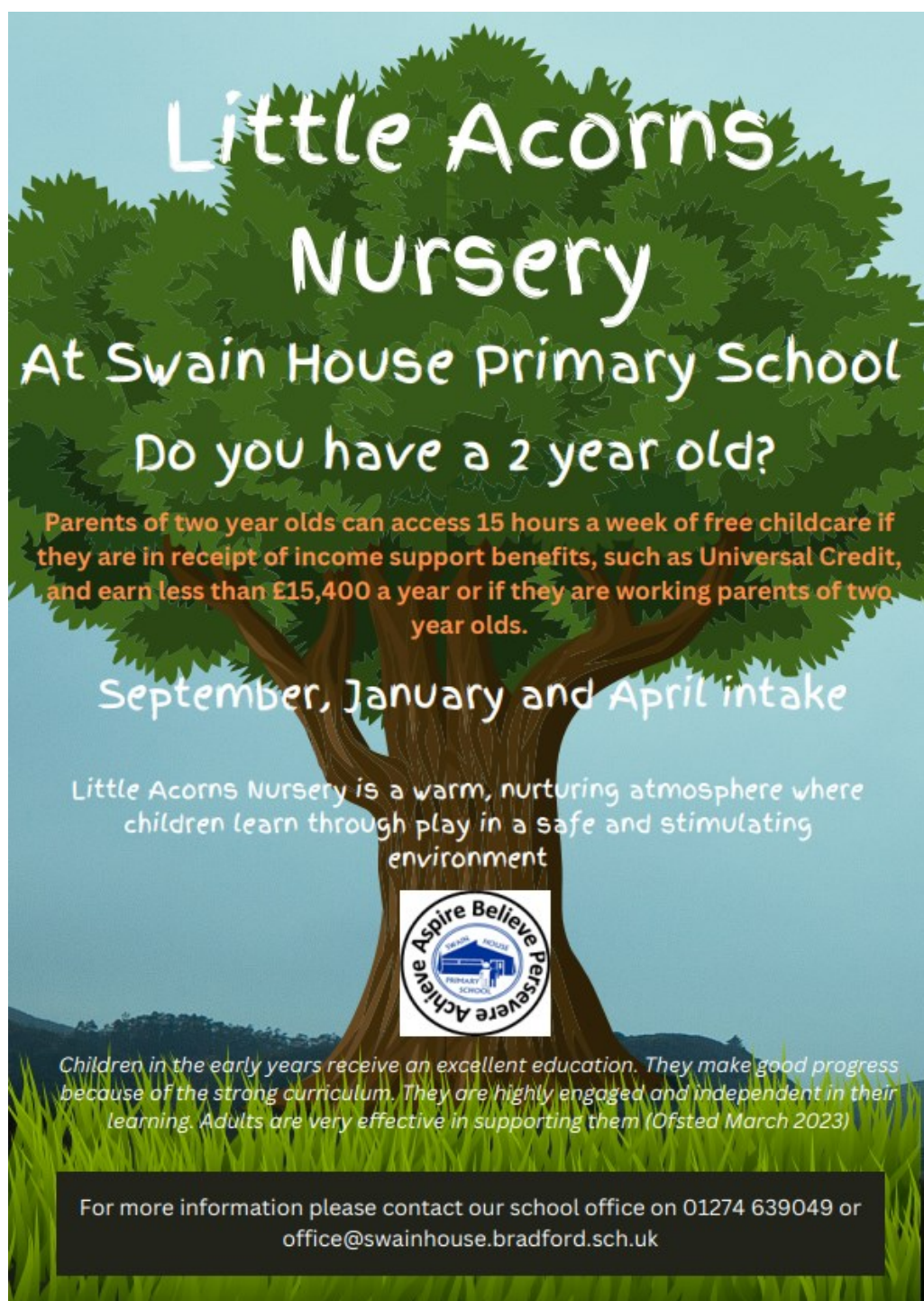


2 YEAR OLD FUNDED PLACES

WORKING FAMILIES 2 YEAR OLDS FUNDED EARLY EDUCATION AND CHILDCARE.

Did you know that working families are now eligible for 15 hours free childcare for 2 year olds?

We have places in our Little Acorns Nursery for 2 year olds. Please click on the link below to access the working families funded hours application form and contact us to book a place for your child. <https://fyi.bradford.gov.uk/information-advice/childcare-free-funding/funded-early-education-and-childcare/>



**Little Acorns
Nursery**


At Swain House Primary School

Do you have a 2 year old?

Parents of two year olds can access 15 hours a week of free childcare if they are in receipt of income support benefits, such as Universal Credit, and earn less than £15,400 a year or if they are working parents of two year olds.

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



Children in the early years receive an excellent education. They make good progress because of the strong curriculum. They are highly engaged and independent in their learning. Adults are very effective in supporting them (Ofsted March 2023)

For more information please contact our school office on 01274 639049 or office@swainhouse.bradford.sch.uk

MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

CLUBS AT SWAIN HOUSE



STREET DANCE
EXTRA CURRICULAR

SWAIN HOUSE PRIMARY SCHOOL
RADCLIFFE AVE,
BRADFORD
BD2 1JL

EVERY TUESDAY
3.00PM-4.00PM

**FUN | ENERGETIC
CREATIVE SPACE**

£3.00 PER SESSION
CONTACT INFO@YACAD.ORG




Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



**CONTEMPORARY
DANCE CLASS**

**A SAFE, ACTIVE
CREATIVE SPACE
LET'S DANCE!**

£3.00 PER SESSION

TUESDAYS
4.00PM-5.00PM

SWAIN HOUSE PRIMARY SCHOOL
RADCLIFFE AVE, BRADFORD, BD2 1JL


TO ENROL CONTACT INFO@YACAD.ORG
TEL 01274 955130



SCAN ME




Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership



Drama Club
EXTRA CURRICULAR



Thursdays
3.00pm-4.00pm

Swain House Primary School
Radcliffe Avenue
Bradford
BD2 1JL

**HAVE FUN
CREATE
PERFORM**

**YEAR GROUPS
1-6**

£3.00
Per Person Per Session

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



**MUSICAL
THEATRE**

**Learn the best moves from your
favourite musicals**

Every Thursday 4.00pm - 5.00pm
£3.00 per session

Swain House Primary School
Radcliffe Ave, Bradford BD2 1JL

Contact Info@yacad.org
Tel | 01274 955130



SCAN ME




Swain House Primary School and Yorkshire Academy of Creative Arts & Dance partnership

COMMUNITY NEWS




Sunday, 5 May (11am) at Kirkgate

FREE

Come along on Sunday 5th May 2024 to watch brave soapbox racers hurtle down our huge ramp...

It'll be a great day out for all the family with continual commentary and all the action visible on large format screens. As well as the excitement on the course itself, there'll be a funfair, live music and lots of local food and drink outlets to choose from. Watch out for our celebrity guest! You'll be able to meet our favourite champion racer, Sir Sidney Cartalot too! Don't forget, for spectators, this is a **FREE** community event, so you really have no excuse not to be there!

SEARCH JOIN US MOVE PLAY ON FACEBOOK



jU-MP DANCE

JU-MP IS HERE TO INSPIRE, ENERGISE AND SUPPORT OUR CHILDREN WITH FUN DANCE SESSIONS. WORKING ON A DIFFERENT RANGE OF DANCE STYLES TO GET YOU GROOVING!

Saturday Mornings During Term Time Only

WHERE: Bolton woods Community Centre, 71 Livingstone Rd, Bradford, BD2 1BD


TIME: 10.00am – 11.00am **AGES:** 5 - 14

FIRST SESSION IS FREE, £2 per session after

WEAR COMFORTABLE CLOTHING, bring your own WATER BOTTLE

For More INFO call LAURA LIDDON on 07719801013 or email LAURA.LIDDON@BRADFORD.GOV.UK

Follow us on Facebook @JUMPANCEBRADFORD, Instagram @2021JUMPANCE, Twitter @JUMPANCE2021



**WISE OWLS (APR/JUN 2024)
LANGUAGE DEVELOPMENT
ADVICE DROP IN
TERM-TIME ONLY**

Find out
more
here →



KEIGHLEY & SHIPLEY

Monday, 9.00- 10.00am
Keighley Library, North Street, Keighley, BD21 3SX

BRADFORD WEST

Friday, 9.00 – 10.00am
Abbey Green Nursery, Green Lane, Bradford, BD8 8HT

BRADFORD EAST & BRADFORD SOUTH

Our Language Development Workers will be dropping into playgroups around the rest of the Bradford District.



If you have concerns about your child's speech and language development, drop in and have a chat with us – we can help!




COMMUNITY NEWS


THE BOLTON WOODS

YOUTH CLUB

Wednesdays
4pm till 5:30pm

Ages 8 -16 years
ARTS AND CRAFTS, SPORTS, BAKING,
FILMS, MUSIC LESSONS, DANCE, GAMES

 **BEE WELL**
Connected C.I.C

 **ALLSTAR**

The
Bolton Woods
Centre
*"The place Where
Everybody's Welcome"*

Great Oak Nursery

at

SWAIN HOUSE PRIMARY SCHOOL

Now enrolling for our September,
January and April intakes!



IS YOUR CHILD 3 OR 4 YEARS OLD?

We have full & part time places available in our well-equipped Nursery class run by an experienced, fully qualified teacher and Early Years Practitioners.

CALL NOW TO SCHEDULE A TOUR!

01274 639049

office@swainhouse.bradford.sch.uk

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 **26/04/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	92.6%	0
Willow	98.7%	0
Kandinsky	91.2%	2
Matisse	98.8%	2
Lowry	98.7%	1
Van Gogh	96.1%	3

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.6%	2
Roald Dahl	95.5%	0
JK Rowling	90.6%	3
J Wilson	91.7%	1
Elgar	95.6%	1
Mozart	94.8%	4
Beethoven	90.9%	0
Vivaldi	93.0%	2

Congratulations to **Willow Class, Matisse Class, Lowry Class and Van Gogh Class** for having the **best attendance** this week.

Well done to **Elm Class, Willow Class, Roald Dahl Class and Beethoven Class** for having no lates!

Our whole school attendance this week:

94.4%

COMMUNICATION SINCE THE LAST NEWSLETTER

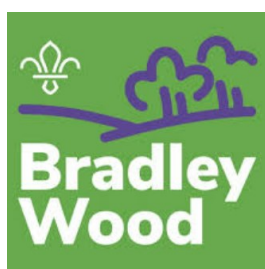
These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - Stay Safe on new Devices
LETTERS:	22.04.24 - Year 6 End of Year Trip 25.04.24 - Mozart Class Assembly 26.04.24 - Little Acorns Stay and Play Session 26.04.24 - Great Oak Stay and Play Session 26.04.24 - Reception Stay and Play Session
MESSAGES VIA PARENTAPPS:	26.04.24 - Year 5 Homework

COMING UP IN SUMMER TERM

SUMMER TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	02.05.24	2.30pm	Mozart Class Assembly
Thursday	09.05.24	2.30pm	Van Gogh Class Wesak Assembly
Thursday	16.05.24	2.30pm	Year 3 Residential Assembly
Thursday	06.06.24	2.30pm	Year 4 Residential Assembly
Thursday	13.06.24	2.30pm	Matisse Class Assembly
Thursday	20.06.24	2.30pm	Willow Class Assembly
Thursday	27.06.24	2.30pm	Elm Class Assembly
Thursday	04.07.24	2.30pm	Kandinsky Class Assembly
Thursday	18.07.24	1.45pm	Year 6 Leavers Production



YEAR 3 RESIDENTIAL

The children in Year 3 will be attending their first residential to Bradley Wood. They will be going on 2nd May - 3rd May. Any questions, please speak to your child's class teacher.



YEAR 4 RESIDENTIAL

Children in Year 4 will be attending their residential to Nell Bank. They will be going on 8th May—10th May. Any questions, please speak to your child's class teacher.

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.

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

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.

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.

COMING UP THIS HALF TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Thursday - Friday	02.05.24 - 03.05.24	N/A	Year 3 Bradley Wood Residential
Wednesday - Friday	08.05.24 - 10.04.24	N/A	Year 4 Nell Bank Residential

MENU 29/04/24

Swain House Primary School WEEK 1

W/C
8th Apr, 29th Apr,
20th May, 10th June,
1st July, 22nd July

MENU

For full allergen & nutritional
information head to
<https://schoolmeals.bradford.gov.uk>



the food quarter

Choose from...

MON

- Vegetarian Chilli & Nachos
- Spaghetti Marinara
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Assorted Individual Salads

Desserts...

- Flapjack
- Freshly Prepared Fruit

Choose from...

TUE

- Pasta Bolognese
- Halal BBQ Chicken Pasta Bake
- Mac n Cheese
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Garlic Bread

Assorted Individual Salads

Desserts...

- Chocolate Mousse
- Freshly Prepared Fruit

Choose from...

WED

- Roast of the Day
- Halal Roast Chicken Breast
- Quorn Toad in the Hole
- Jacket Potato with Cheese & Tuna
- Cheddar & Mozzarella Hot Baguette

Roast Potatoes, Yorkshire Pudding

Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Jam Sponge
- Freshly Prepared Fruit

Choose from...

THUR

- Cheese & Tomato Pizza
- Assorted Sandwiches

Chips

Baked Beans, Assorted Individual Salads

Desserts...

- Individual Ice Cream Tub
- Freshly Prepared Fruit

Choose from...

FRI

- Fish Fingers
- Salmon Fishcakes
- Vegetable Samosa
- Cheddar & Mozzarella Hot Baguette
- Jacket Potato with Cheese & Tuna

Jacket Potato Wedges

Seasonal Vegetables, Assorted Individual Salads

Desserts...

- Chocolate Sponge
- Freshly Prepared Fruit

Suitable for...



VEGAN



VEGETARIAN



FM
CATERING
SERVICES



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is all about 'Promoting Oral Health in Early Years'.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators PROMOTING ORAL HEALTH IN EARLY YEARS

According to government statistics, tooth extraction remains the most common hospital procedure among 6- to 10-year-olds in the UK – and almost 90% of these cases among the under-5s were due to preventable tooth decay. Our guide has expert advice on promoting the value of oral hygiene ... and protecting those gorgeous smiles!

1 BUILDING NUTRIENTS

The foods that support good dental health also often aid bone development, so some of these tips will help to strengthen bones too! The main building nutrient is calcium. It's an essential mineral, but it can't work alone; to function well, calcium needs other vitamins and minerals ...

2 SELECTING TREATS

Persuading children to avoid sweet treats can be tricky, to say the least. Instead, steer them away from sweets that stay in the mouth longer, like chews or hard lollies. A piece of chocolate is preferable as it's in the mouth for less time. Dark chocolate, meanwhile, contains theobromine – an alkaloid that actually helps to protect teeth.

3 FAB PHOSPHORUS

The mineral phosphorus supports calcium by depositing minerals on the teeth's surface, repairing and strengthening the enamel. It's also key in maintaining the acidity balance in the mouth, which is essential for oral health as acidic conditions can contribute to the enamel being worn away.

4 NOT SO SWEET

Sugar itself doesn't directly damage our teeth, but it *does* start the process by altering the mouth's natural pH level to make it more acidic. This produces the perfect environment for the 'bad bacteria' hiding in the plaque to feed on the sugars, which in turn damages our teeth's enamel.

5 DAMAGING DEMINERALISATION

When the bacteria in plaque releases acids onto your teeth, it removes minerals from the white protective outer layer (the dental enamel) – a process called 'demineralisation'. This outer enamel is less strong in milk teeth, which is why tooth decay is comparatively common among children – and why brushing properly is so essential.

6 VITAL VITAMIN D

For the body to absorb calcium from food, we need a supply of vitamin D. This vitamin has many important roles related to teeth, including working alongside calcium-binding proteins to ensure that calcium enters the bloodstream and makes bones strong and healthy.

7 SUPER SALIVA

When we consume certain foods or drinks, our mouths can become too acidic. Unhelpful bacteria love this environment and can attack the surface of our teeth, leading to demineralisation. Vitamin A helps us produce saliva, neutralising these acids and restoring the mouth's pH balance.

8 HELPER NUTRIENTS

As well as teeth, oral health also refers to our jaw, gums and saliva production; these can often be forgotten but are equally important. We need a different set of vitamins and minerals to support these areas of our mouth – such as the large ‘hidden’ section of the tooth that we can’t see.

9 CHOOSE THE RIGHT FOODS

A mix of food groups can support children in getting enough 'builder' and 'helper' nutrients. Dairy is great for vitamins and minerals (but watch for added sugars), while fish contains vitamin D and phosphorus. Orange, yellow and red fruit and veg usually have lots of vitamin A, and green veggies – especially kale – can provide plenty of calcium. Meat, beans, nuts, dried apricots and fortified products (like cereal) can provide the required iron intake.

10 IRON AND ORAL HEALTH

Iron is also a vital component in helping to defend our gums and mouth from potential infections, which can be caused by wrong type of bacteria. Additionally, it helps to create collagen, which is part of the framework of our gums and is therefore essential in providing teeth with a solid foundation to grow from.

Meet Our Expert

Louise Mercieca is a nutritional therapist, award-winning author, radio presenter and podcaster who is on a mission to educate children about how food and health are linked. She works as a consultant to nurseries and catering providers on menu development, as well as delivering staff training on nutrition and child development.




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