

Newsletter

Friday 16th October 2026



Tel: 01274 639049

Www.swainhouse.co.uk

Email: office@swainhouse.bradford.sch.uk

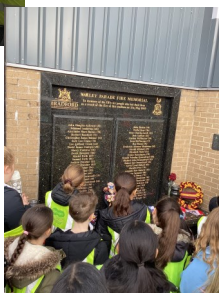
ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

Year 5 Visit Bradford City

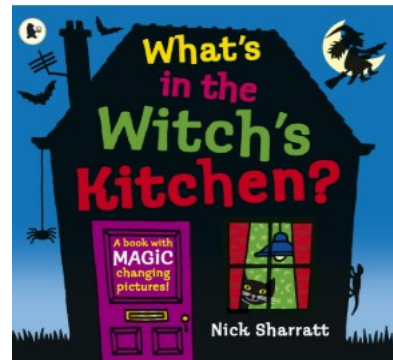


On Tuesday Year 5 went on a tour of Bradford City's Stadium as we have been learning about the Bradford City Fire. The children saw and experienced every area of the stadium and asked some really thoughtful questions about the fire.



Matisse Class

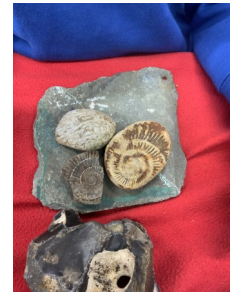
What a magical two days in Matisse Class! We were shocked to discover that our teacher had been taken over by a wicked witch! We got creative making our own potions to carry out some sneaky tricks and enjoyed exploring our new book, *'What's in the Witch's Kitchen?'* . We decided that the witch's kitchen definitely wasn't somewhere we'd like to eat! We had lots of fun discussing which storybook characters' kitchens we would love to visit instead.



Matisse Class had a wonderful time during our Laulau song drawing session this week! We listened to the music and created our own drawings using a variety of 2D shapes, helping us to consolidate and embed our maths learning from last week. What a fun and creative way to learn!



Resourced Provision



The Year 3/4 RP pupils have been finding out what fossils are and how they are made. They have been making close observations and drawings of ammonite fossils.

Roald Dahl



This week, Year 3 took part in a friendship workshop. The aim of the workshop was to help children form and maintain healthy friendships. The children listened very carefully to what a good friendship may look like. As a task, the children created their own friendship cake. The children left feeling really happy and positive about making new friendships.



Little Acorns

The children in Little Acorns Nursery have been taking part in some Autumn activities. They used their fingers to paint bright, colourful leaves on trees and they also dipped forks in paint to give their cute little hedgehogs sharp, prickly spikes. Everyone did a wonderful job!



Resourced Provision

The Magic Finger Autumn 1 Swain House RP

This half term, the RP children have been enjoying The Magic Finger by Roald Dahl. We have explored different emotions, particularly anger, learning exciting new synonyms such as furious, livid and fuming.

The children have used these words to develop their descriptive writing, alongside expanded noun phrases, powerful verbs and imaginative stories about magical transformations.

To bring our learning together, all the children worked together to retell the story in British Sign Language (BSL), each signing their own part using facial expressions, role shift and storytelling skills.

We hope you enjoy watching their wonderful BSL adaptation!

Please click on the QR code!



Sharing your news



Hunter in Anne Fine class was really excited to show off his certificate to his class this week. At the weekend his football team played some football matches on Manchester United's football ground!

Well done Hunter!

Victoria in Elgar class had her first ice skating competition which took place on 10.10.2026. Her parents and class are extremely proud of her.

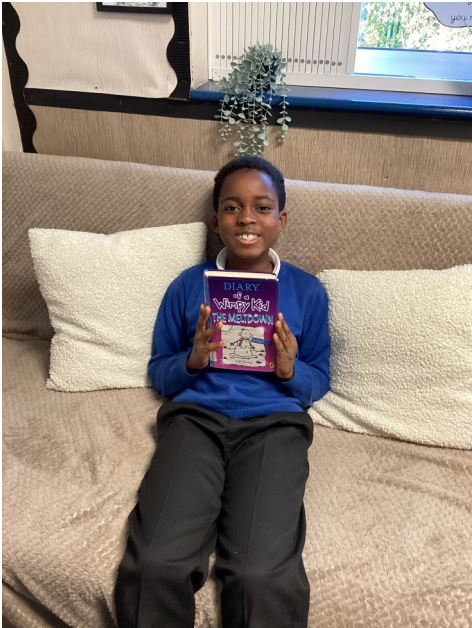
Well done Victoria!



Genesis in Lowry class played outstanding in his football match last weekend and was selected as the man of the match.

Well done Genesis!

Weekly book review



Roald Dahl class—Fawzy -

Diary of a Wimpy Kid—The Meltdown

I have enjoyed reading 'Meltdown' because it is funny and has a great story line. It's an enjoyable read for everyone. Other people should read it because it is a funny adventure story. It has some excellent pictures to go with the story.

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 **16.10.26**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	91.6%	3
Willow	97.3%	1
Kandinsky	98.0%	1
Matisse	92.2%	0
Lowry	100%	1
Van Gogh	94.4%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	96.6%	1
Roald Dahl	99.4%	0
JK Rowling	97.4%	2
Michael Morpurgo	97.4%	3
Elgar	97.5%	3
Mozart	96.5%	0
Beethoven	98.0%	2
Vivaldi	94.7%	3

Congratulations to **Lowry Class** and **Roald Dahl Class** for having the **best attendance** this week.

Congratulations to **Matisse Class**, **Roald Dahl Class** and **Mozart Class** for having **no lates**!

Our whole school attendance this week:

96.5%

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: - What parents & educators need to know about AI COMPANIONS
Letters:	
Messages via parentapps:	16.10.26 - Year 4 Swimming/PE Kits 16.10.26 - Non Uniform Day - Thursday 22nd October 2026

Reminders

Breakfast club

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 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.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

After school club

Our After School Club is available until 4pm at a cost of £2.50 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 6.00pm at a cost of £4.50 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

Any newly added items will be in blue

DAY	DATE	TIME	EVENT
Thursday	22.10.26		Non - Uniform Day (Donations of chocolates/sweets)
Thursday	22.10.26		School Closes
Monday	02.11.26		School Reopens
Wednesday - Friday	25.11.26 - 27.11.26		Year 5 Residential Buckden House
Friday	04.12.26	4.00pm - 5.30pm	Christmas Fair

Menu 19/10/26

Week 1: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul,
27th Jul, 17th Aug, 7th Sep,
28th Sep, 19th Oct

Homemade Bread,
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Swain House Primary School Menu

Mon

ProVeg Beef & Red Lentil Bolognese & Garlic Bread

Red Tractor accredited
Beef Mince & Lentils in
a Tomato & Vegetable
Sauce, served with
Pasta & Garlic Bread.

Soya Mince Chilli
with Rice & Nachos
Soya Mince in a spicy
Tomato Sauce, served
with Rice & Nachos.

American-style
Quorn Hot Dog
Quorn Sausage served
in a Bun, with
Seasoned Potatoes.

Assorted
Jacket
Potatoes /
Selection of
Sandwiches

Lemon
Shortcake &
Custard
A rich Shortbread
finger with a hint of
Lemon, served with
Custard.

Tue

Pork & Apple Whirl
Red Tractor Accredited
Sausage Meat and
Apples, encased in
Pastry.

Halal Chicken
& Spinach
Red Tractor Accredited
HMC diced Chicken &
Spinach in a Tomato
based Curry Sauce,
served with Pilau Rice /
Naan Bread.

Pomodoro Pasta
A simple, delicious,
rich Tomato Sauce
with Beans, served
with Crusty Bread.

Selection of
Sandwiches /
Hot Sub Roll

Sprinkle Cake
Homemade -
reduced sugar -
Vanilla Sponge,
lightly topped with
water icing and
Sprinkles.

Wed

Roast Meat Dinner
Red Tractor Accredited
Meat (either Gammon,
Turkey or Pork Loin)
served with Yorkshire
Pudding, Roast
Potatoes, Seasonal Veg
& Gravy.

Halal Roast
Chicken Breast
Red Tractor accredited
HMC Chicken Breast,
served with Yorkshire
Pudding, Roast
Potatoes & Vegan Gravy.

Golden
Cheese Roll
Cheese mix wrapped
in Puff Pastry, served
with Creamed
Potatoes & Seasonal
Vegetables.

Selection of
Sandwiches /
Hot Sub Roll

Decorated
Fruit Jelly
Jelly with Fruit,
topped with Fresh
Cream.

Thu

Classic Cheese &
Tomato Pizza
Wholemeal 50/50 base,
topped with a
lightly spiced Sauce
and topped with
Mozzarella / Cheddar
Cheese, served with
Chips / Jacket Wedges.

Baked Tortilla Wrap
with Julienne of Veg
Vegetables in a Sauce,
topped with Cheese in
a Tortilla wrap. Served
hot with Chips / Jacket
Wedges.

Assorted
Jacket
Potatoes /
Selection of
Sandwiches

Chocolate
Sponge &
Chocolate Sauce
Homemade, light
Chocolate Sponge,
served with
Chocolate Sauce.

Fri

MSC Breaded Fish
Fillet Fingers
MSC Fish Fillet
Fingers, served with
Chips / Jacket Wedges.

MSC Salmon &
Sweet Potato
Fishcake
MSC Salmon & Sweet
Potato, served with
Chips / Jacket Wedges.

Arrabiata Pasta
Chilli Tomato Sauce
with Lentils & Peppers,
served with Pasta &
Crusty Bread.

Assorted
Jacket
Potatoes /
Selection of
Sandwiches

Vanilla Cookie
Custard flavoured
Cookie.



Scan the QR
code to head to
our app for
full allergen &
nutritional info



Community news



**SWAIN HOUSE
PRIMARY SCHOOL**

RECEPTION 2027 OPEN DAYS

Monday 19th October - 9.30am

Monday 9th November - 5.00pm

Wednesday 11th November - 1.30pm

Tuesday 17th November - 1.30pm

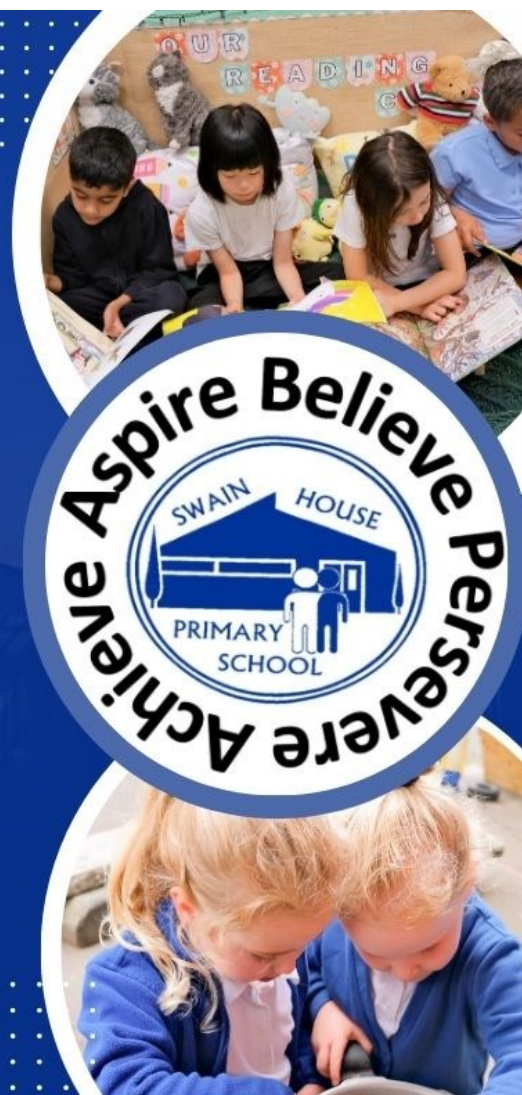
Tuesday 24th November - 4.30pm



01274 639049



www.swainhouse.co.uk



Little Acorns & Great oak Nursery



Did you know
We have two
Nurseries
at our school?



**Little
Acorns**
NURSERY
From age 2



Great Oak
Nursery
From age 3

Both offer
wrap around
care from
7.30am - 6pm

Call the office for more information or to book a visit
01274 639049

Friends of swain house



The Friend of
Swain House
are hosting a

HALLOWEEN DISCO

Thursday 22nd Oct
4pm - 5.30pm
(doors close at 4.15)

£3.00 per ticket
which includes a drink
and a bag of crisps.

Flashing items
available to buy
on the night
ranging from
£1 - £3.

Tickets on sale now!
Strict ticket deadline
Monday 19th Oct 9am

Swain House
Acting Beliere Beliere Beliere
PRIMARY SCHOOL
Achieve

The poster is a vibrant Halloween-themed advertisement. It features a dark purple background with orange and yellow accents. At the top, two jack-o'-lanterns with glowing faces are flanked by black bats. The text 'The Friend of Swain House are hosting a' is in white, leading to 'HALLOWEEN DISCO' in large, dripping orange and pixelated blue/purple letters. Below this, the date and time 'Thursday 22nd Oct 4pm - 5.30pm (doors close at 4.15)' are on an orange brushstroke. The ticket price '£3.00 per ticket' is in white on a purple background, with 'which includes a drink and a bag of crisps.' below it. To the left is an illustration of a red cup and a blue bag of crisps. To the right, a green box lists 'Flashing items available to buy on the night ranging from £1 - £3.' with illustrations of a bunny headband and a glow stick. A banner at the bottom says 'Tickets on sale now!' and 'Strict ticket deadline Monday 19th Oct 9am'. The bottom edge shows a graveyard with tombstones, a full moon, and a black cat. Two circular logos are at the bottom corners: 'Swain House' on the left and 'Acting Beliere Beliere Beliere PRIMARY SCHOOL Achieve' on the right.

Friends of swain house



Community news



**WEST YORKSHIRE
POLICE**

Bradford District

Bradford Partnerships
58 Nelson Street
Bradford
BD5 0DZ

Email: bd.strongercommunities@westyorkshire.police.uk
Website: www.westyorkshire.police.uk

12 October 2026

Dear Parent/Guardian

As Bonfire Night approaches, we would like to remind families about the importance of firework safety. Every year, children and young people are injured through the misuse of fireworks, and irresponsible behaviour can cause distress to neighbours, vulnerable people and animals. We are asking for your support in helping ensure that the bonfire season is enjoyable and safe for everyone.

The law places restrictions on the sale, possession and use of fireworks to help keep people safe. These restrictions are particularly important in relation to young people under the age of 18. As parents and guardians, you have a vital role in helping children understand these responsibilities and the consequences of unsafe behaviour.

- **Age Restrictions:** It is illegal for anyone under the age of 18 to possess certain fireworks in a public place, and retailers must not sell age-restricted fireworks to anyone under 18.
- **Responsible Supervision:** Fireworks should only be used by responsible adults and in accordance with the manufacturer instructions. Children should be supervised at all times.
- **Respect for Others:** Fireworks can have a significant impact on pets, livestock, elderly residents and individuals who may be sensitive to loud noises.
- **Anti-Social Behaviour:** Throwing fireworks, targeting people, vehicles, emergency workers or property, or setting off fireworks irresponsibly can amount to criminal offences and may result in police action.
- **Community Safety:** Fireworks should never be used in a way that causes alarm, harassment or distress to others.
- **Police Action:** West Yorkshire Police and partner agencies will take positive action where fireworks are used dangerously, irresponsibly or in an antisocial manner.

By working together, we can help ensure that Bonfire Night remains an enjoyable celebration whilst reducing the risk of injury, safeguarding our young people and protecting our communities.

If you witness dangerous [firework](#) use or antisocial behaviour, please report it via 101, through the West Yorkshire Police website, or via 999 in an emergency.

Thank you for your support. We wish you and your family a safe and enjoyable Bonfire season.

Sincerely,

Osman Khan

Osman Khan
Police Inspector
Bradford Partnerships

Our conversation card of the week



Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



Community news

Please see below a selection of posters outlining support for parents/carers of pupils with SEND.

One Minute Guides BRADFORD DISTRICT'S LOCAL OFFER

Masking Toileting Sleep
Assessments Reviews Exclusions and more...

Discover a range of topics!

SCAN ME!

- ✓ Annual reviews
- ✓ EHC assessments
- ✓ Personal Budgets
- ✓ Masking in school
- ✓ Exclusions
- ✓ Early Years specialist provision
- ✓ Special schools
- ...and many more!

VISIT localoffer.bradford.gov.uk
and search 'One Minute Guides'

BRADFORD DISTRICT'S LOCAL OFFER SEND

Special educational needs and disabilities

Access to help and support

Information all in one place

Sign up for our newsletter

Look at our One Minute Guides

Follow us
@LocalOfferBd

BRADFORD DISTRICT'S LOCAL OFFER can help you find information, services and activities for children and young people from birth to 25 years with special educational needs, and/or disabilities (SEND) or who are neurodivergent.

SCAN ME

Look out for this symbol to receive the messages in your preferred language and give you accessibility options too.

West Yorkshire Health and Care Partnership

LocalOffer.bradford.gov.uk

BARNARDOS Changing childhoods. Changing lives.

IT'S OKAY to ASK for HELP

Need a little help to support your child in school or college?

Bradford SENDIASS are an independent service supporting parents and carers of children and young people who have special educational needs and/or disabilities (SEND) aged up to 25.

The team offer educational advice and support, including:

- ♥ coffee mornings
- ♥ workshops
- ♥ advice and information
- ♥ in-person support
- ♥ telephone and email support.

Email: bradfordSENDIASS@barnardos.org.uk
Telephone: 01274 513300

www.barnardosendiass.org.uk/bradford-sendiass

SCAN ME

@Bradfordsendiass

Parent/carer SEND support groups

Down Syndrome Training and Support Service
downsyndromebradford.com
01274 561308

AWARE for young people with autism
www.aware-uk.org
07826 926150

Parents' Forum for Bradford and Airedale
Representing parent/carers
www.pfba.org.uk
01274 397396

Carers' Resource Bradford
carersresource.org
0808 501593

West Yorkshire ADHD group
www.wyadhd.org.uk
0113 8563459

SNOOP for young people with a learning disability
www.snoopcharity.org
01274 292126

FIND OUT MORE

BRADFORD DISTRICT'S LOCAL OFFER

SCAN ME

fyi **FAMILIES & YOUNG PERSONS INFORMATION BRADFORD DISTRICT**

Visit the FYI website to get free information and advice for children, young people and families

Family Hub Start for Life

- Family relationships, health, cost of living, and more
- Things to do in the Bradford District
- Family Hubs and Start for Life

If you can't find what you are looking for, we are here to help!

WWW.

fyi.bradford.gov.uk
or tel: **01274 432626**

Department of Children's Services
City of BRADFORD

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 432626

Community news

mencap

Family Engagement Project

SEND Parent and Carer Coffee Morning

Join our community of parents and carers of children aged 0-10 with Special Educational Needs and Disabilities or emerging needs for informal advice and support.

Come and join us!

Wednesday 21st October

10.00am – 11.30am

Kirkgate Community Centre

39A Kirkgate, Shipley, BD18 3EH

Helpful advice and support

Free refreshments

Meet other SEND parents

Children welcome

Signposting to services

Family Engagement Project in Bradford



To register with the project, scan the QR code or visit our Facebook page - Mencap Family Engagement Project Bradford and follow the link.
For further information email us at: BradfordFEP@mencap.org.uk

mencap

Family Engagement Project



Support for parents and carers of children aged 0-10 with Special Educational Needs and Disabilities or emerging needs in Bradford

Welcoming Coffee mornings

Information and signposting

1-1 Support from Family Connectors with lived experience

No diagnosis or pathway necessary

Friendly community

Scan the QR code to register.
For further information, email us at:
FEPBradford@mencap.org.uk

Family Engagement Project in Bradford



Community news

Wellbeing Coffee Afternoon



for Parents and Carers of Deaf Children

When: Tuesday 20th October 2026

At: 13:15– 14:30

Where: Swain House Primary School, Rodcliffe Avenue, Bradford, BD2 1JL

Deaf children who feel **good** about themselves
can achieve amazing things!

Parents,
carers and
family members
all welcome

Our sessions include...



My Happy Mind

Toni McGrath
Specialist Practitioner

Supporting children to
build positive mental
wellbeing, resilience
and self-confidence.



Supporting the SEMH of Deaf Children

Helen Philips
Mental Health Nurse

Communication, deaf
identity and emotional
wellbeing at home.



Zones of Regulation

Christine Cashman
Teacher of the Deaf

A practical introduction
to the Zones, how we
use them in school and
simple strategies
parents can use at
home.



Oasis Wellbeing

Cleo Jones
Specialist Wellbeing and
Therapeutic Support
Practitioner

An introduction to Oasis
Wellbeing, the support
available and how
families can access it.



Ask questions, share advice and meet
other parents and carers.
Coffee, Tea and Cake provided.

Together we can help our deaf children thrive!

Information Support Practical ideas Connection

Community news



Yorkshire Academy of
Creative Arts & Dance

CREATE • EXPLORE • SOCIALISE • BE INSPIRED

COMMUNITY EVENTS

AUTUMN & WINTER 2026

FUN, CREATIVE EVENTS FOR ALL THE FAMILY!

SAT
26
SEP
2026



Afternoon Tea

Enjoy a delicious afternoon
of tea, treats and great company!

🕒 12.30pm 🧑 All welcome 💷 £20
per person

MON
05
OCT
2026



Craft & Social

Get creative, relax and
meet new people!

🕒 12.30pm 🧑 All welcome 💷 £15
per person

SAT
24
OCT
2026



Frankenstein's Laboratory

A Halloween science workshop
for curious minds! (Age 5+)

🕒 11.00am 🧑 Ages 5+
(One accompanying
adult per child) 💷 £30
per child

WED
04
NOV
2026



Bonfire Event

A cosy community event
for all the family!

COMING SOON!

🕒 5.00pm 🧑 All welcome ⓘ More details
to follow!

WED
02
DEC
2026



Candle Making Workshop

Create your own beautiful
candle, enjoy treats and
great company!

🕒 5.00pm 🧑 All welcome 💷 £35
per person

SAT
12
DEC
2026



Bath Bomb Workshop

Create, relax and enjoy!
Make two bath bombs
to take home!

🕒 11.00am 🧑 All welcome 💷 £35
per person

MON
14
DEC
2026



Soap Sponge Workshop

Make your own beautiful
soap sponge, enjoy treats
and great company!

🕒 12.30pm 🧑 All welcome 💷 £35
per person



All events take place at:
Yorkshire Academy of Creative Arts & Dance
Co-op Academy Parkland, Old Park Road, BD10 9BG



BOOK YOUR PLACE AT:

<https://www.yacad.co.uk/book-now>



01274 020263



jess@yacad.org

CREATIVITY

INDIVIDUALITY

RESPECT

RESILIENCE

COMMUNITY

Community news

Monday 26th, Tuesday 27th, Wednesday 28th,
Thursday 29th, Friday 30th October 2026.
To be held at Calverley CofE Primary School.

£25

with multiple
discount days

**BOOKINGS
ARE NOW
OPEN!**

GOWILD OUTDOORS HOLIDAY CAMPS

No two camps
are ever the
same!

office@gowildoutdoors.co.uk
01274 900 301

gowildoutdoors.co.uk

All children welcome from Reception age 4+ & above.
Wraparound & indoor facility available.

SOFT ARCHERY &
AXE THROWING

BUSHCRAFT &
DEN BUILDING

HAMMOCKS,
SLACKLINE
& SWINGS

WOODLAND &
NATURE CRAFTS

...& MUCH,
MUCH MORE!

**GO
WILD
OUTDOORS**

National online safety

What parents & educators need to know about AI COMPANIONS

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. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about AI COMPANIONS

Powered by generative AI models like ChatGPT and Google Gemini, AI companion apps and virtual chatbots such as Character.ai, Snapchat My AI, Repлика and Talkie, allow users to create, customise, and chat to synthetic avatars around the clock. While many young people use them for harmless entertainment, creative writing or homework help, these tools are designed to simulate genuine human empathy, emotional bonding and deep friendship.

WHAT ARE THE RISKS?

EMOTIONAL DEPENDENCY

AI companions are programmed to be endlessly agreeable, attentive, and available 24/7. Unlike human friendships, an AI companion never disagrees, sets personal boundaries, or gets tired. Young people (especially those experiencing loneliness, social anxiety, or low self-esteem) can quickly develop an unhealthy emotional attachment, viewing synthetic software as their 'best friend' or a surrogate romantic partner.

DISTORTED SOCIAL SKILLS

Navigating real-world friendships can be messy, involving dealing with conflict, compromise, boredom, and awkwardness. If a teenager spends hours interacting with an AI that is tailored specifically to validate and flatter them, they may become impatient with real-world relationships. Over time, this can lead to social withdrawal, heightened anxiety in peer groups, and isolation: a vicious circle of growing online dependency coupled with a heightened sense that relationships in the 'real world' are too challenging to maintain.

DANGEROUS MENTAL HEALTH ADVICE

AI chatbots possess no genuine empathy, professional clinical knowledge, or moral reasoning. While developers state these tools are not therapists, vulnerable teenagers often turn to them in crisis. Chatbots have previously hallucinated unsafe medical guidance, validated depressive spirals, and failed to safely escalate disclosures of self-harm or suicidal ideation to real-world protective services.

INAPPROPRIATE OR EXPLICIT CONTENT

While most mainstream platforms feature safety filters and guardrails, young people frequently discover 'jailbreak' prompts to bypass them. Some companion platforms subtly nudge users towards mature themes, romantic roleplay, or sexually suggestive conversations. In worse cases, third-party apps with weak safety checks have been found to generate sexually explicit text or intimate images.

DATA HARVESTING & OVERSHARING

Because conversational bots simulate warmth and understanding, children often lower their guard and treat the chatbot as a trusted friend. They may disclose sensitive personal information, including full names, school details, private family problems, or secrets, unaware that their conversations are being logged, may be analysed by third parties (including advertisers), or used to train future AI models.

"FREEMIUM" UPSells & SUBSCRIPTIONS

Many companion platforms operate on a freemium model. While basic chat is free, features like voice calls, uncensored responses, custom avatars, or 'deeper bonding' tiers are locked behind expensive monthly recurring subscriptions or in-app purchases. This can lead to significant hidden costs and pressure on young people to spend money to maintain the 'friendship'.

Advice for Parents & Educators

TALK OPENLY ABOUT FAKE RELATIONSHIPS

Demystify how these tools work. Explain to young people that an AI companion has no feelings, memories, or consciousness; it is simply calculating the next most mathematically probable word based on its training data. It is helpful to explain to them the mechanics of large language models so that they understand how they are trained and how they are designed to always flatter and be helpful.

ENCOURAGE REAL-WORLD CONNECTION

Ensure technology habits do not replace face-to-face peer socialisation, sports, hobbies, and family time. Create healthy boundaries at home (such as keeping phones and tablets out of bedrooms overnight) to prevent late-night, unmonitored attachment loops with conversational chatbots when young people are at their most vulnerable.

AUDIT PRIVACY SETTINGS & AGE LIMITS

Check which companion apps are installed on your child's phone or tablet. Many dedicated companion apps carry an App Store rating of 17+, while platforms like Character.ai set a minimum age of 13+ (or 16+ in the UK/EU). Review the privacy settings together: turn off data-sharing toggles, disable model training where possible, and ensure location permissions are blocked.

REINFORCE WHERE TO GET REAL HELP

Make sure young people know that a machine can never replace professional pastoral or mental health care. Remind them of the trusted adults they can turn to at school – such as their Form Tutor, Head of Year, or the Designated Safeguarding Lead (DSL) – as well as dedicated youth support services like Childline (0800 1111) or Shout (text 85258).

Meet Our Expert

Darren Coxon is the Founder and Executive Director of Kompass Education, a consultancy specialising in supporting educators, students and parents in making wise choices with AI. His book *Ethical AI and Education*, co-authored with Clara Hawking, will be released later in 2026 by Taylor and Francis.

See full reference list on our website

#WakeUpWednesday

The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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Myhappymind app

The myHappymind app includes lots of fantastic features such as—kids zone, myHappymind games and mini master classes for parents .



The advertisement features the myHappymind logo at the top, followed by the text "Download your FREE myHappymind Parent App". Below this, three smartphones are shown displaying the app's interface, which includes sections for "Introduction and Parent Overviews", "My Library", and "Kids Zone". To the right of the phones is a QR code and the text: "...An online resource to support you and your family to learn more about how you can use myHappymind to support your child." At the bottom, there are three colored boxes: a green box for "myHappymind for Parents" (Exclusively for parents with children at a myHappymind School or Nursery), a red box with a smartphone image, and a purple box for "myHappymind Parent App" (Learn all about what your children are learning in school). Below these boxes, the text "YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP" is followed by the code "107220" and a dashed line.

myHappymind

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

myHappymind Parent App

YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

Community news



SEND Marketplace drop-in events

Specialist services available to ask questions, give information, advice and support. The last Monday of every month.



- 26 January (2pm - 4.30pm) at Reevy Hill Family Hub
- 23 February (9.30am - 12.30pm) at Rainbow Family Hub
- 30 March (1pm - 3pm) at Barkerend Family Hub
- 27 April (9.30am - 12.30pm) at Farcliffe Family Hub
- 18 May (2pm - 4.30pm) at TFD Family Hub
- 29 June (9.30am - 11.30am) at Shipley Library
- 27 July (1pm - 3pm) at Barkerend Family Hub
- 24 August (9.30am - 12.30pm) at Farcliffe Family Hub
- 25 September (2pm - 4.30pm) at Reevy Hill Family Hub
- 26 October (9.30am - 12.30pm) at Rainbow Family Hub
- 30 November (1pm - 3pm) at Barkerend Family Hub
- 21 December (9.30am - 12.30pm) at Farcliffe Family Hub

Support available on:

Autism/ADHD

Speech and language

Relationship issues

Sleeping difficulties

Finance/benefits

Education

Bradford District and Craven
Health and Care Partnership

