

NEWSLETTER

FRIDAY 13TH FEBRUARY 2026



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

CHILDREN'S MENTAL HEALTH WEEK

We had a wellbeing afternoon on Monday where we spent time completing mindful activities. Thank you to everyone who contributed £1 to the Place2Be charity.



YEAR 2 MULTI SKILLS FESTIVAL

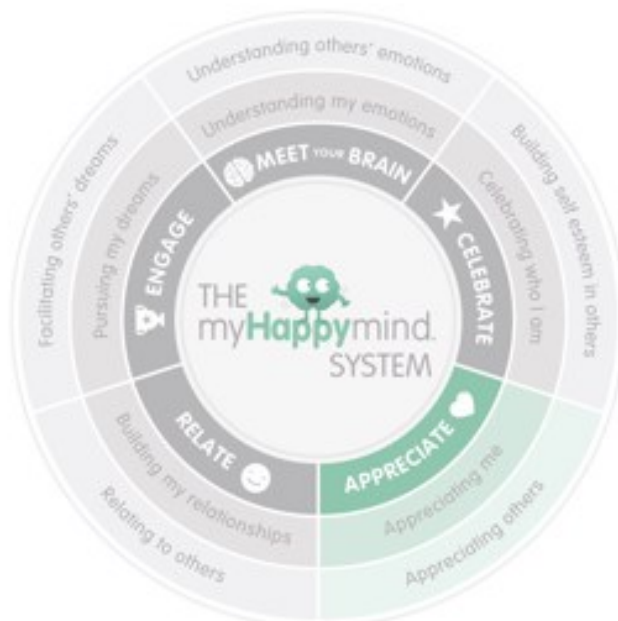
Year 2 took part in a Multi Skills Festival. They took part in many activities such as cone dash, relay racing, bean bag throw and many more. They showed great sportsmanship throughout the event and left the festival with a smile on their faces. Well done Year 2!



MYHAPPYMIND - APPRECIATE



APPRECIATE PARENT NEWSLETTER



MYHAPPYMIND—APPRECIATE

Appreciate

We have just come to the end of the Appreciate module in the myHappyMind programme. The children have learnt so much through this module including:

- How to develop an Attitude and Gratitude.
- How to be grateful for others, experiences and ourselves.
- How giving and receiving gratitude makes us feel.

Why not ask your children to tell you what they have learnt. Here's some questions to help you:

- What have you been grateful for today and how did you show it?
- What are the 3 categories from the Wheel of Gratitude?
- How does it make you feel when you give and receive gratitude?

Support your child at home:

Log onto the parent app for more information about the Appreciate module and how you can support your child at home.

There are lots of activities you can do together at home including creating a thankful tree together, listening to the story and song, plus much more.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

Your authentication code is 107220

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).



MYHAPPYMIND—APPRECIATE

Our Happiness Heroes will be leading the way next half term by helping Mrs Pugh deliver the assembly about our next module - Relate

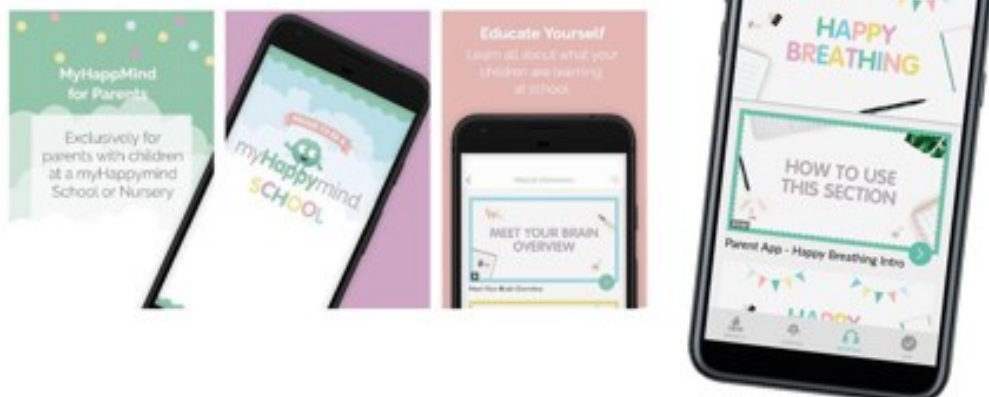
What's up next?

The next module is called Relate. Here we will be learning all about how to build positive relationships with others and why relationships are so important to our well-being.



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is _ 107220



GIRLGUIDING— BRADFORD NORTH

We have received a very special letter inviting Girlguiding and scouting members to wear their club uniform on Tuesday 24th February. We would welcome any children wishing to wear their Girlguiding uniforms to school on this special day.



Dear Headteacher

We are writing to you today to request permission for Girlguiding and scouting members at your school to wear their club uniform to school on 24 th February 2026, in celebration of World Thinking Day. We have chosen this day as it aligns with our Bradford North celebrations which will take place after school for all our member.

World Thinking Day is a global event held annually on 22 February by millions of Girlguiding members around the world. It's a day to celebrate our shared sisterhood, learn about girls and young women in other countries, and take action to make the world a better place. 2026 marks the 100th anniversary of the very first Thinking Day.

Wearing their uniforms on World Thinking Day allows girls to proudly demonstrate their membership in Girlguiding and show their commitment to its values of friendship, respect, and caring for others. It also creates a visible reminder of the important work Girlguiding does in empowering girls and young women to reach their full potential.

We understand that you have uniform policies in place, and we respect those policies. However, we hope you will consider granting this special permission on World Thinking Day, as it would provide a meaningful opportunity for our girls to express their Girlguiding spirit and connect with their peers who are also members.

World Thinking Day has a different theme each year for Girl Guides and Girl Scouts around the world to celebrate together. This year's theme for World Thinking Day is Our Friendship.

We would be happy to provide you with any further information you may require. Resources can be found on www.campfire.waggs.org/worldthinkingday

Thank you for your time and consideration. We hope you will look favourably upon our request and allow our girls to wear their Girlguiding uniforms with pride on World Thinking Day 2026.

Yours faithfully
[Natalie Knott]
[Division Commissioner]

Link to
WAGGGS
resources



Don't forget to share your
event stories with us:
#wynguiding



SHARING YOUR NEWS!



We would like to say a huge thank you to Elias in Year 1. He very generously donated some of his own money to the children's charity Place2Be when we had our wellbeing afternoon in school in support of Children's Mental Health Week. What a generous and kind thing to do. We are so proud of you!

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!

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



GREAT OAK NURSERY



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?

'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving



We have full & part time places available

With wrap around care 7.30am until 6.00pm

7.30am Breakfast Club - £2.40 a day

7.45am Breakfast Club - £1.90 a day

8.00am Breakfast Club - free

After School club 3.15pm until 4.00pm £2.50 a day

Extra Club 4.00pm until 6.00pm £4.50 a day

Please contact the school on
01274 639049

LITTLE ACORNS NURSERY

Little Acorns Nursery At Swain House Primary School Do you have a 2 year old?

September, January and April intake

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



We have full & part time places available

With wraparound care
7.30am until 6.00pm

please contact the school on
01274 639049

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 **13.02.26**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	97.6%	0
Willow	98.9%	2
Kandinsky	92.0%	1
Matisse	93.3%	2
Lowry	95.8%	2
Van Gogh	98.4%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.8%	2
Roald Dahl	95.0%	1
JK Rowling	89.2%	0
Michael Morpurgo	95.2%	1
Elgar	93.5%	0
Mozart	96.6%	0
Beethoven	95.4%	1
Vivaldi	96.7%	0

Congratulations to **Willow Class** and **Vivaldi Class** for having the **best attendance** this week.

Congratulations to **Elm Class**, **JKR Class**, **Elgar Class**, **Mozart Class** and **Vivaldi Class** for having **no lates**!

Our whole school attendance this week:

95.2%

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 - 'Wake Up Wednesday' guide from National Online Safety is about 'Fostering A Sense of Belonging'.
LETTERS:	09.02.26 - World Book Day 13.02.26 - JK Rowling Class Assembly
MESSAGES VIA PARENTAPPS:	12.02.26 - Year 4 PE

COMMUNITY NEWS



Family Art Workshop
Fantastical Creatures
of Maria Prymachenko

A colorful illustration of fantastical creatures in a folk-art style. It features a pink and blue spotted creature with a large head, a blue and yellow spotted creature with a large head, and a yellow fish-like creature. There are also small flowers and leaves scattered around them.

ShIPLEY Library
Sat 28 February • 10-12am

Free entry • Donations welcome • Registration required

EdUkraine Prymachenko family foundation City of BRADFORD METROPOLITAN DISTRICT COUNCIL

MYHAPPYMIND

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.



MYHAPPYMIND APP

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



REMINDERS

BREAKFAST CLUB AFTER SCHOOL 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

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
MONDAY	23.02.26		SCHOOL REOPENS
THURSDAY	05.03.26		WORLD BOOK DAY

COMING UP IN SPRING TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	26.02.26	2.20pm	JK Rowling Class Assembly
Thursday	12.03.26	2.20pm	Kandinsky Class Holi Assembly
Thursday	19.03.26	2.20pm	Roald Dahl Class Passover Assembly
Tuesday	24.03.26	2.20pm	Mozart Class Easter Assembly

DATES TO REMEMBER!

Coming soon!

Watch out for a special Mother's Day supplement in the Telegraph & Argus—more details to follow!



We would like children to come to school dressed as their favourite character from a book or dressed in pyjamas, ready for a bedtime story. Please do not buy anything new!

WORLD
**BOOK
DAY**
5 MARCH 2026

MENU 23/02/26

Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Swain House Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 16th
Jan, 9th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd
Feb, 23rd Feb, 16th Mar
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th
Feb, 2nd Mar, 23rd Mar

MON TUES WED THUR FRI

WEEK 1

**Halal Rich & Creamy
Meat Lasagne**
(Red Tractor Accredited HMC Beef
Mince in a rich Tomato Sauce with
Herbs & Garlic layered with Pasta
Sheets and a Creamy Cheese
Sauce, served with Garlic Bread)

**Rich & Creamy
Meat Lasagne**
(Red Tractor Accredited Beef Mince
in a rich Tomato Sauce with Herbs &
Garlic layered with Pasta Sheets and
a Creamy Cheese Sauce, served with
Garlic Bread)

Spaghetti Marinara
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Hot Sub Roll

**Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

**Beef & Red Lentil
Bolognese & Garlic Bread**
(Red Tractor Accredited Beef Mince &
Lentils in a Tomato Sauce served with
Pasta & Garlic Bread)

Halal Keema Biryani
(Red Tractor Accredited HMC
Beef Mince & Peas in a Spicy
Pilau Rice)

Pomodoro Pasta
(A simple, delicious rich Tomato
Sauce with Beans, served with
Garlic Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

**Decorated
Fruit Jelly**
(Jelly with Fruit, topped
with Fresh Cream)

**Creamy Chicken Pasta
& Crusty Bread**
(Red Tractor Accredited diced Chicken
in a homemade Creamy Sauce with
Garlic, served with Penne Pasta)

Halal Chicken Bhuna
(Red Tractor Accredited HMC
Chicken stir fried and slow cooked
in a spicy Shama Masala)

BBQ Quorn Pasta
(Quorn Pieces in a Barbecue
Flavoured Tomato Sauce, served
with Wholemeal Pasta)

Assorted Jacket Potatoes /
Hot Sub Roll

**Apple Crumble
& Custard**
(Sliced Apples topped with
Oat Crumble, served with
Custard)

**Chicken Tikka Masala with
Pilau Rice / Naan Bread**
(Red Tractor Accredited diced Chicken
& Chickpeas in a mild Curry Sauce
with Pilau Rice or Naan Bread)

**Creamy Mac
& Cheese**
(A Macaroni Pasta dish, coated
in a Creamy Mature Cheddar
Sauce, served with Crusty Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Butterfly Buns
(Individual decorated
Sponge-based Dessert)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken
Pieces in a rich Gravy with Vegetables,
topped with a Golden Pasty Lid served
with Potatoes)

Golden Cheese Whirl
(Cheese, Potato & Onion encase
in Puff Pastry, served with baked
Jacket Wedges)

Assorted Jacket Potatoes /
Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla
Sponge with a hint of
Vanilla, served with Custard)

**Loaded Wedges with a
Mild Mexican Chilli &
topping**
(Red Tractor Accredited Beef Mince in
a mild, homemade Chilli Sauce, served
on Baked Jacket Wedges)

**Loaded Wedges with
a mild Mexican Veg
Chilli**
(Vegan Mince in a mild,
homemade Chilli Sauce, served
on Baked Jacket Wedges with
toppings)

Assorted Jacket Potatoes /
Hot Sub Roll

**Peaches & Ice
Cream with Syrup**
(Vanilla Ice Cream with
Thinned Peach Slices with a
Chocolate Flavoured Syrup)

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

**Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

Toad in the Hole
(Quorn Sausage Baked in a
light Batter, served with Roast
Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with
Oats, Golden Syrup &
Butter with Fruit)

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

**Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

**Hearty Shepherd's
Pie**
(Soya Mince, Veg and Gravy
filling, topped with Mashed
Potato)

Sprinkle Cake
(Homemade Vanilla
Sponge, lightly topped with
Water long and Sprinkles)

**Sausage in Gravy with
Yorkshire Pudding**
(Red Tractor Accredited Sausage,
served with Yorkshire Pudding)

Halal Cottage Pie
(Red Tractor Accredited HMC
Beef Mince in a Gravy with
Onions, topped with Mashed
Potatoes & Cheese served with
Yorkshire Pudding & Gravy)

**Savoury Mince
topped Tatties**
(Soya Mince, Vegetables &
Potatoes, served with a
Yorkshire Pudding)

Assorted Jacket Potatoes /
Hot Sub Roll

Cornflake Tart
(Pastry base with
Cornflakes and Syrup,
served with Custard)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base topped with
a lightly spiced Sauce and topped
with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes

**Creamy Rice
Pudding with
Strawberry Jam**
(Creamy Milk pudding
served with Jam)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/
Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Gallydale Biscuits
(Homemade, Charming,
Catty Biscuits)

**Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/
Cheddar Cheese)

Spaghetti Marinara
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

**Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**Southern Fried Chicken
Goujons & Garlic Mayo**
(Red Tractor Accredited pre-fried
Breaded Chicken, served with Garlic
Mayonnaise & baked Jacket Wedges)

Vegetable Samosa
(Vegetables with a light Spice
encased in Pastry & Baked,
served with Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

**Strawberry Sponge
& Custard**
(Homemade, light Vanilla
Sponge with a Strawberry Jam
swirl, served with Custard)

**MSC Battered
Fish Fillet**
(MSC Battered Fillet of Fish,
served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion
coated in Tempura Batter,
served with Baked Jacket
Wedges & Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

**Marble Sponge &
Chocolate Sauce**
(Homemade Sponge with
Ribbons of both Vanilla &
Chocolate Cakes, served
with Chocolate Sauce)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**MSC Salmon &
Sweet Potato Fishcake**
(MSC Salmon & Sweet Potato, served
with Seasoned Potatoes)

**American Style
Quorn Hot Dog**
(Quorn Sausage, served in a White
Bun with Seasoned Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

**Chocolate
Crispy Crunch**
(A sweet Bar made from
puffed Rice, Cocoa & Syrup)

food quarter

For full allergen
& nutritional
information
head to our app



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Fostering A Sense of Belonging'.

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Helping children feel like they belong is vital for their emotional wellbeing, academic success, and overall development. A true sense of belonging reduces anxiety, builds confidence, and supports resilience. These ten tips are designed to help parents and educators create inclusive, caring environments where children feel accepted, safe, and valued.

- 1 USE EVERYDAY MOMENTS**
Belonging is built in the small moments. Use daily routines such as meals, school drop-offs, or quiet times, to check in, offer praise, or listen. These interactions don't need to be lengthy to be meaningful. Consistent gestures of connection and warmth show children they are important, making them feel seen, appreciated, and truly part of the home or classroom community.
- 2 INVOLVE THEM IN RULE-MAKING**
Inviting children to help create rules or routines gives them a sense of shared ownership and responsibility. When their voices are heard, they feel respected and included in the decision-making process. This empowers children, fosters cooperation, and reduces resistance. Whether at home or school, co-created expectations are more likely to be followed because they come from a place of mutual respect.
- 3 VALIDATE ALL EMOTIONS**
Acknowledging a child's emotions, whether positive or challenging, helps them feel accepted as they are. Validating statements like "I can see that made you upset," or "That sounds really exciting," support emotional expression and connection. Children who feel emotionally safe are more likely to seek help, participate openly, and trust the adults around them – all of which contribute to a sense of belonging.
- 4 HIGHLIGHT HIDDEN STRENGTHS**
Go beyond academic success or good behaviour and take time to recognise a child's less visible qualities, such as thoughtfulness, resilience, or humour. Noticing these strengths sends a powerful message that they are valued for who they are, not just for what they do. This boosts self-esteem and helps children feel accepted in a world that often focuses on external achievements.
- 5 SHOW CURIOSITY ABOUT CULTURE**
Ask respectful, open questions about a child's cultural background, family customs, or celebrations. These conversations create opportunities for children to share what matters to them and to feel proud of their identity. Whether at home or in school, valuing cultural experiences helps all children feel that their heritage is respected, and that they belong in a diverse, inclusive environment where every voice counts.
- 6 BELONGING BUDDIES**
Pairing children with a peer they might not typically choose can foster new connections and break down social barriers. Assigning short projects, games, or shared responsibilities gives them a reason to interact. Buddy systems help quieter or less confident children feel included and supported. Over time, these intentional connections can develop into meaningful friendships, strengthening the wider sense of community and inclusion.
- 7 AVOID LABELS AND COMPARISONS**
Avoid labelling children by behaviour or comparing them to others, as this can damage self-esteem and foster exclusion. Statements like "Why can't you be more like..." may unintentionally make a child feel less worthy. Instead, focus on individual progress and strengths. Encouraging children to celebrate their own achievements, however small, helps them develop confidence and feel valued for being themselves.
- 8 MAKE TIME FOR ONE-TO-ONES**
Spending regular one-to-one time with a child shows that they matter on an individual level. These moments can be as simple as reading a book together or chatting during a walk. Focused attention, free from distraction, builds trust and emotional connection. It lets the child know they are important and cared for, which is crucial for developing a strong sense of belonging.
- 9 REFLECT THEIR INTERESTS**
Whether at home or in school, including children's interests in daily life reinforces their importance. Display their artwork, talk about their favourite books, or include their hobbies in family activities or lesson plans. Seeing their identity reflected in their environment tells children they belong. It shows that their passions, preferences, and contributions are valued and that they have a place in the group.
- 10 EMPHASISE 'WE' OVER 'THEY'**
Use inclusive language that reinforces unity and shared identity. Phrases like "Let's figure it out together," or "We all help each other here," promote collective responsibility and connection. Avoiding divisive terms like "those children," or "that class" helps children feel part of a supportive group. Language shapes experience, and inclusive language fosters environments where every child feels safe, welcomed, and included.

Meet Our Expert
Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday
The National College

See full reference list on our website