

# NEWSLETTER

FRIDAY 26TH SEPTEMBER 2025



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EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## YEAR 3 SALTAIRE DAY

Year Three had an amazing history day on Monday. In the morning we had a visit from local historian Maria Glot, who told us all about life in Saltaire after it was built. She brought in lots of interesting resources and artefacts to bring the history to life. In the afternoon, we visited the village of Saltaire, looking at the different municipal buildings, the houses and other features. We then had a quick stop at the playground in Robert's Park. What a brilliant day!



Click [here](#) to go to our class pages where you can see lots more photos!



# BILLY BANTAM PENALTY SHOOT OUT

The children had a great time on Tuesday at our sponsored penalty shoot out against Billy Bantam from Bradford City Football Club!





# SWAIN HOUSE PRIMARY SCHOOL

Enquire Now for September 2026 Reception Places

Come and look around our amazing  
Early Years learning environments and  
meet our fantastic team!

Scan the QR code below for a virtual tour of our  
Reception classroom.



Call the Office on 01274 639049  
or email the Reception Team at  
[Reception@swainhouse.bradford.sch.uk](mailto:Reception@swainhouse.bradford.sch.uk)

# RECEPTION PHONICS MEETING



## Reception Parent Phonics Meeting

←-----→

Come along to one of our parent phonics meeting where you can develop a deeper understanding of how your child learns to read and write in Reception.

←-----→

Tuesday 30<sup>th</sup> September  
8:45am  
3:15pm  
5:00pm

We look forward to seeing you there.  
The Reception Team





# ZONES OF REGULATION



## **A Parents' Guide to the Zones of Regulation**

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'emotional regulation', 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation, or the ability to maintain a well regulated emotional state to cope with everyday stress and to be most available for learning and interacting.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively.

Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them to identify their emotions and cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

## **How will my child learn about the Zones of Regulation at Swain House Primary School?**

We aim to teach all children good coping and regulation strategies so they can help themselves when they experience anxiety, exhaustion, upset and stress.

Each class is taught about the Zones and uses them in the most age-appropriate way. Using the Zones of Regulation as a framework, we aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in
- Increase their emotional vocabulary so they can explain how they are feeling
- Recognise when other people are in different Zones, therefore developing better empathy
- Develop an insight into what might make them move into the different Zones
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

# ZONES OF REGULATION

## What are the different Zones?

### The **ZONES** of Regulation®

			
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

The four Zones of Regulation colours are blue, green, yellow and red.

**Blue Zone** - used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored

**Green Zone** - used to describe a calm state of alertness. A pupil may be described as happy, focused, content or ready to learn when in the Green Zone. This is the zone where optimal learning occurs

**Yellow Zone** - also used to describe a heightened state of alertness and elevated emotions; however, individuals have more control when they are in the Yellow Zone. A pupil may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone

**Red Zone** - used to describe extremely heightened states of alertness and intense emotions. A pupil may be elated, euphoric, or experiencing anger, rage, explosive behaviour, devastation, or terror when in the Red Zone

You can remember the zones by using a traffic light system.

**Blue** = 'rest area where you pull over as you are tired and need to recharge'

**Green** = the person is 'good to go'

**Yellow** = 'caution, slow down or take warning'

**Red** = 'stop and regain control'



# ZONES OF REGULATION

**Important note** - No zone is 'bad' or 'good' and we all experience them at one time or another. It is important to avoid reinforcing the idea that red = bad.

It is important to validate all emotions, and we should be helping children to identify these emotions.

## Tools and Strategies for Regulation

There are multiple tools and strategies that children can use to self-regulate – and they will be individual to each child. However, it is useful to think about the types of activities that will help children to regulate in each zone.

### Blue Zone Tools:

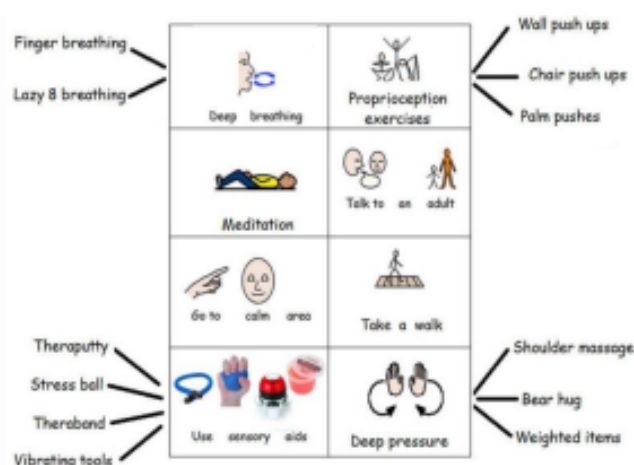
- ✓ Think about what you might do as an adult to make you feel better when you are sad, tired or bored
- ✓ This might include talking to a trusted person, breathing, taking a break and relaxing, doing a hobby or importantly, doing some physical exercise
- ✓ These exercises should wake up our bodies, recharge and activate our senses and regain our focus. Examples may include: taking a walk, doing some active movement (jumping, bouncing or swinging).

### Green Zone Tools:

- ✓ Think about the strategies you or your child uses to maintain your happiness, alertness in the activity you are engaging in, and calmness.
- ✓ This may include all of the activities mentioned above, and also pay attention to the environment your child is in – is it safe, calm and enabling of engagement?

### Yellow Zone Tools:

- ✓ When you see your child starting to become heightened, fidgety, overexcited or unfocussed – try to introduce the following calming strategies to prevent an escalation into the Red Zone (or out of control)



### Red Zone Tools:

- ✓ Once in the Red Zone, your child will more than likely need to be removed from the situation/setting, and it is encouraged that they go to an environment that is calming and safe

# ZONES OF REGULATION

✓ Calming strategies that 'power down' the emotions your child is feeling can be practiced here.

These include:

- Deep breathing
- Deep pressure/heavy work activities
- Sensory activities – using sensory aids and tools such, stress balls, vibrating snakes, fidget toys etc.
- Taking a walk in a quiet place
- Going to a quiet and dark area (i.e. pillow fort/dark tent)

✓ Minimise your language when your child is in the red zone – be clear, concise and calm in your tone.

## **How can you help your child use The Zones of Regulation at home?**

✓ Model and identify your own feelings using Zones language in front of your child (e.g.: "I'm frustrated. I think I am in the Yellow Zone.")

✓ Observe your child's behaviour and try to use strategies when they are showing signs of being in the yellow zone, to catch it before they move to the red zone

✓ Practice calming strategies when your child is in the green zone. This may include doing some deep breathing/Happy Breathing/heavy work and sensory activities throughout the day

✓ Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")

✓ At times, wonder which Zone your child is in or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")

✓ Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy/ go into the Green Zone

✓ Put up and reference the Zones visuals and tools in your home to consistently refer to and check in regularly with this

✓ Praise and encourage your child when they share which Zone they are in

✓ Develop your child's own Zones of Regulation 'tool box' – using the strategies above

✓ Have easy access to calming/sensory equipment at home

✓ Remember to monitor your language; usually less is best (minimal in the red zone)

## **Tips for helping your child to regulate**

- Know yourself and how you react in difficult situations before dealing with your child's behaviours
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations
- Know your child's triggers
- Be consistent in managing your child's behaviour
- Empathise with your child and validate what they are feeling
- Have clear boundaries/routines and always follow through
- Do not deal with an angry, upset child when you are not yet calm yourself
- Discuss strategies for the next time when you are in a similar situation
- Remember to ask your child how their choices made you feel (empathy)

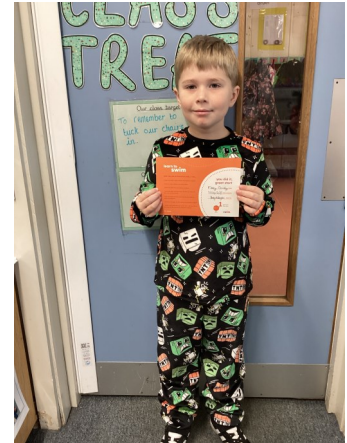


## NEWS!



Charlie in Michael Morpurgo class has been awarded a Junior Fielding Award from his Cricket Club this week. His amazing fielding skills have really impressed his cricket coach. Well done Charlie!

Finley in Van Gogh class received a certificate for showing excellent progress in swimming. We really enjoyed learning about Finley's swimming lessons.



## COMMUNITY LIBRARY



Please help yourself to any books you wish to borrow from our community library. Donations of children's books are also gratefully received—Thank you!

Our community library is located just outside the main office.



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



# WHO TO SPEAK TO IN SCHOOL



## Who to speak to in school

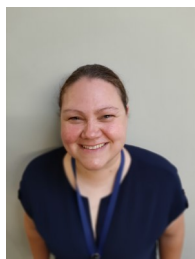
There may be times when you need to speak to a member of staff in school about your child. Please always speak to your child's Class Teacher first. If you need to speak to your child's Phase Leader, their details are below.



If your child is in Early Years, you can speak to Mrs Laycock.



If your child is in KS1, you can speak to Mr Doogan.



If your child is in Lower Key Stage 2, you can speak to Miss Broomfield.



If your child is in Upper Key Stage 2, you can speak to Mr Gibbs.

# 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 **26/09/25**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	94.9%	0
Willow	97.0%	0
Kandinsky	97.2%	2
Matisse	98.3%	0
Lowry	98.4%	1
Van Gogh	98.7%	0

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	94.4%	0
Roald Dahl	98.3%	2
JK Rowling	92.8%	1
Michael Morpurgo	98.0%	1
Elgar	98.4%	0
Mozart	91.2%	0
Beethoven	93.8%	1
Vivaldi	96.3%	1

Congratulations to **Van Gogh Class** and **Elgar Class** for having the **best attendance** this week.

Well done to **Elm Class**, **Willow Class**, **Matisse Class**, **Van Gogh Class**, **Anne Fine Class**, **Elgar Class** and **Mozart Class** for having **no lates**!

Our whole school attendance this week:

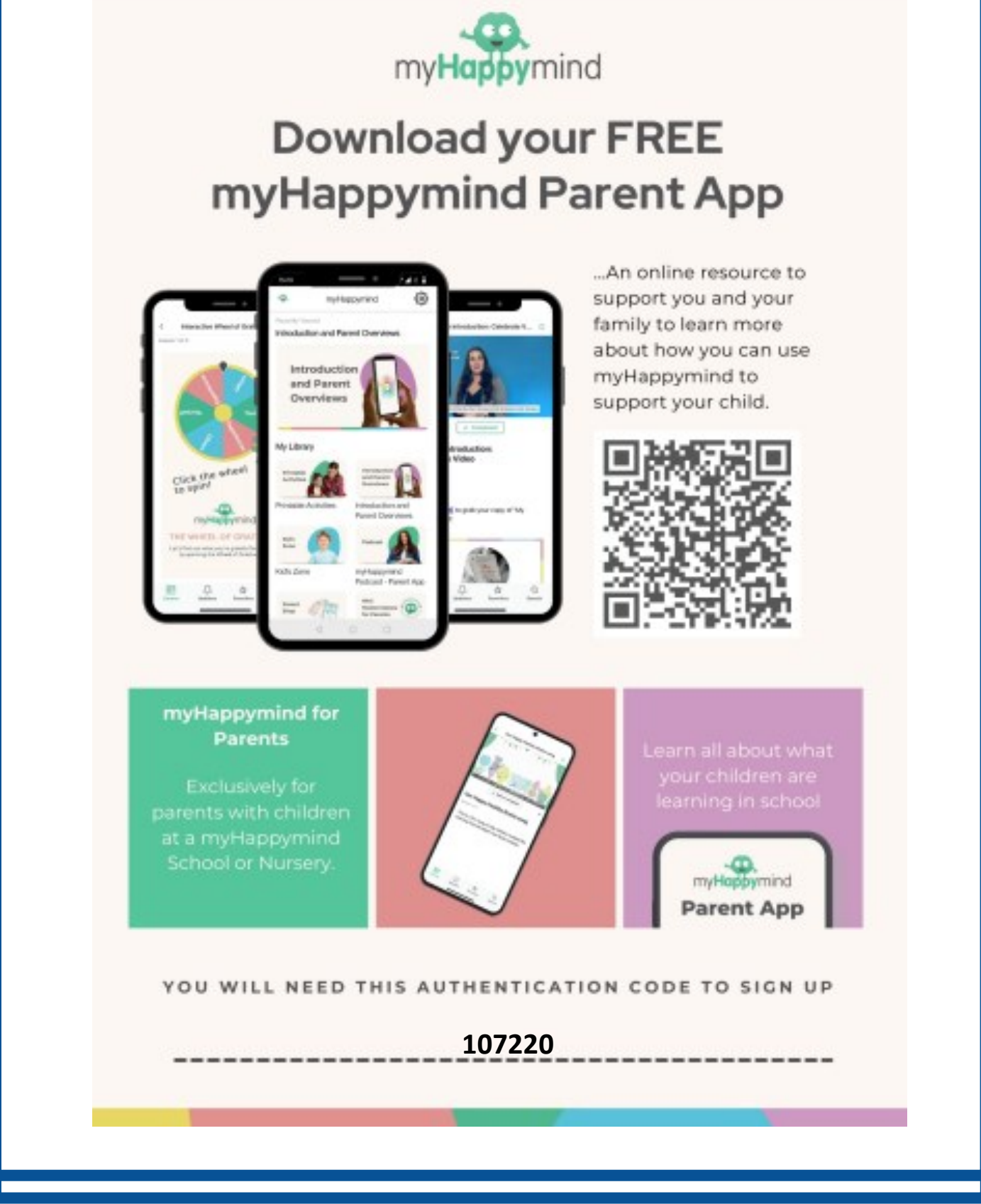
**96.2%**

## 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 'Snapchat'
LETTERS:	26.09.25 - Parents Evening
MESSAGES VIA PARENTAPPS:	



# HELP GREAT OAK NURSERY

## GET EXTRA RESOURCES FOR YOUR CHILD



### DID YOU KNOW

We can claim £300 of additional funding for every eligible 3 or 4 year old in our care.

This money helps us provide activities and new equipment to benefit your child.

### HOW CAN YOU HELP?

If you receive one of the benefits listed, we will be able to access this Early Years Pupil Premium funding for your child.

To check if your child is eligible, **scan the QR code** with your phones camera and complete the form or call the office on **01274 639049**



### DO YOU RECEIVE ANY OF THE FOLLOWING BENEFITS:

- Income Support
- Income-based Job Seekers Allowance
- Guaranteed Element of State Pension Credit
- Universal Credit, and household income is less than £7,400 a year after tax, not including benefit payments
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of less than £16,190)
- Working Tax Credit run on paid for 4 weeks after you stop qualifying for Working Tax Credit.
- Support under Part Vi of the Immigration and Asylum Act 1999 or if your child has been looked after by the Local Authority for at least one day, adopted from care, left care through special guardianship or subject to a child arrangement order.





# COMMUNITY NEWS



**FAMILY Fun Day**

**SATURDAY 27TH SEPTEMBER**

At Hepworth and Idle Cricket Ground,  
Westfield Lane, Idle, BD10 8RU

**FROM 1PM**

**THE BAR WILL BE OPEN ALL DAY  
AND A CHARITY ROUNDELS MATCH AT 4PM**  
Card only at the bar - bring cash for the stalls

Plenty of stalls and games to keep everyone entertained all day, including:

- Exotic animals - Walk on the wild side
- Tombola • Cake stall • Ice cream
- Raffle • Inflatable slide • Face painting
- Bottle tombola • Fire engine demo • Food
- Teddy and sweet stall

**PLUS LOTS MORE!**

Our chosen charity this year  
is Cancer Support Yorkshire

**CANCER\*  
SUPPORT  
YORKSHIRE**



# SNACK-TEMBER!

## Snack better this September!

**Snack  
tember**

**EXPLORE** BETTER SNACKING...

**TRY** NEW SNACKS...

**MAKE** YOUR OWN SNACKS!



Inspiring healthier, more sustainable snacking  
for children and young people. Find out more:  
[www.nutrition.org.uk/snack-tember-2025](http://www.nutrition.org.uk/snack-tember-2025)

**Better snacking. One bite at a time.**

© British Nutrition Foundation 2025

 **British  
Nutrition  
Foundation**

Click [here](http://www.nutrition.org.uk/snack-tember-2025) to access the website for more information

# SECONDARY SCHOOL INFORMATION



22nd September 2025

**Dear Parents and Carers,**

Thank you for joining us at our recent Year 6 Open Evening — our **highest attended** yet! It was a pleasure to welcome so many families and share what makes Carlton Bolling such a vibrant and inclusive school. We're also grateful for the positive feedback many of you shared.

If you've already submitted the Supplementary Information Form (SIF), thank you. If not, please do so as soon as possible to ensure your child is included in the fair banding assessment.

We look forward to seeing you again on **Saturday 4th October** for the assessment. You'll receive an email shortly with your child's allocated time.

If you have any questions, please contact us at [admin@cb.catrust.uk](mailto:admin@cb.catrust.uk)

**Warm regards,**  
*Carlton Bolling School*

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EXCELLENCE FOR ALL

Undercliffe Lane, Bradford, BD3 0DU  
01274 633111 | [admin@cb.catrust.uk](mailto:admin@cb.catrust.uk) | [www.carltonbolling.co.uk](http://www.carltonbolling.co.uk)





# SECONDARY SCHOOL INFORMATION



NORTH HALIFAX GRAMMAR SCHOOL

## BUSTING THE MYTHS

Thursday, October 2nd | 6:00 PM – 7:30 PM

Tuesday, November 4th | 6:00 PM – 7:30 PM

Do you have questions about grammar schools or the admissions process? Join us for these informative sessions designed for parents/ carers of students in Year 4 or 5. **This event is not suitable for students.**



- A valuable talk delivered by our Headteacher, Mr Deehan.
- An insightful session led by Geoff Storer of 11PlusSchool on preparing for the admissions test.
- An opportunity to meet our admissions team and ask any questions you have about the process.

[www.ticketsource.co.uk/nhgs](http://www.ticketsource.co.uk/nhgs)  
or scan to book





# 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

## 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 5.30pm 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
Wednesday - Friday	01.10.25 - 03.10.25		Year 6 Residential Newby Wiske
Tuesday	07.10.25	3.10pm - 6.15pm	Parent Consultations
Friday	17.10.25		Harvest Day

# COMING UP IN AUTUMN TERM

## AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	09.10.25	2.30pm	Year 6 Residential Assembly
Thursday	16.10.25	2.30pm	Roald Dahl Class Assembly
Thursday	23.10.25	2.30pm	Michael Morpurgo Class Deepawali Assembly
Thursday	13.11.25	2.30pm	Beethoven Class Assembly
Thursday	27.11.25	2.30pm	JK Rowling Class Hanukkah Assembly
Thursday	11.12.25	2.30pm	Vivaldi Class Assembly

## DATES TO REMEMBER!



Halloween Disco

Thursday 23rd October 2025

More details to follow!

Parent Consultations

Tuesday 7th October 2025

More details to follow!

# MENU 29/09/25

Homemade bread,  
selection of seasonal  
vegetables or fresh  
salad served daily

## Swain House Primary School

Wk 1 - 21st Apr, 12th May,  
2nd Jun, 23rd Jun, 14th Jul,  
1st Sep, 22nd Sep, 13th Oct  
Wk 2 - 28th Apr, 19th May,  
9th Jun, 30th Jun, 21st Jul,  
8th Sep, 29th Sep, 20th Oct  
Wk 3 - 5th May, 26th May,  
16th Jun, 7th Jul, 28th Jul,  
15th Sep, 6th Oct, 27th Oct

	MON	TUES	WED	THUR	FRI
WEEK 1	<p>🍴 Cheese Flan (Served with Paprika Potatoes, Seasonal Vegetables or Salad)</p> <p>🍴 Fajita Pasta Bake (Served with Crusty Bread, Salad or Seasonal Vegetables)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Apple Cake (Baked Vanilla Sponge with Blended Apples &amp; topped with Icing Sugar)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Chicken Tikka Masala (Served with Rice &amp; Salad)</p> <p>🍴 Halal Chicken Korma (Served with Naan Bread &amp; Salad)</p> <p>🍴 Vegetarian Mince Lasagne (Served with Garlic Bread &amp; Salad)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Flapjack</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</p> <p>🍴 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</p> <p>🍴 Veggie Mince Shepherd's Pie (Served with Yorkshire Pudding &amp; Seasonal Vegetables)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Cornflake Tart (Served with Custard)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Cheese &amp; Tomato Pizza (Served with Jacket Wedges &amp; Beans or Salad)</p> <p>🍴 Mini Meatless Ball Pizza (Served with Jacket Wedges, Baked Beans or Salad)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p>🍴 Marble Sponge (Served with Chocolate Sauce)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Southern Fried Chicken Goujons (Served with Chips, Salad or Seasonal Vegetables)</p> <p>🍴 MSC Battered Fish (Served with Chips, Salad or Vegetables)</p> <p>🍴 Vegetable Dippers (Served with Ketchup, Chips, Salad or Seasonal Vegetables)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p>🍴 Ice Cream Tubs</p> <p>🍴 Freshly Prepared Fruit</p>
WEEK 2	<p>🍴 Homemade Cheese &amp; Onion Pasty (Served with Seasoned Potatoes, Salad or Seasonal Vegetables)</p> <p>🍴 Bombay Veg Biryani (Curried Vegetables &amp; Rice served with Naan Bread &amp; Salad)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Chocolate Crispy Crunch</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Spaghetti Bolognaise (Spaghetti Bolognaise, served with Garlic Bread &amp; Salad)</p> <p>🍴 Halal Spaghetti Bolognaise (Spaghetti Bolognaise served with Garlic Bread &amp; Salad)</p> <p>🍴 Arrabiata Pasta (Served with Crusty Bread &amp; Salad)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Volcano Buns (A Sponge-like Biscuit with a Jam / Lemon filling)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</p> <p>🍴 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</p> <p>🍴 Savoury Veggie Mince &amp; Tatties (Soya Mince &amp; Vegetables served in a Yorkshire Pudding)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Old School Sponge Cake (Served with Custard)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Cheese &amp; Tomato Pizza (Served with Chips &amp; Beans or Salad)</p> <p>🍴 Savoury Rolls (Served with Chips &amp; Salad or Beans)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p>🍴 Chocolate Sponge (Served with Chocolate Sauce)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 All Day Brunch (Traditional Breakfast Items: Sausage, Egg, Toast &amp; Beans)</p> <p>🍴 MSC Fish Fingers (Served with Jacket Wedges &amp; Salad or Seasonal Vegetables)</p> <p>🍴 All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips &amp; Bread and Butter)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p>🍴 Oat Cookie</p> <p>🍴 Freshly Prepared Fruit</p>
WEEK 3	<p>🍴 Mac &amp; Cheese (Served with Crusty / Garlic Bread &amp; Salad)</p> <p>🍴 Veg Jambalaya (Seasoned Vegetables &amp; Rice, served with Crusty Bread &amp; Salad)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Jam Sponge (Served with Custard)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Chicken Pie (Served with Seasoned Potatoes &amp; Seasonal Vegetables)</p> <p>🍴 Halal Keema &amp; Peas (Served with Pilau Rice &amp; Salad)</p> <p>🍴 Cheese Roll (Served with Seasoned Potatoes &amp; Seasonal Vegetables)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Fruity Flapjack</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</p> <p>🍴 Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</p> <p>🍴 Quorn Roast (Served with Yorkshire Pudding &amp; Seasonal Vegetables)</p> <p>Assorted Jacket Potatoes</p> <p>🍴 Hot Sub Roll</p> <p>🍴 Fruit Jelly (Fruit Jelly topped with Cream)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 Cheesy Beef Taco Pasta (Served with a side Salad)</p> <p>🍴 Cheese &amp; Tomato Pizza (Served with Chips &amp; Beans or Salad)</p> <p>🍴 Loaded Vegetable Pizza (Served with Chips &amp; Salad)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p>🍴 Chocolate Sponge (Served with Chocolate Sauce)</p> <p>🍴 Freshly Prepared Fruit</p>	<p>🍴 MSC Fish Fingers (Served with Creamed Potatoes &amp; Seasonal Vegetables)</p> <p>🍴 MSC Salmon &amp; Sweet Potato Fishcake (Served with Creamed Potatoes &amp; Seasonal Vegetables)</p> <p>🍴 Breaded Cheese &amp; Vegetable Grill (Served in a Bun with Salad &amp; Optional Coleslaw)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p>🍴 Vanilla Cookie</p> <p>🍴 Freshly Prepared Fruit</p>



**food quarter**  
FM SERVICES

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 'Snapchat'.

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# SNAPCHAT

AGE RESTRICTION  
13+

### SNAP STREAK

97

#### WHAT ARE THE RISKS?

#### ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

#### SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

#### SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

#### SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

#### ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

#### INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

### Advice for Parents & Educators

#### ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

#### ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

#### BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

#### USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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