

NEWSLETTER

FRIDAY 9TH MAY 2025



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WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

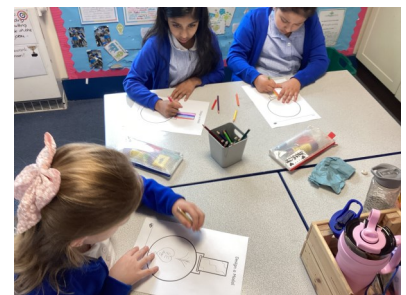
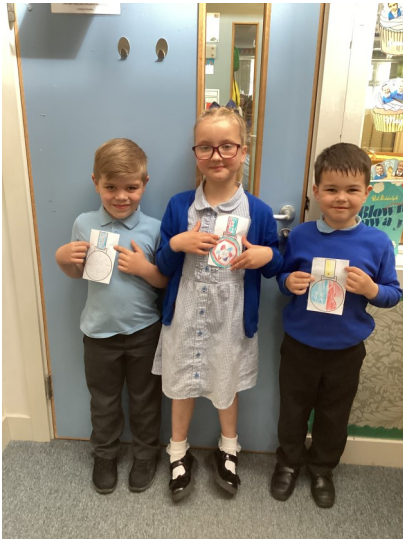
PERSEVERE

ACHIEVE

VE DAY CELEBRATIONS!



Here at Swain House we really enjoyed our VE Day learning and celebrations. Take a look at our photos below.



DAY CELEBRATIONS!

We enjoyed an afternoon on the field where we ate scones and jam and had lots of fun!



SCONES FOR ALL!

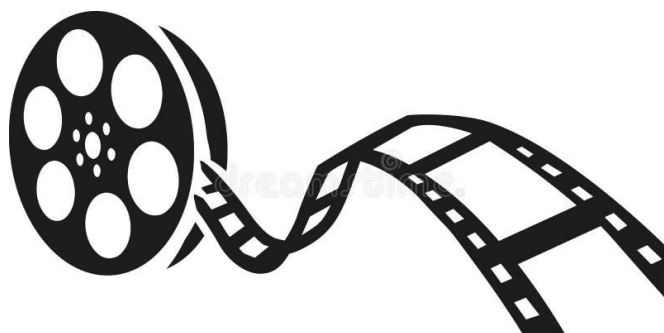
Sonia and our wonderful Kitchen Staff yet again have gone the extra mile and made scones for the whole school. They decorated the hall to make it extra special for all our children.



KS1 MOVIE NIGHT

What a fantastic evening the children had at the KS1 movie night. 95 of our KS1 children attended and we raised a huge £470! All the money raised by the Friends of Swain House is for the benefit of our children. We are currently raising money for a new trim trail on the back playground. We are so grateful for all the support at our events.

Keep your eyes peeled LKS2 and UKS2 for your movie night dates!



YEAR 4 RESIDENTIAL TO NELL BANK

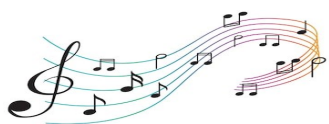
Year 4 have had a great time on their residential at Nell Bank—come back next week to find out more about their time there!



LEO OUR FURRY FRIEND!

Leo has had a fantastic third week here at school. He has enjoyed meeting members of staff and having a good sniff in lots of different rooms around school.





MUSIC IN ACTION



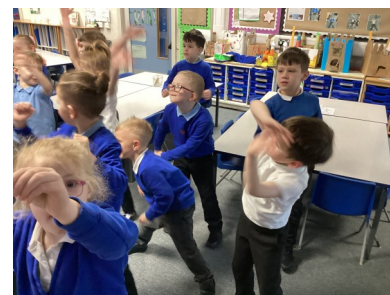
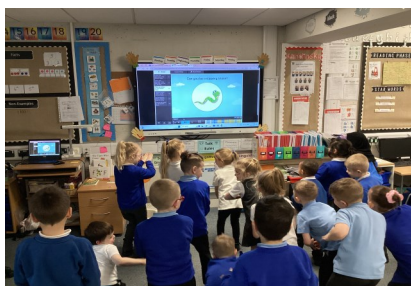
At Swain House Primary school, we have timetabled music lessons in all year groups. We use the Charanga music scheme for our lessons which is aligned to the National Curriculum for Music. The four areas of the music curriculum (Listen & Appraise, Playing and Composing and Performing) are taught in every year group. Below are some examples of our music lessons in school.



Early Years have really enjoyed their Laulau Song Drawing sessions. They have had lots of fun singing, drawing and making different movements with their bodies!



Year 1 completed the unit 'In The Groove'. They listened to the song 'In The Groove' by Joanna Mangona. They used their bodies to find the pulse.



Year 2 learnt the song 'Hands, Feet, Heart'. They talked about the pulse of the music and enjoyed copying the rhythm, clapping it and singing it back.



Year 3 and Year 4 learnt about the language of music through playing the glockenspiels.



Year 5 completed the unit 'Livin' On A Prayer'. They listened to the song and answered questions using the correct musical language.

Year 6 enjoyed their unit focused on the song 'Happy', a pop song by Pharrell Williams.

50 THINGS TO DO BEFORE YOU'RE FIVE

This weeks activity is #30 Yummy Picnic. Please have a go at completing the activity and send any photos to 50things@swainhouse.bradford.sch.uk then we will share them in our weekly newsletter!

This week's activity is...

Try #30 Yummy Picnic
on your poster, app or
local website...

Find out more...

**Picnics are
great for any
age in any
weather!**

#30 Yummy Picnic

www.50thingstodo.org

50
things to do

Click [here](http://www.50thingstodo.org) to access the 50 Things website to find out more about the activity or scan the QR code below



How to do it

Picnics are great for any age, in almost any weather. Why not write a menu together and decide what you need to buy? Let your child help to make the food. Start simply with washing grapes, then as they become more able, they can help to weigh ingredients, stir cake mix or decorate buns.

What you will need

- Menu and shopping list
- Food, drinks, paper napkins and perhaps forks and/ or spoons
- A rug to sit on together with your guests

50 THINGS TO DO BEFORE YOU'RE FIVE

This week in our '50 Things To Do before You're 5' club, we completed the activity #47 Great Bradford baking. We baked some fairy cakes and decorated them with icing and sprinkles! We had so much fun.



READING PLANET REVIEWS!

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



Not so ordinary—Earth level

This book is about different things from the old days, somethings we still have now but they are different and have improved lots. I liked reading this book because I love learning about the past and our history. You should read this book if you like history.

By Lily—Year 3

The Pocket Elf and the Great Dog Escape—Mercury level

I liked this book because there's a dog called Jasper who goes on a walk and he ends up getting lost, Blue the Elf helps his owner Emma to find him, they look for clues and end up finding him in a restaurant! I love this book because it's lots of fun so if you like funny books you will love this one.

By Myla—Year 3



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



JOIN FRIENDS OF SWAIN HOUSE!



FRIENDS OF SWAIN HOUSE RECRUITING NOW

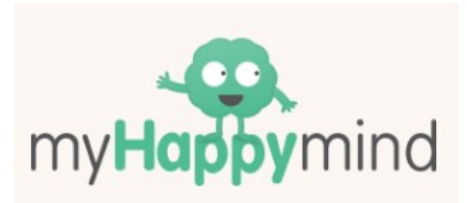
**Friends of Swain House is a parent run
group that organises various events and
activities to benefit our children**

**Email the school office or message us on
FACEBOOK to register your interest!**



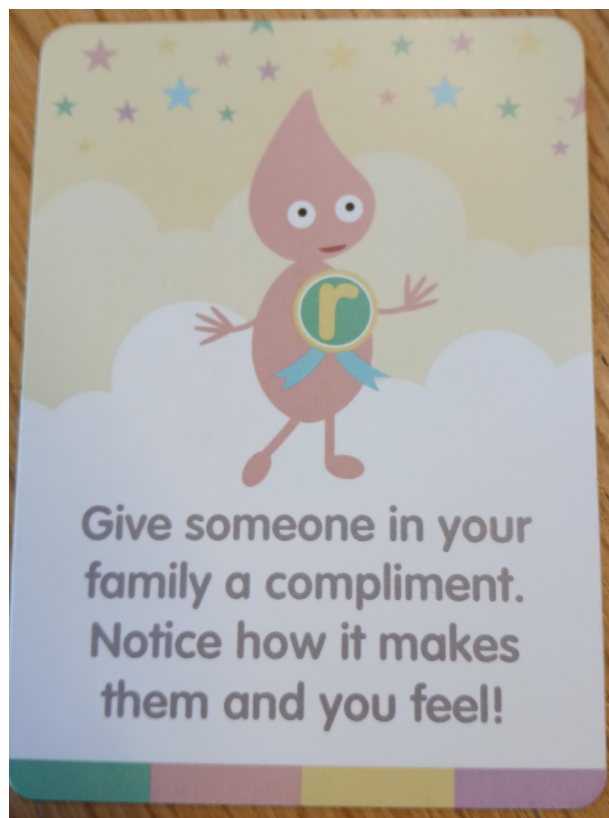
MYHAPPYMIND

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



Parents and Carers! Thank you!

We are proud to announce that our school is officially a myHappymind Silver Accredited school. The Accreditation recognises schools that are embedding the myHappymind curriculum into school life and taking real action to improve the mental health and well-being of the school community.

We would like to thank those parents who provided feedback about the program, which supported the application.

As we were successful with our application, we will receive some fantastic resources to help us embed the myHappymind curriculum next year including a Fred the Ted bean bag to help us create a nurture corner for the children.

Want to learn more about the science of myHappymind and how you can use myHappymind techniques at home?

Why not grab a copy of myHappymind's Founder, Laura Earnshaw's best-selling book 'My Happy Mind'

<https://myhappymind.org/mhmbbook>

Don't forget to sign up to the FREE Parent app, you can use the QR code below to download it.

Many thanks,



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

BODY IMAGE COACH



Bodyimaecoach.co.uk are offering a 19-hour online programme (delivered on Microsoft TEAMS or ZOOM) over 6 weeks that teaches positive body image habits and beliefs, as well as identifying and supporting those that are self-loathing, and/or early onset of mental health disorders such as: eating disorders, body dysmorphic disorder, muscle dysmorphia, OCD, anxiety and/or depression and panic disorder. Each week they will deliver 3 hours of coaching and psychoeducation which is split up across 3 days.

Click [here](#) to access the website for more information.

Please contact the school office if you would like more information about this.



Who Are We?

We are a certified team of trainers, coaches, and therapists, with memberships in quality assurance for coaching and therapy. We specialise in delivering early intervention body image programmes for adolescents.



What Does Our Service Look like?

We deliver pre-recorded body image workshops in animation. Additionally, we provide online peer support groups, coaching, and therapy.

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 **09/05/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	89.5%	2
Willow	95.8%	0
Kandinsky	96.1%	2
Matisse	96.4%	0
Lowry	95.8%	0
Van Gogh	97.5%	0

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	88.3%	1
Roald Dahl	92.4%	0
JK Rowling	95.5%	0
Michael Morpurgo	91.0%	1
Elgar	97.2%	1
Mozart	93.1%	1
Beethoven	99.2%	1
Vivaldi	95.1%	1

Congratulations to **Van Gogh Class** and **Beethoven Class** for having the best attendance this week!

Well done to **Willow Class, Matisse Class, Lowry Class, Van Gogh Class, Roald Dahl Class** and **JK Rowling Class** for having no lates!

94.5%

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 - Wake Up Wednesday' guide from National Online Safety is about 'Fostering a sense of Belonging'.
LETTERS:	09.05.25 – Kandinsky Class Assembly
MESSAGES VIA	07.05.25 – Year 6 SATs Week

COMMUNITY NEWS

RAVENSCLIFFE YOUTH CENTRE

GIRLS & YOUNG WOMENS GROUP

- Pampering
- Hair & Beauty
- Friendships
- Body Image
- Sexual Health
- Peer Pressure
- Puberty
- Healthy Living

TUESDAYS
6:30-8:30PM
AGES 13-19

FOR MORE INFORMATION PLEASE
CONTACT YOUR LOCAL YOUTH WORKER
NICKY - 07582102432

Made with PosterMyWall.com

01/04/2025
06/05/2025
03/06/2025



RAVENSCLIFFE YOUTH CENTRE

TUESDAYS | 6:30 - 8:30PM | AGES 13-19

BOYS & YOUNG MENS GROUP

RELATIONSHIPS + CONSENT
SEXUAL HEALTH + PUBERTY
MALE EXPECTATIONS

8/04/2025 13/05/2025
10/06/2025

FOR MORE INFORMATION PLEASE CONTACT
YOUR LOCAL YOUTH WORKER
NICKY - 07582102432



BRADFORD LITERATURE FESTIVAL

FREE FAMILY FUN DAYS

28 & 29 JUNE
5 & 6 JULY

Order your free printed programmes now:
marketing@bradfordlitfest.co.uk

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[bradfordlitfest.co.uk](https://www.bradfordlitfest.co.uk)
[#bradfordlitfest](https://www.bradfordlitfest.co.uk)

BRADFORD LITERATURE FESTIVAL

27 JUNE - 6 JULY 2025

500+ EVENTS | 10 DAYS | 4 FREE FAMILY FUN DAYS

SIGN UP FOR EVENT ALERTS [BRADFORDLITFEST.CO.UK](https://www.bradfordlitfest.co.uk)



COMING UP THIS TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	15.05.25	2.30pm	Kandinsky Class Assembly
Thursday	22.05.25	2.30pm	Year 4 Residential Assembly
Tuesday	10.06.25	2.30pm	Anne Fine class Assembly
Thursday	12.06.25	2.30pm	Mozart Class Assembly
Thursday	19.06.25	2.30pm	Elm Class Assembly
Thursday	26.06.25	2.30pm	Matisse Class Assembly
Thursday	03.07.25	2.30pm	Willow Class Assembly
Thursday	17.07.25	1.45pm	Year 6 Leavers Presentation Assembly

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.

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 6pm 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.

COMING UP THIS TERM

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
Friday	23.05.25		School Closes
Monday	02.06.25		School Reopens
Thursday	19.06.25		Year 1 Yorkshire Wildlife Trip
Thursday	03.07.25		Year 3 Whitby Trip
Friday	04.07.25		Year 2 Tropical Butterfly House Trip

MENU 12/05/25

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 & topped with Icing Sugar)</p> <p> Freshly Prepared Fruit</p>	<p> Chicken Tikka Masala (Served with Rice & Salad)</p> <p> Halal Chicken Korma (Served with Naan Bread & Salad)</p> <p> Vegetarian Mince Lasagne (Served with Garlic Bread & 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 & Gravy)</p> <p> Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p> Veggie Mince Shepherd's Pie (Served with Yorkshire Pudding & 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 & Tomato Pizza (Served with Jacket Wedges & 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 & Onion Pasty (Served with Seasoned Potatoes, Salad or Seasonal Vegetables)</p> <p> Bombay Veg Biryani (Curried Vegetables & Rice served with Naan Bread & Salad)</p> <p>Assorted Jacket Potatoes</p> <p> Hot Sub Roll</p> <p> Chocolate Crispy Crunch</p> <p> Freshly Prepared Fruit</p>	<p>Spaghetti Bolognese (Spaghetti Bolognese, served with Garlic Bread & Salad)</p> <p> Halal Spaghetti Bolognese (Spaghetti Bolognese served with Garlic Bread & Salad)</p> <p> Arrabiata Pasta (Served with Crusty Bread & 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 & Gravy)</p> <p> Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p> Savoury Veggie Mince & Tatties (Soya Mince & 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 & Tomato Pizza (Served with Chips & Beans or Salad)</p> <p> Savoury Rolls (Served with Chips & 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 & Beans)</p> <p>MSC Fish Fingers (Served with Jacket Wedges & Salad or Seasonal Vegetables)</p> <p> All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips & 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 & Cheese (Served with Crusty / Garlic Bread & Salad)</p> <p> Veg Jambalaya (Seasoned Vegetables & Rice, served with Crusty Bread & 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 & Seasonal Vegetables)</p> <p> Halal Keema & Peas (Served with Pilau Rice & Salad)</p> <p> Cheese Roll (Served with Seasoned Potatoes & 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 & Gravy)</p> <p> Halal Roast Chicken Tikka Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)</p> <p> Quorn Roast (Served with Yorkshire Pudding & 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 & Tomato Pizza (Served with Chips & Beans or Salad)</p> <p> Loaded Vegetable Pizza (Served with Chips & 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 & Seasonal Vegetables)</p> <p>MSC Salmon & Sweet Potato Fishcake (Served with Creamed Potatoes & Seasonal Vegetables)</p> <p> Breaded Cheese & Vegetable Grill (Served in a Bun with Salad & Optional Coleslaw)</p> <p>Assorted Jacket Potatoes</p> <p>Selection of Sandwiches</p> <p> Vanilla Cookie</p> <p> Freshly Prepared Fruit</p>

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

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/fostering-a-sense-of-belonging