

NEWSLETTER

FRIDAY 12TH JANUARY 2024



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

SPRING TERM THEME LAUNCH!

On Monday, Mrs Pugh held an exciting assembly all about what the children in school will be learning about this term. Soon, your child's class teacher will be sending out our termly curriculum letter highlighting all of the things your child will be learning in school this half term. In the meantime, here is a look at the theme titles. Can you guess what your child will be learning about?

Little Acorns Nursery - Paws, Claws and Whiskers

Great Oak Nursery - Once Upon a Time

Reception - Our World and Beyond

Year 1 - Continents and Castles

Year 2 - Poles Apart

Year 3 - How did early people go from surviving to thriving?

Year 4 - Invaders and Settlers

Year 5 - I'm a Victorian Child... Get Me Out of Here!



PSHE – KEEPING MYSELF SAFE

This half term our PSHE theme is 'Keeping Myself Safe'. Each year group will be learning about a range of different ways in which they can keep safe. This week, all parents and carers will have received a link to an information sheet for each year group which will explain the content that will be covered. If you haven't, then please click the link below.

Click here—[Keeping Myself Safe Information Sheets](#)

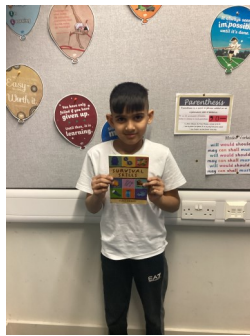
READING PLANET REVIEWS!

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.

Survival Skills Author Clare Hibbert

This book is great because if you ever got into a survival situation it teaches you survival skills you would need to be ok. For example it explains how you would safely find and collect water that you can drink to keep you hydrated and how to look for and make shelters to protect you at night. I would recommend this book for all ages and to people who like learning about adventurous skills. I really like this book because I found it fun to find out about things that may save your life one day and could be cool to do.

Eesa—Year 5



SHARING YOUR NEWS!

This week we would like to say well done to Nayil in Roald Dahl class. He has been awarded a medal and two trophies from his local Football Club! We are proud of your achievements, Nayil, particularly your trophy for Most Improved Player.



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!**



COMMUNITY

Extra autism-friendly screenings at The Light, Bradford

The Light Bradford has increased its number of autism-friendly screenings.

These screenings are for anyone who would benefit from a quieter and less stimulating cinema experience. The sound will be turned down and the lights are only dimmed, not turned off. The film will also play without ads or trailers.



Warm Spaces - welcoming venues across the Bradford district

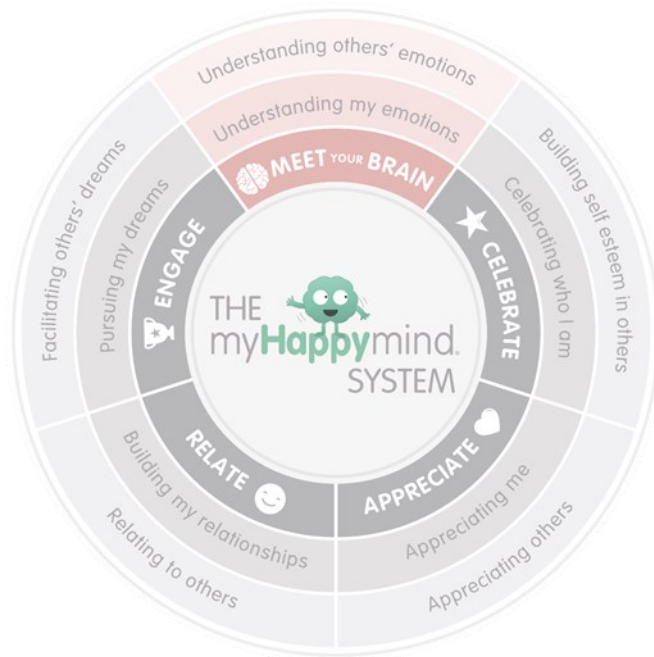
Warm Spaces are free places where you can go to that are safe, friendly, warm and often a place you can get a free drink.

Warm Spaces include libraries, community centres, church halls, sports clubs and other places open to anyone. To find your nearest Warm Space and what it offers, [search the directory here.](#)

MYHAPPYMIND



MEET YOUR BRAIN PARENT NEWSLETTER



MYHAPPYMIND

Meet Your Brain

We have just come to the end of the first module - 'Meet Your Brain' in the myHappyMind programme. The children learned so much through this module including:

- The different parts of our brain and how they help us.
- How to use Happy Breathing to help us when we feel sad, stressed or worried.
- What happens in our brain when we learn something new and how we can look after our brain.

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

- Who is Team H-A-P? Can you tell me about the Team in your brain?
- Why does Happy Breathing help you and when could you use it?
- Can you tell me what Neuroplasticity means? When has your brain grown?

Support your child at home:

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

There are lots of activities you can do together at home including Happy Breathing and making a glitter jar, listening to the story and song, plus much more.

To access these materials just go to
and enter your name, email, and authentication code.

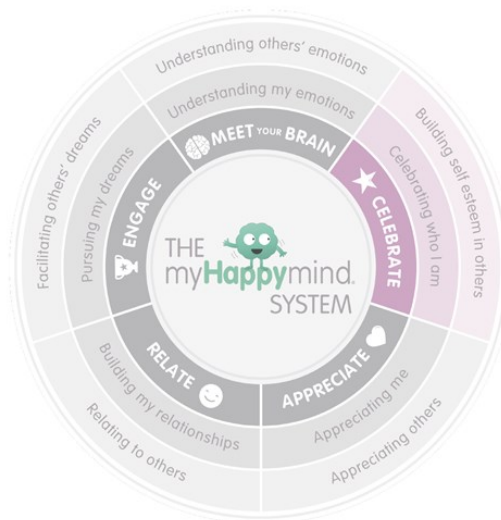
Want to learn more? Check out our founder Laura Earnshaw's best selling book on



MYHAPPYMIND

What's up next?

The next module is called Celebrate. Here we will be learning all about how to celebrate our character and who we are.



You can sign up with the app here by

Our schools URN is 107220

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



Educate Yourself
Learn all about what your
children are learning
at school.



Little Acorns Nursery

At Swain House Primary School

Do you have a 2 year old?

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

September, January and April intake

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



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

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

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 **12/01/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	90.4%	2
Willow	97.3%	1
Kandinsky	92.9%	2
Matisse	97.4%	6
Lowry	99.3%	3
Van Gogh	97.7%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	97.7%	1
Roald Dahl	98.4%	2
JK Rowling	94.8%	8
J Wilson	96.7%	4
Elgar	94.2%	3
Mozart	99.4%	5
Beethoven	98.8%	2
Vivaldi	98.3%	2

Congratulations to **Willow Class, Matisse Class, Lowry Class, Van Gogh Class, Anne Fine Class, Roald Dahl Class, Jacqueline Wilson Class, Mozart Class, Beethoven Class and Vivaldi Class** for having the **best attendance** this week.

96.7%

Our whole school attendance this week:

COMMUNICATION SINCE THE LAST NEWSLETTER

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

WEBSITE UPDATES:	National Online Safety - Stay Safe on new Devices
LETTERS:	11.01.24 - Lowry Class Assembly
MESSAGES VIA PARENTAPPS:	08.01.24 - PSHE this half term - Keeping Myself Safe 12.01.24 - Year 5 Homework

COMING UP THIS HALF TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	18/01/24	2.30pm	Lowry Class Assembly
Thursday	25/01/24	2.30pm	Jacqueline Wilson Class Assembly
Thursday	01/02/24	2.30pm	Van Gogh Class Assembly
Thursday	08/02/24	2.30pm	Matisse Chinese New Year Assembly
Thursday	22/02/24	2.30pm	Elgar Class Assembly
Thursday	29/02/24	2.30pm	JK Rowling Class Assembly
Thursday	07/03/24	2.30pm	Anne Fine Class Assembly
Thursday	14/03/24	2.30pm	Kandinsky Holi Assembly
Thursday	21/03/24	2.30pm	Mozart Easter Assembly

YEAR 6 GREEK WORKSHOP

On Wednesday 17th January, children in Year 6 will be having a Greek Workshop as part of their new theme from Portals to the Past. The children will be learning all about the Ancient Greeks and will come to school dressed up in Greek inspired clothing.



RECEPTION DINO DAY!

On Friday 26th January, Reception will be having a dinosaur theme day as part of their topic 'Our World and Beyond'. The children will be excavating fossils, search for dinosaur bones and make their own model of a stegosaurus! Please send your child in some dinosaur inspired clothing or they could wear something green.



MENU 15/01/24



Swain House Primary School



13th Nov, 4th Dec,
15th Jan, 5th Feb,
26th Feb, 18th Mar

WEEK 3



MENU

MON

TUES

WED

THUR

FRI

MAINS

Mac n Cheese
Arrabiata Pasta

Pork Meatballs & Spaghetti
Halal Chicken Meatballs & Rice
Mexican Burrito

Braised Sausage
Halal Chicken Roll
Braised Quorn Sausage

Cheese & Tomato Pizza

Fish Fingers
Veg Dippers

SIDES

Garlic Bread
Assorted Individual Salads

Crusty Bread
Assorted Individual Salads
Potato Salad

Creamed Potatoes
Seasonal Vegetables
Assorted Individual Salads

Chips
Assorted Individual Salads
Coleslaw

Dry Roast Jacket Potato
Wedges
Baked Beans
Assorted Individual Salads



OTHER OPTIONS

Assorted Jacket Potatoes
Assorted Panini
Assorted Sandwiches

Assorted Jacket Potatoes
Assorted Panini
Assorted Sandwiches

Assorted Jacket Potatoes
Assorted Panini
Assorted Sandwiches

Assorted Jacket Potatoes
Assorted Sandwiches

Assorted Jacket Potatoes
Assorted Panini
Assorted Sandwiches

DESSERTS

Marble Sponge
Freshly Prepared Fruit

Volcano Buns
Freshly Prepared Fruit

Orange & Lemon Sponge
Freshly Prepared Fruit

Individual Ice Cream Tub
Freshly Prepared Fruit

Chocolate Sponge
Freshly Prepared Fruit



REMINDERS

BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.50 each per day or at 7.45am at the cost of £2.00 each per day. Children from Nursery to Year 6 can attend.

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

AFTER SCHOOL CLUB

Our After School Club is available until 4pm at a cost of £2.00 each per day.

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

EXTRA CLUB

We also offer an Extra Club service that runs until 5.30pm at a cost of £4.00 per day.

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

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

COMING UP THIS TERM

DAY	DATE	TIME	EVENT
Wednesday	17.01.24	All Day	Year 6 Greek Day
Tuesday	23.01.24	3.15 - 6.00pm	Parents Evening
Thursday	25.01.24	3.00 - 3.30pm	Parent Drop in
Friday	02.02.24	All Day	NSPCC Number Day
Monday - Sunday	05.02.24 - 11.02.24	N/A	Children's Mental Health Week
Friday	09.02.24	N/A	School closes for February Half Term
Thursday	07.03.24	All Day	World Book Day
Monday - Sunday	11.03.24 - 17.03.24	N/A	Science Week
Friday	15.03.24	All Day	Comic Relief
Friday	22.03.24	N/A	School closes for Easter

NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is 'Top tips for managing screen time'.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!



GET OUT AND ABOUT
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do; the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL
When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX
Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES
Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME
Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT
Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK
Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS
When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY
Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

MA **DEVICE BOX**

The National College

NOS **National Online Safety**
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@natonlinesafety](https://www.instagram.com/natonlinesafety) [@national_online_safety](https://www.tiktok.com/@national_online_safety)

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