

NEWSLETTER

FRIDAY 23RD FEBRUARY 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE



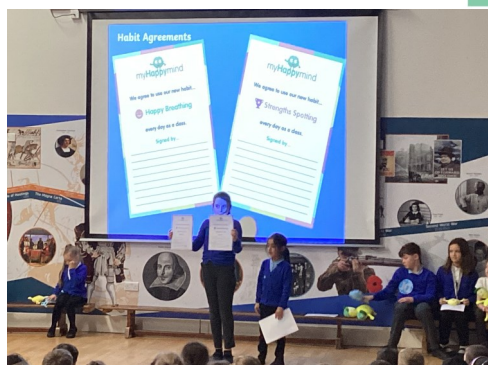
Mrs Pugh and the 'Happiness Heroes' presented a special assembly this week, introducing our new module—**Appreciate**



We recapped the previous modules '**Meet your Brain**' and '**Celebrate**' then talked about what the new module will be about.



We will be learning to develop an
Attitude of Gratitude in this module!



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

Y6 RE VISITOR

Year 6 had an RE visitor who talked to them about the Easter story. Once they had listened to the events leading up to Easter they were given a piece of paper and had to follow a set of instructions relating to the story. At the end they opened up the piece of paper to reveal a cross.





We would like to say goodbye and good luck to Miss Broad who is leaving today to go on maternity leave. We wish her well and cannot wait to meet her beautiful baby when she comes back to visit school with her new bundle of joy!



JU:MP @ HOME!

Stuck for something to do? Want to play a game with your children and be active? Try out this week's JU:MP @ home activity - Scavenger Hunt!



SCAVENGER HUNT

Can you be the fastest at finding your items?

HOW TO PLAY GET HUNTING!

- > Ask someone in your house to set you a mission!
- > They need to make a list of 10 things that are in your house
- > Find all the items on their list
- > Can you find everything on your list before anyone else in the house?



REMEMBER

Anyone can do this - All children in the house could each play, trying to be the first to find everything on the list!

A-Z



SUITABLE FOR: Ages 6-14
TAKES: 20-40 minutes



YOU WILL NEED:

- > Pen and paper to make the list



SAFETY...

As with any activity consider the space and make sure you have enough room that is free of sharp edges



DONATIONS!

We would like to increase outdoor learning sessions in school. If you have any wellies that are in good condition and your child has outgrown please could you donate them to school. Thank you for your continued support.



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.

The Finney Island Files - Ross Montgomery

I am reading The Finney Island Files by Ross Montgomery. I am enjoying this book because I really like aliens and it is all about an alien invasion. The aliens invade Finney Island and turn everybody into robots, including everybody's parents. Luckily Aunt Emmy accidentally saves the day! I would definitely recommend this book to my friends.



Teddy - Year 3

Percy Jackson The Lightning Thief

This book is about a child called Percy Jackson, who is living in the world of the ancient Greek gods and goddesses. He encounters different Greek mythical creatures and is best friends with a satyr. Percy's mother has taken him to a camp with other children, where he is attacked by a minotaur that sends his mother to the underworld with Hades. I enjoy reading this book because it is an interesting adventure and they are trying to survive in a world that is alien to them. I would recommend this book to anyone who is interested in history or adventure stories and all Year 6 children, who are learning about the ancient Greeks.

Owen—Year 6

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



COMMUNITY NEWS



STREET DANCE
EXTRA CURRICULAR

SWAIN HOUSE PRIMARY SCHOOL
RADCLIFFE AVE,
BRADFORD
BD2 1JL

EVERY TUESDAY
3.00PM-4.00PM

**FUN | ENERGETIC
CREATIVE SPACE**

£3.00 PER SESSION
CONTACT INFO@YACAD.ORG

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



**CONTEMPORARY
DANCE CLASS**

**A SAFE, ACTIVE
CREATIVE SPACE
LET'S DANCE!**

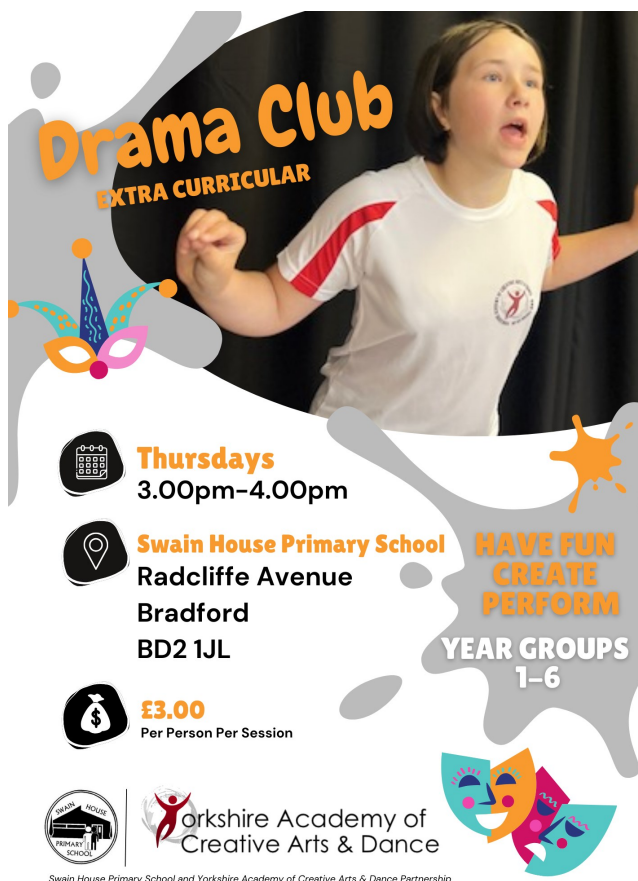
£3.00 PER SESSION

TUESDAYS
4.00PM-5.00PM

SWAIN HOUSE PRIMARY SCHOOL
RADCLIFFE AVE, BRADFORD, BD2 1JL

TO ENROL CONTACT INFO@YACAD.ORG
TEL 01274 955130

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



Drama Club
EXTRA CURRICULAR

Thursdays
3.00pm-4.00pm

Swain House Primary School
Radcliffe Avenue
Bradford
BD2 1JL

**HAVE FUN
CREATE
PERFORM**

**YEAR GROUPS
1-6**

£3.00
Per Person Per Session

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership



**MUSICAL
THEATRE**

**Learn the best moves from your
favourite musicals**

Every Thursday 4.00pm - 5.00pm
£3.00 per session

Swain House Primary School
Radcliffe Ave, Bradford BD2 1JL

Contact Info@yacad.org
Tel | 01274 955130

Swain House Primary School and Yorkshire Academy of Creative Arts & Dance Partnership

COMMUNITY NEWS



Yorkshire Academy of Creative Arts & Dance

Yorkshire Academy of Creative Arts & Dance (YACAD)
St Luke's C of E Primary School
Fagley Lane
Bradford
BD2 3NS

RE: Swain House Extra-Curricular Clubs

Dear Parent/Guardian,

We are working with Swain House Primary School to offer several extra-curricular clubs. Each club costs only £3.00 per session; these sessions are to be paid directly to YACAD. There are four clubs available, either running on a Tuesday or Thursday and **are open to all children, not just Swain House pupils.**

Club	Day	Time	Price
Street Dance	Tuesday	3.00pm-4.00pm	£3.00 per session
Contemporary Dance	Tuesday	4.00pm-5.00pm	£3.00 per session
Drama	Thursday	3.00pm-4.00pm	£3.00 per session
Musical Theatre	Thursday	4.00pm-5.00pm	£3.00 per session

To sign your child up please follow these steps:

1. Go to our website www.yacad.co.uk
2. The Academy
3. Dance
4. School Parent Portal

Or you can follow this link below:

<https://www.yacad.co.uk/school-dance-booking>

For all enquiries, please contact jess@yacad.org.

Kind Regards,

Jessica Leeming
Dance Development Officer

COMMUNITY NEWS

TOGETHER TRUST
charity

Sleep Chat for parents/carers

Parents/carers of children aged 2-11 years across **Bradford and Craven** districts are invited to have a 20 minute phone call with a qualified Sleep Practitioner to discuss any sleep issues their child may be experiencing

Sleep Chat sessions will take place on the following dates between 10-12am:

Monday	27 November	2023
Thursday	14 December	2023
Tuesday	9 January	2024
Tuesday	6 February	2024
Tuesday	12 March	2024
Wednesday	17 April	2024
Thursday	9 May	2024
Tuesday	11 June	2024
Wednesday	10 July	2024
Monday	5 August	2024

If you would like to speak to someone, please email your full name, contact number and preferred date to:
admin@togethertrust.org.uk

You will receive an email to confirm your allocated phone slot and the practitioner will call you

Presented by
The Together Trust's
Specialist Sleep Practitioners

Programme 1.1.2023 - 100000

Wednesday Wellbeing

Shipley Wellbeing Hub

A **FREE** group for anyone who is feeling low. Come along and chat, or offer a non-judgemental ear to others. Wednesday Wellbeing offers emotional support for people with low mood, kindness and shared experiences. Tea & coffee provided.

Shipley Library 1.45pm-3.15pm

Call the Shipley Well being Hub team for more information.

01274 271088/ 07908 631068

HALE Health Action Local Engagement
Healthy Living Charity
Charity Number: 1123542 Company Number: 6443243

HALE 1 Westgate, Shipley, BD18 3QX
Telephone: 01274 271088
Email: info@haleproject.org.uk

www.haleproject.org.uk

[@HALECharityBfd](https://twitter.com/HALECharityBfd)
facebook.com/HALECharityBfd/

JU:MP INTO SPRING



PICNIC IN THE PARK

SATURDAY 23RD MARCH 11AM
ECCLESHILL PARK
OUTSIDE THE BIG SWING

Celebrating the success of the JU:MP project, community organisations are coming together to hold a **FREE** community event with lots of fun activities for all the family to enjoy



THE BIG SWING
THE GATEWAY
City of BRADFORD
Here for Youth
Bloomin' Buds
The Gateway

**WALK & TALK
HIKES
SPEAKING GROUPS
DAYS OUT**



THE SPEAK IN CLUB

Unlock Your Worries

THE SPEAK IN CLUB
THE SPEAK IN CLUB

AN OPEN MENTAL WELLBEING
GROUP FOR EVERYONE TO
CONNECT, DISCUSS & OFF-LOAD
WEDNESDAY 5.30 - 6.45PM
**THE ROCKWELL
COMMUNITY CENTRE**

Bloomin' Buds
Theatre Company



COMMUNITY NEWS



Until Monday, 16 September at Bradford Industrial Museum

FREE

In Bradford, over 8,000 young people take part in scouting weekly, supported by 3,000 adult volunteers. The UK Scouts Association is the largest in Europe and has over 360,000 members. It is led by the current Chief Scout, the television presenter, adventurer, and author, Bear Grylls.

The exhibition features the stories and photographs of some of the Scouts in the district and information about Scout's famous ambassadors. Included is a family campfire corner to sit and read together and a programme of activities are being run from spring until the end of summer.

BLOOMIN BUDS

crafty classes

Families can get crafty every week, check our facebook for each weeks theme!

Children must be accompanied by an adult

Bloomin' Buds
Theatre Company

Rockwell Community Centre
Every Saturday
10.30am - 12.30pm

SPOTLIGHT ON SEND

Each half-term, I write a section on our school newsletter to keep parents and carers of pupils on the SEND register 'in the loop' about all things SEND related. I highlight support available in school and also resources and workshops available in the local area.

Mrs. White

Assistant Head/SEND.co

Keep updated with all things SEND at Swain House. Click [here](#) or scan the QR code.



Bradford Local Offer

The new Bradford Local Offer website brings together information for children and young people with special educational needs and disabilities and their families.

Click the logo to access the website.



Bradford Local Offer

The SEND Local Offer website provides valuable information and resources to parents and carers. There is a useful list of support groups available in the local area. Click [here](#) to see the support group list.

In their monthly newsletter you will find out about the latest useful SEND news, information, stories, upcoming events, consultations, holiday activities and much more inside every issue. Sign up for the newsletter [here](#).

Speech and Language

We are aware of the long waiting lists for speech and language sessions via the NHS.

Please [click here](#) to access NHS resources to support your child at home.



Bradford District Care
NHS Foundation Trust

Parents' Evening

Parents' Evening was on Tuesday 23rd January. At the meeting, you will have been updated on the progress your child is making and any additional support that is in place. Their termly targets are listed on their Pupil Profile.

If your child has an IEP (Individual Education Plan), you will have been given a copy at the meeting. The class teacher has written the IEP and set targets for your child to work on this term. We would really appreciate it if you could support your child at home with their targets. If you need any support or resources for this, please speak to your child's class teacher.

Pupils who receive speech and language support in school have their own bespoke plan. When the therapist assesses your child, she will write a new plan. These targets will be worked on in school. A copy of the plan will also be sent home so you can also support your child with these targets.

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 **23/02/2024**

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.2%	3
Willow	100%	2
Kandinsky	94.7%	2
Matisse	95.2%	3
Lowry	97.3%	2
Van Gogh	93.8%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	95.7%	2
Roald Dahl	98.8%	1
JK Rowling	97.5%	2
J Wilson	92.7%	2
Elgar	92.9%	0
Mozart	92.5%	7
Beethoven	97.7%	1
Vivaldi	92.3%	5

Congratulations to **Willow Class, Lowry Class, Roald Dahl Class, JK Rowling Class and Beethoven Class** for having the **best attendance** this week.

Well done to **Elgar Class** for having no lates!

Our whole school attendance this week:

95.5%

COMMUNICATION SINCE THE LAST NEWSLETTER

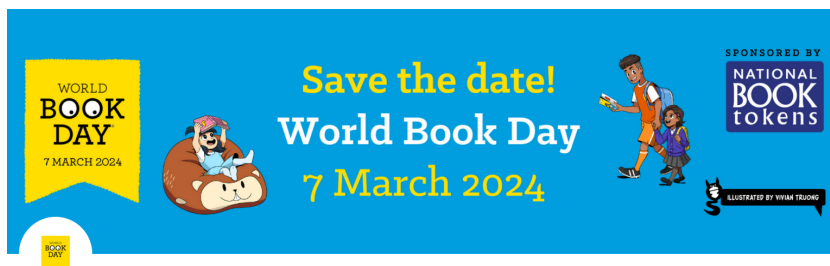
These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - Stay Safe on new Devices
LETTERS:	20.02.24 - Matisse Class Assembly Reminder 22.02.24 - JK Rowling Class Assembly 22.02.24 - British Science Week 09.02.24 - Outdoor Activities
MESSAGES VIA PARENTAPPS:	20.02.24 - Administering Medication Policy 23.02.24 - Year 5 Homework

COMING UP THIS HALF TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Tuesday	27/02/24	2.30pm	Matisse Chinese New Year Assembly - Rescheduled
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



8-17 March
British
Science
Week
2024



EASTER CRAFT WORKSHOPS

Parents will be invited to some Easter crafts workshops with their children. Keep an eye out for some more information—coming soon!



MENU 26/02/24



Swain House Primary School



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

MENU

WEEK 3

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

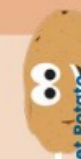
Garlic Bread
Assorted Individual Salads

Crusty Bread
Assorted Individual Salads
Potato Salad

Creamed Potatoes
Seasonal Vegetables
Assorted Individual Salads

Chips
Assorted Individual Salads
Coleslaw

Dry Roast Jacket Potatoes
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
Thursday	07.03.24	All Day	World Book Day
Friday	08.03.24	All Day	Year 1 Trip to Skipton Castle
Friday	08.03.24	All Day	Year 2 Arctic Workshop
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 all about 'Self-Regulation'.

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.



- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**
If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**
While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**
There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content; ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice; they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**
As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert
Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resource cat blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

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

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