



Richard Avenue Primary School

Friday Flyer

Weekly Update

Friday 1st July 2022

UPCOMING DATES

RAPS daycare: Reading Breakfast Club from 8-8:45am & Homework After School Club from 3:30pm-5:15pm

Little Inventors: a day to create inventions - whole school project on different days during the week...

Tuesday 5 July

Swimming for Y3

Show Racism the Rec Card for Y5/6

Wednesday 6 July

Football at the Beacon of Light for Y5/6

Healthy School Awards ceremony - Head boy and Head girl

Monday 11 July

Sports and wellbeing week - wear your PE kit everyday :-)

Future dates for your diary

Next year's term dates have been added to our website and inserted below for your information at home.


2022/2023		
SEPTEMBER 2022	OCTOBER 2022	NOVEMBER 2022
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Have you logged into your child's **Seesaw** account this week? Staff have shared a number of updates this week. *If you need a new invite, please contact the class teacher.*

Nursery gate. For the safety of all of the children, from *Monday 4th July* the nursery gate on Ranson Street will remain locked until 3.40pm, including first thing in the morning. Parents wishing to drop off or collect children are asked to use the main gates on Richard Avenue which are open from 3.20pm. The Ranson Street gate will be unlocked at 3.40pm for nursery pick-ups. Thank you for your support with this change which we hope you understand.

Nursery and Reception meetings. Many thanks to all families who attended these important meetings. If you were unable to make your appointment, please speak to the team who can re-arrange this for you. Huge thanks to our wonderful staff team for their time and for the thought and planning which was given to making sure everything was in place for your visits #topteam

New menus. The autumn term school lunch menus can be found overleaf, for your information. We have also uploaded these to our school website [School Meals | Richard Avenue Primary School](#)

 **Year 6 leavers' production.** This takes place on **Wednesday 20 July @ 9.15am and 2.30pm**, to which families are invited - please read your letter for more about ticket allocations. We intend to mark this occasion in a rather memorable way, and would be delighted if Y6 families were able to join us. Refreshments will be served in the community room before each performance. Team Y6 is working incredibly hard on the production and we would love to see as many of you as possible in the audience. If you have any questions, please speak to the Y6 teaching team. We look forward to seeing you soon, bring tissues!

Refreshments will be available in the Community Room between 8.45-9.15am and 2-2.30pm.

Parking. For the health and safety of all of our children we must ask everyone to be considerate and park only in designated areas. Please observe the yellow lines around our school. A number of our older children walk to and from school themselves, using identified safe crossing points. Already this week we have been told that these crossing points have been parked over and so unavailable to children. With your support, I am sure that we will ensure this issue does not rear its head again.

Community Fair. We are working with members of the community on plans for a **Community Summer Fair** which will take place in our school grounds on **Saturday 16th July between 11am and 3pm**. There will be face painting, children's games, street food and much, much more. All welcome!

Parent online safety update.

CEOP are delighted to announce the launch of their new website for 4-7-year-olds and accompanying guide for parents and carers. The new interactive website encourages 4-7s to engage safely online by helping them to recognise worrying, upsetting or scary situations and reinforcing the key message that they should 'Tell A Grown Up' in these instances. The content is divided into sections for 4 - 5 and 6 - 7 year-olds and features relevant and age-appropriate games for the chosen age bracket. Each game focuses on one of four topics: *watching videos, chatting online, sharing pictures, gaming online*. The Jessie & Friends episodes are also available to watch on the new website to enhance understanding. You can access the new interactive website resources [here](#) and read the [parent/guardian guide here](#).

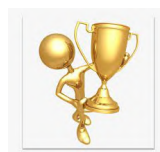
Pierced ears. We would like to take this opportunity to remind parents that children cannot under any circumstances wear jewellery in school. This especially includes earrings or studs and taping them is also not permitted. If you are therefore considering having your child's ears pierced, the best time to do it is at the start of the summer holiday. This will then allow the studs to remain in for the required period and thereby enable them to be removed for school once everyone returns in September.

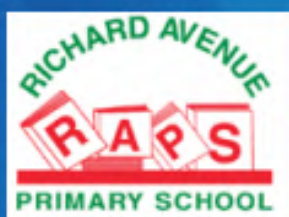
School lunches. School lunches are **£11.50 per week**. Please could we ask that all school lunch payments be completed online? Do remember to include your child's name and class in the message box. *Thank you.*

School lunches. Our lunches are prepared from scratch, cooked on site each day and enjoyed by lots of the children. If for whatever reason you wish to move your child **from school meals to a packed lunch**, could we please ask that you give the kitchen **two weeks notice**. *If however there are medical reasons for the change (food allergies etc), the two week notice period will be waived.* Thank you for your support and understanding.

Contact details. Could we please remind families to ensure that we hold up to date contact details for the children. If you move house or change telephone number, please let us know. Thank you.

Top attendance. Congratulations to **5M** who have top attendance this week achieving **99.0%**.
*Weekly whole school attendance is **93.3%***





Community **FUNFAIR**

16TH JULY | SATURDAY

11AM TO 3PM

Venue: Richard Avenue Primary School

FACE PAINTING	ICE CREAM
FAIRGROUND	BURGER
BOUNCY CASTLE	CAKES
SLIDE	HENNA
VARIOUS STREET FOOD & MANY MORE	

CONTACT DETAILS
0191 500 7990
rap@schools.sunderland.gov.uk

NEW LUNCH MENU

SCHOOL MENU

WEEK 1

Weeks commencing: 5th Sept 22, 3rd Oct 22, 31st Oct 22, 28th Nov 22, 2nd Jan 23, 30th Jan 23, 27th Feb 23, 27th Mar 23, 17th Apr 23, 15th May 23, 5th June 23, 3rd July 23

MONDAY

Margherita pizza
with seasoned twisters & vegetables

Keema curry
with savoury rice and vegetables

Cheese or egg sandwich
with salad accompaniments

Pancakes
with sliced fruit and ice cream

MEAT FREE MONDAY

TUESDAY

Savoury mince OR Vegemince
with cheesy dumpling, parsley potatoes and vegetables

Jacket Potato
with grated cheese or tuna mayonnaise and salad

Fruit crumble bar
served with custard

THURSDAY

Spaghetti Bolognese
with tomato bread and vegetables / salad

Macaroni cheese
with tomato bread and vegetables / salad

Jacket potato
with grated cheese or tuna mayonnaise & salad

Pear & chocolate traybake

FISH FRIDAY

Tempura battered cod fish fillet
served with chips and peas

Ham or egg mayonnaise sandwich
with salad accompaniments

Melting Moment biscuit

Sunderland
City Council

WEDNESDAY

Roast chicken or quorn fillet
with Yorkshire pudding, roast potatoes and seasonal vegetables

Toasted cheese & ham panini
with salad accompaniments

Sticky toffee muffin

SCHOOL MENU

WEEK 2

Weeks commencing: 12th Sept 22, 10th Oct 22, 7th Nov 22, 5th Dec 22, 9th Jan 23, 6th Feb 23, 6th Mar 23, 24th Apr 23, 22nd May 23, 12th June 23, 10th July 23

MONDAY

Tomato & mascarpone pasta
with garlic slice and vegetables

Vegetable enchilada
served with sunshine rice and vegetables or salad

Jacket Potato
served with grated cheese and salad

Steamed fruit sponge
with custard

MEAT FREE MONDAY

TUESDAY

Steak & vegetable OR Vegetarian hot pot
with baby new potatoes and vegetables

Ham or tuna mayonnaise sandwich
with salad accompaniments

Rice pudding with chocolate cracknell

THURSDAY

Savoury minced beef OR Vegemince
served with Yorkshire pudding, roast potatoes and vegetables

Toasted cheese panini
served with salad accompaniments

Chocolate brownie
served with ice cream

FISH FRIDAY

Cod fish fingers
with chips and baked beans

Ham or egg mayonnaise sandwich
served with salad accompaniments

Citrus oat cookie

Sunderland
City Council

WEDNESDAY

Sticky citrus chicken OR Quorn wrap
with herby potatoes and corn on the cob

Jacket potato
with grated cheese or tuna mayonnaise & salad

Toffee apple muffin

AUTUMN 2022

SCHOOL MENU

WEEK 3

Weeks commencing: 19th Sept 22, 17th Oct 22, 14th Nov 22, 12th Dec 22, 16th Jan 23, 13th Feb 23, 13th Mar 23, 1st May 23, 19th June 23, 17th July 23

MONDAY

Vegetable traybake
with crispy diced potatoes and vegetables or salad

Caroline's Vegetable pasta
(pupil competition winner's recipe) with crispy diced potatoes and vegetables or salad

Cheese or egg mayonnaise sandwich
with salad accompaniments
Ice cream roll
with peaches & strawberry sauce

MEAT FREE MONDAY

TUESDAY

Mexican beef OR Veggie chilli
served with sour cream, potato boat and vegetables

Ham or cheese panini
served with salad accompaniments

Strawberry & cream muffin

THURSDAY

Roast gammon OR Quorn fillet
served with baby roast potatoes and vegetables

Ham or tuna mayonnaise sandwich
served with salad accompaniments

Orange and apricot slice

FISH FRIDAY

Seaside style salmon fillet
with chips and mushy peas

Jacket potato
with cheese or ham & salad

Jam sandwich shortcake

Sunderland
City Council

WEDNESDAY

Battered chicken burger
in a bread bun with seasoned potato wedges & baked beans

Vegan country bake
in a bread bun with seasoned potato wedges & baked beans

Jacket Potato
with cheese, baked beans or tuna mayo

Fruity Flapjack
with custard

SCHOOL MENU

WEEK 4

Weeks commencing: 26th Sept 22, 21st Nov 22, 19th Dec 22, 23rd Jan 23, 20th Mar 23, 8th May 23, 26th June 23

MONDAY

Bonta Italia picante pasta
Mild spicy pasta with garlic bread, vegetables or salad

Carrot & sweet potato quesadilla
with spicy potatoes and vegetables

Cheese or egg sandwich
served with salad accompaniments

Frozen fruit yoghurt
served with fresh fruit segments

MEAT FREE MONDAY

TUESDAY

Bacon & egg muffin
with potato crisscuts and baked beans

Quorn pattie muffin
with potato crisscuts and baked beans

Jacket potato
with cheese, beans or tuna mayonnaise & salad

Lemon drizzle traybake

THURSDAY

Pork or quorn sausages
served with yorkshire pudding, creamed potatoes and vegetables

Jacket potato
with grated cheese or tuna mayonnaise served with salad

Fruit jelly / fruit mousse
served with cream

FISH FRIDAY

The Big fish cake
served with chips and garden peas

Ham or egg sandwich
served with salad accompaniments

Butterscotch cookie

Sunderland
City Council

WEDNESDAY

Chicken curry
with rice / naan bread & vegetables

Sweet potato & vegetable curry
with rice / naan bread & vegetables

Meatball sub roll
served with salad accompaniments

Wellington fudge pudding
with mandarins & chocolate sauce