



Richard Avenue Primary School

Friday Flyer

Weekly Update

Friday 6th January 2023

UPCOMING DATES

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

Monday 9th Jan

RAPS PE kit to be worn to school by Yr 2

Tuesday 10 Jan

RAPS PE kit to be worn to school by Yr 3

Wednesday 11 Jan

RAPS PE kit to be worn to school by Yrs 5&6

Thursday 12 Jan

RAPS PE kit to be worn to school by RECEPTION & Y4

Dance workshop for Y4

Friday 13 Jan

RAPS PE kit to be worn to school by Yr 1

Swimming for Y3

Future dates for your diary

Thursday 30th January from 9.10am

Y3's assembly for families

Head Teacher comment

Dear Families, From all of the staff at Richard Avenue, we would like to wish you a very Happy New Year. It has been fantastic to hear some of the activities that children enjoyed over the holiday and we hope that you all managed to have some down time with your family and friends. This week, our assemblies focused on using the New Year as an opportunity to 'try something new.' We have shared our goals for 2023 and committed to pushing ourselves outside of our comfort zones - some of the children even made a pledge to eat some greens every day! As a special start of term treat, the children enjoyed a wonderful visit from Bigfoot drama group as our school hall became RAPS theatre for the day. It was rather nice to sit in the audience and laugh along to a fantastic and very funny pantomime.

Finally, thank you once again to parents and members of the school community for all of the kind words and best wishes that we received at the end of the term. We are extremely grateful for your continued support.

We hope that you all have lovely weekend.

With very best wishes,

Claire McKinney

Miss McKinney and all of the staff at Richard Avenue Primary School



RAPS assemblies. In our assemblies this week we have been thinking about resolutions. A New Year's resolution is a tradition, most common in the Western World, but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behaviour, accomplish a personal goal, or otherwise improve their behaviour at the beginning of a calendar year. We have all made a resolution - ask us about what they are!



Pre-loved uniform. Please remember that our Richard Avenue Pre-loved Uniform Shop is always available to families. Use this dedicated email address to enquire about specific items of clothing and sizes. If we can help, we always will.


uniform@richardavenue.co.uk



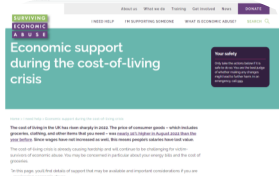
Please also continue to donate any spare uniform that you may have to the team in the main office.

Back to school advice issued because of high levels of flu, COVID-19 and scarlet fever. Following very recent health advice from the Chief Medical Adviser, if your child is unwell and has a fever, please keep them at home until they feel better and they no longer have a fever. We are desperately trying to minimise the spread of infection in our school. If you are in any doubt, please telephone our school office. With many thanks for your continued help and support.

Safeguarding and wellbeing update.

More than 80% of primary age children suffer from sleep anxiety, with pupils waking up an average of 2.2 times a night. A national poll featuring 2,000 children aged four to 11 found that only 18% were getting the recommended 10 hours. Sleep deprivation can have a major impact on the daily lives of children including hyperactive behaviours, low emotional resilience, shortened attention span, reduced memory recall and poorer hand-eye coordination affecting fine motor skills tasks such as hand-writing. If your child is affected by sleep anxiety, [please see this parent advice guide](#) (click  here). It is produced by Natalie Costa who has over 14 years' experience in working with parents to develop better sleeping routine.

Safeguarding update. One in six women in the UK has experienced economic abuse by a current or former partner. The effects can last a lifetime, with some women never free of the abuser's control. The cost of living in the UK has risen sharply in 2022. The price of consumer goods – which includes groceries, clothing, and other items that you need – was nearly 10% higher in August 2022 than the year before. Since wages have not increased as well, this means people's salaries have lost value. The cost-of-living crisis is already causing hardship and will continue to be challenging for victim-survivors of economic abuse. You may be concerned in particular about your energy bills and the cost of groceries. SEA (Surviving Economic Abuse) are an organisation who have lots of information and support on [this website](#) for anyone who may need this support.



A child with vulnerable health needs.

Could we please make you aware that we have a child in our school with a vulnerable health condition. So that we do all we can to keep her safe, could we please ask that you contact us if you suspect your child may have chicken pox, which this pupil must not come into contact with at all. *Symptoms of chicken pox for anyone who is unsure: a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the chest, back, and face, and then spread over the entire body. Before or after the rash appears, you might also get: a high temperature, aches and pains, and generally feeling unwell, loss of appetite. It's possible to get chickenpox more than once, but it's unusual.* Huge thanks for your support as always.

LAST WEEK! Primary school admissions. The online admissions portal for primary schools is now open and will close on 15 January 2023. **If your child's date of birth falls between 01/09/2018 and 31/08/2019, you will need to apply for a reception place for September 2022.** Allocation day is 19 April 2023. The Admissions Handbook and full guidance on how to apply can be found on Sunderland County Councils' website: <https://www.sunderland.gov.uk/schools-admissions-infant-junior-primary>

Winter safety activities. You will have read the news before Christmas surrounding the tragic events in Solihull, which resulted in three children losing their lives after falling through an icy lake. In order to raise awareness of safety aspects of playing in winter conditions, the Royal Life Saving Society have produced a child friendly resource to educate young people. [The RLSS UK Rookie Lifeguard Water Safety booklet](#) offers top tips for staying safe in the icy weather and supports this learning through quizzes, puzzles and activities that children may enjoy completing.

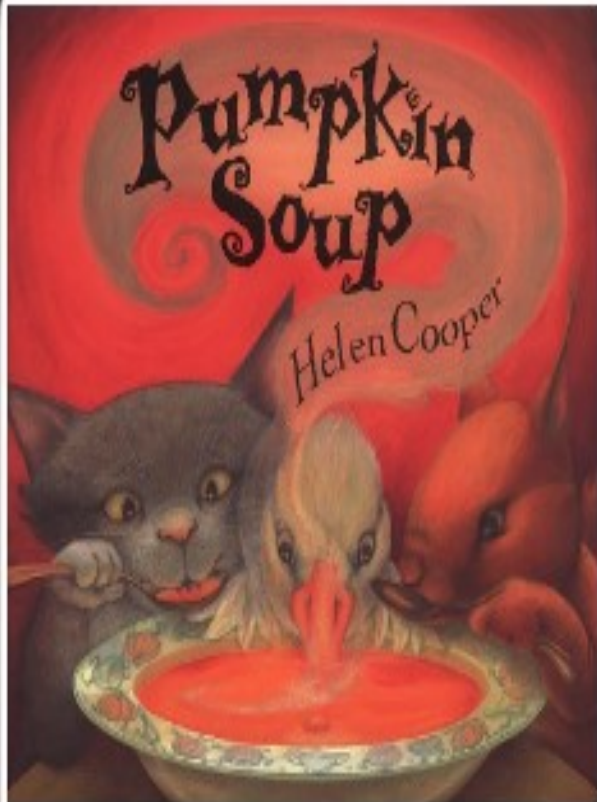
Attendance of the week. Congratulations to **3G** who are our first class winners of 2023.

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	89.6	3B	88.9
NURSERY AFT	98.2	3G	98.4
RM	85.9	4G	88.3
RW	90.7	4S	82.7
1B	84.4	5M	91.3
1S	92.2	5W	97.5
2CW	92.2	6C	95.7
2H	88.9	6H	95.4

Extra Bank Holiday: a date for your diary. The Department for Education has now confirmed that schools which are normally closed for bank holidays should close for the additional bank holiday which is on **8th May 2023** to mark the coronation King Charles III.



Book Recommendation of the Week



I recommend 'Pumpkin Soup' because it has a really happy ending.

By Nathan 2H

Why is swimming so important...here's why...



Swimming - Why is it so important?



Here are some of the main reasons why being able to swim is so beneficial. Not just for children, but grown ups as well! Please take the time to read and discuss at

It teaches you water safety!

Being able to swim isn't just a skill for the swimming pool- you can use it if you are ever in danger around water!



It is good exercise and very good for your heart, lungs and tummy!

Getting a little out of breath is good for you! It makes your muscles work harder and can also help your digestion as well.



It improves endurance and builds your muscles!

This means it helps you get really fit and strong, so then you will do better in other sports, exercises and PE lessons as well!



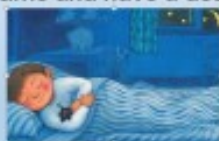
It increases your energy in the daytime!

Exercise releases endorphins into your body. This is a chemical which makes you feel happy and energized. Swimming is a great way of releasing this



It helps you get a good night sleep!

Which is very important! You can't do your best at things if you aren't well rested. Swimming can help to make your body feel tired when you go to bed on a night time and have a deeper sleep



It reduces stress!

If you're feeling a bit anxious or stressed, swimming is a great way to relax and have fun. Even if it's just floating in the water calmly, it can help to make you feel more at ease.



It supports Academic success!

Swimming has been proven to help you with your memory and concentration. This, in turn, can help you with your school work!



It builds confidence!

Swimming can help you to feel more confident- as can learning any new skill. It gives you a good feeling and a boost to be able to do something you didn't know how to do before!



If you're interested in swimming lessons or even just building your confidence in the water with your family...

