



Richard Avenue Primary School

Friday Flyer

Weekly Update

Friday 17 March 2023

UPCOMING DATES

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

Monday 20 March

RAPS PE kit to be worn to school by Yr 1

Adult learning classes

Change4Health from 2.30-3.30pm

Tuesday 21 March

RAPS PE kit to be worn to school by Yr 3

Community listening event from 9-10.30am and between 2.30 and 3.20 pm

Wednesday 22 March

RAPS PE kit to be worn to school by Yr 5

Community listening event from 9-10.30am and between 2.30 and 3.20 pm

Thursday 23 March

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

Dance City workshop for Y4

Friday 24 March

RAPS PE kit to be worn to school by Yrs 2&6

Swimming for Y3

Change4Health from 2.30-3.30pm

Future dates for your diary

Friday 31 March

School closes at **2.30pm** for the Easter break

Head Teacher comment

Dear Richard Avenue Families, We hope that all of our families had the chance to spend some time together last weekend and that you managed to stay warm. It's again been busy in school with sport dominating the diary. By the time you read this, our children will have taken part in netball, hockey and football tournaments with our thanks to the wonderful **Mr Spoors** for again organising these opportunities. When we hear from the Government that school sport isn't a high enough priority in many schools, I am incredibly proud to say that in our school, this message could not be further from the truth. As I know you know, our children enjoy a wide range of sporting opportunities and we are incredibly proud of our PE and enrichment curriculum. *Ask the children about Commando Joe - our latest addition!* We hope that this weekend gives all of our children chance to rest and relax ready for another active week ahead. Finally, it's a Happy Mother's Day to mothers everywhere. Wishing you a lovely day and perhaps some time to flop and put your feet up!

Have a lovely weekend.

With very best wishes,

Claire McKinny.

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



Assembly stars. Last week's stars linked to the dual themes of **empathy and equalities** were:

Nursery: Marlin & Alfie

Rec: Toni & Medha

Y1: Davina & Fathema

Y2: Haniah

Y3: Adheem & Sira

Y4: Sandithi & Ayaan

Y5: Muslima

Y6: Shumi & Isabelle



Well done everyone, you are all RAPS stars!

In this week's assemblies... This week our focus has been on two important areas of learning: resilience and science. We researched different scientists and discussed how they showed great resilience when carrying out their work. **This is also our one of our important RAPS values.** We have been discussing the importance of demonstrating resilience and why it is such an important value to show in school too.



Have you logged into your child's **Seesaw** account this week? Staff have shared a number of updates. *If you need a new invitation, please contact your child's class teacher.*

Comic Relief. Many thanks for your help and support with today's Comic Relief fundraiser. The day has been great fun, and the children have certainly enjoyed themselves taking part in activities which make them happy from outdoor games, to slime making and cake decorating. Huge thanks to our wonderful **Miss Bell and the Student Council** who have organised everything, including a highly competitive joke competition (and that was just the staff entries!) Most of us were delighted we were not sitting on the judging panel! We have enjoyed the day **#thankyoumissbell**

**COMIC
RELIEF**

School Meals and the Holiday Activity and Food (HAF) programme. Sunderland Council is again committed to providing support to families during the Easter break. Please use this website link to find out more about whether you might be able to claim these:

www.togetherforchildren.org.uk/families/free-school-meals or telephone: **0191 561 1417**. Vouchers can be collected from our school office from **Tuesday 28th March between 8.30am and 3.30pm.**

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 Dinners



The Sunderland Food Bank donations. If you are able to, could we please ask that children bring into school at least one item from the list below:

TINNED POTATOES

LONG LIFE FRUIT JUICE

JAM/PRESERVES

SAVOURY TREATS

COFFEE

BISCUITS

Could donations please be sent into school before **Thursday 30th March**? Thank you as always for your help and support.

Online Safety TikTok is a social media app.

It is not new, previously operating under **Musical.ly** up until 2017, after which it was bought out and re-launched as TikTok. Users create short video clips of up to 60 seconds. It is most popular with young people under 16, with an age restriction of 12+, although many of our children have TikTok accounts. Once the app has been downloaded users have instant access to unrestricted videos, however in order to comment, like or share users must create an account. Users can sign up via linking their social media platforms, or create entirely new accounts by inputting a mobile phone number or an email address. Keep your children safe online and follow this link: https://primarysite-prod-sorted.s3.amazonaws.com/weldon-c-e-primary-school/UploadedDocument/58ca8f69-0ddf-4f4c-a9ac-394c970eec2f/tiktok_guide1.pdf



Give yourself a compliment - tips from the wellbeing forum. Do you ever catch yourself being overly critical of yourself, or thinking mean thoughts about yourself? Being overly negative or telling ourselves we are no good can really damage our self-esteem and can stop us from trying. Giving yourself a compliment and practicing positive self-talk is crucial to achieving a healthy mindset, boosting our self-esteem and giving us the confidence to accomplish our goals.

Give yourself credit for the things you do well, don't take them for granted or brush them off as nothing. Starting your day with positive self-talk focuses your attention on positive things and improves our overall wellbeing.

Here are some examples you could try:

- * **I'm proud of myself for trying.**
- * **I forgive myself for my mistakes and I'm going to learn from them.**
- * **I'm doing my best and that's all that matters.**
- * **3 things I did well today are...**
- * **I am strong, I am smart, I am enough!**

Attendance of the week. Congratulations to 4G who are our weekly winners.

Weekly whole school attendance is 100%

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	90.2	3B	93.0
NURSERY AFT	89.5	3G	93.3
RM	91.0	4G	100.0
RW	85.4	4S	98.8
1B	92.2	5M	90.0
1S	93.9	5W	96.9
2CW	96.7	6C	97.8
2H	90.6	6H	92.3



Book Recommendation of the Week



I recommend 'Amulet' by Kazu Kibuishi because it is like a comic book and it involves the best scenes. I recommend the whole collection. By Isabelle 6C

Parent and community listening - 21st and 22nd March

Community Room

As you know, we firmly believe that education is a partnership between home and school, and value your interest and support. We are always working to enhance our children's ability to use their voice and contribute their thoughts, experiences and opinions confidently.

With partnership in mind, we would like to invite you, our families, to some listening sessions in the school community room where you can share your experiences of being part of the Richard Avenue Primary School community.

The listening will help us identify action points for further achievement, growth and improvement in creating an inclusive school community.

The listening will be undertaken by members of Tyne and Wear Citizens, an alliance of civil society institutions which includes organisations in Sunderland and some of our governors will be involved as listeners. All experiences shared will be anonymous.

The listening sessions will take place between **9 and 10.30m and between 2.30 and 3.20pm on Tuesday 21st and Wednesday 22nd March, next week.** Refreshments (tea and coffee) will be available.

This listening approach fits perfectly with our school aim to 'encourage responsible, respectful citizens, who make a positive contribution to being a valued member of an ever-changing society.'

**Please come along, join
us for a cuppa and
share your experiences.**



FREE!



active future

Instilling a love of movement for life.

Holiday Activities & Food

When:
10 am - 2 pm

Monday 3rd April
Tuesday 4th April
Wednesday 5th April
Tuesday 11th April
Wednesday 12th April
Thursday 13th April

FREE

for those children who qualify
for free school meals.

**Where: Sunderland University,
City Campus, SR1 3SD**

Activities include easter crafts, multi sports
including dodgeball, football, dance, team
building games, rock climbing, external
visitors plus much more!

Spaces are limited, please register following the link:

<https://campscui.active.com/orgs/ActiveFutureSunderland?season=3310036>

or by scanning the QR code



Interested?

Contact us on..

✉ afsunderland@activefuture.info

☎ 07964697411

f Active Future Sunderland

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children
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Department
for Education