



# Richard Avenue Primary School

## Friday Flyer

Weekly Update

Friday 16 November 2023

### UPCOMING DATES

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

#### Monday 20 Nov

RAPS PE kit to be worn to school by Yr 4

Forest School for 3D

#### Tuesday 21 Nov

RAPS PE kit to be worn to school by

Reception & Yr 6

Sports Leader training at Silksworth for Y5

Swimming for Y3

Ukulele for Y4

#### Wednesday 22 Nov

RAPS PE kit to be worn to school by Yr 1 & 5

Y4's assembly for families

#### Thursday 23 Nov

RAPS PE kit to be worn to school by Y3

Girls football at the Beacon of Light for Yrs 5&6

Swimming for Y6H

#### Friday 24 Nov

RAPS PE kit to be worn to school by Y2

Swimming for Y6C

Future dates for your diary

SEE BACK PAGE FOR OUR  
CHRISTMAS DIARY DATES

**Head Teacher comment** Welcome to this week's newsletter. We have enjoyed another busy week at school with dare I say it, the first signs of Christmas, as we begin to learn the all important Christmas production songs which you will no doubt also hear at home! We have been busy working through planning for our Christmas events and are looking forward to what is always a very special (if even busier!) time in school. Do look out for information in the coming weeks with all of the details of these events and add the Christmas diary dates to your calendar which you can find this on page 5 of this week's flyer. On a different subject, attendance has not been good in recent weeks. We know this is the time of the year for nasty viruses; the winter vomiting bug and flu season have both started early. Could we please just ask that you call the school office if you are in any doubt about sending your child into school. As a school, our attendance is monitored and so we remind families that children need to be in school every day that they are well enough to be here. If your child is off through illness, please make sure that you let us know by 8.55am, with a complete reason as to why they are not in school. If they need time off for other reasons please remember to complete an Absence Request Form, available from the office. *We've also noticed that the children are noticeably tired coming into school at the moment. Please can we ask you to keep an eye on bedtimes; we know how important a good night's sleep of at least 9 hours is, for adults too!* Thank you as always for your support.

Have a lovely weekend. With very best wishes,

*Claire McKinney.*

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

**RAPS Assembly Stars.** Last week's super-stars linked to the theme of *being thoughtful* were:

**Reception: Amaan & Oscar**

**Y1: Maryam & Vedha**

**Y2: Luke & Erin**

**Y3: Yaagavi & Asra**

**Y4: Jane & Alessia**

*Y5: Were out of school today*

**Y6: Jamie & Faith**

**Well done everyone, you are all  
RAPS stars!**



### RAPS assemblies.

Kindness has been the theme of our collective worship this week with a focus on our RAPS value of *friendship*. We read stories about kindness and friendship, and discussed what makes a good friend and how we can show kindness to each other. It has also been Anti-bullying week which has had the theme of 'Making a noise about bullying!' We discussed what we should do if we are or suspect someone is being bullied. We had discussions in class and shared our thoughts. *Teachers have also been looking out for a kindness star this week.*



**Miss McMaster.** We are delighted to let you know that **Miss McMaster** has been in school this week as she prepares to return after the birth of her daughter. Miss McMaster will resume her role as reception class teacher and will return full-time on Monday 4th December, which means we will be saying a sad goodbye to Mrs Graham at the beginning of December. We will come back to Mrs Graham in a few weeks time, but wanted to confirm to reception families that from **Monday December 4th, Miss McMaster will take over the teaching of Mrs Graham's current class.** All other staffing in reception will remain unchanged.

**Y4's class assembly for parents.** Please come into school via the main entrance. The assembly will begin shortly after 9am and last for approx. 20 mins. Y4 families very welcome!

**A message from the Public Health team.** Winter is quickly approaching and in preparation, we would like to encourage all parents and guardians of eligible children aged 2 or 3 years on 31 August 2023 (born between 1 September 2019 and 31 August 2021) to take up the offer of a free flu nasal spray as soon as possible. Flu season has started early and we anticipate that there will be a significant number of cases. For more information about the flu nasal spray please visit here [Protect your child against flu – information for parents and carers of children in primary school or pre-school - GOV.UK \(www.gov.uk\)](#) and [Child flu vaccine - NHS \(www.nhs.uk\)](#)

If your child has an allergy, please speak to your GP or practice nurse to see if the flu nasal spray is suitable for your child. *If you have any questions not answered in the information above please contact our practice nurse who will be happy to help.*

**Tiny Tweeties in early years.** Last week, our nursery and reception children took part in music and movement sessions delivered by the wonderful Tiny Tweeties' team. Children expressed themselves by singing, dancing and story telling. We sang autumn songs, told the story of Jack and the beanstalk, pretended to be fireworks and played musical instruments. *We have loved singing the songs in class, I'm sure the children will enjoy sharing them with you.*

Here is a link to their website: <https://tinytweeties.co.uk>

**Safeguarding: Childline Website Now Live.** Childline is the UK's free 24-hour service for children and young people. [The new Childline website](#), run by NSPCC, gives children and young people up to the age of 19 confidential support with whatever is worrying them. We talk to the children in school about Childline and remind them that this is one of many places they can turn to if they're worried about anything.



**Y5 at the Discovery Museum.** Year 5 had a great day out at the *Great North Museum* on Friday as they added to their extensive knowledge about the Ancient Egyptians. We explored artefacts, examined mummies and even took part in a mummification process. After this fabulous workshop, we explored the rest of the museum before spending an hour star gazing in the planetarium. After their visit to the museum, Year 5 were lucky enough to go and view Fenwick's Christmas window. The theme this year is the land of Narnia and The Lion, the Witch and the Wardrobe. This wonderful story was a firm favourite when the children studied it last year. This was our first visit of the year and it was a huge success!



**Attendance of the week.** Congratulations to **RG** who are our weekly winners.

*Weekly whole school attendance is 91.9%*

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	81.3	3D	86.3
NURSERY AFT	78.8	3M	94.3
RH	84.0	4G	95.8
<b>RG</b>	<b>96.7</b>	4S	92.0
1G	89.3	5B	94.7
1W	87.7	5W	95.7
2CW	88.0	6C	94.8
2W	89.0	6H	96.6

**BBC Children in Need Appeal.** Many thanks for everyone's wonderful support with this special fundraiser and to our Student Council with the support of Mrs Petre and our wonderful school kitchen, for taking on the role of 'organising committee'. A great day and lots of fun!



**Online Safety: parent support.** The Google Family Link has come on in leaps and bounds over the years, allowing parents greater management of their child's Google accounts (e.g. YouTube) and Android devices. This includes children under the age of 13. Internet Matters have put together [this great article \(click link\)](#) explaining exactly what Google Family Link is plus details in-structions on [Family Link](#) how to set it up and use it.



Attendance Range	Category
98% - 100%	Excellent Attendance
95% - 97.9%	Good Attendance
92% - 94.9%	Caution
90% - 91.9%	Cause for concern
Below 90%	Serious Concern

"Being around teachers and friends in a school or college environment is the best way for pupils to learn and reach their potential. Time in school also keeps children safe and provides access to extra-curricular opportunities and pastoral care. That's why school attendance is so important."  
Department of Education

# KNOW THE '4 T'S' OF TYPE 1 DIABETES - IT COULD SAVE A CHILD'S LIFE

It's really important to be able to spot the most common symptoms of type 1 diabetes early.

Unfortunately, we know that too many people – mostly children and young people – are not diagnosed until they are in diabetic ketoacidosis (DKA), a life-threatening condition that requires urgent medical attention.

Early action is important and it's good to know the '4 T's' of type 1 diabetes:

**TOILET** - GOING TO THE TOILET A LOT.

**THIRSTY** - BEING VERY THIRSTY AND UNABLE TO QUENCH THE THIRST.

**TIRED** - FEELING MORE TIRED THAN USUAL.

**THINNER** - LOSING WEIGHT OR LOOKING THINNER THAN USUAL.



If you notice these signs and symptoms, you should contact your doctor **straight away**.

## IF YOU WOULD LIKE SUPPORT...

Join our 'Friends of the North' Diabetes UK Facebook group where you can find peer support and the latest information from Diabetes UK, locally and nationally: [Diabetes UK chat: Your Friends in the North | Facebook](#)

Or use your mobile phone to scan the QR code:



Contact us:

**North of England team: 01925 653281**

**Diabetes UK Helpline: 0345 123 2399 (Mon-Fri, 9am-6pm)**

## FOR MORE INFORMATION...

If you would like copies of the poster or the A5 leaflets, please contact [north@diabetes.org.uk](mailto:north@diabetes.org.uk).

For more information about Diabetes UK visit [www.diabetes.org.uk/The4Ts](http://www.diabetes.org.uk/The4Ts)

We have resources to help you support pupils who have type 1 diabetes. Find out more about how we can support schools and our resources to help [Diabetes in schools resources | Diabetes UK](#)

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

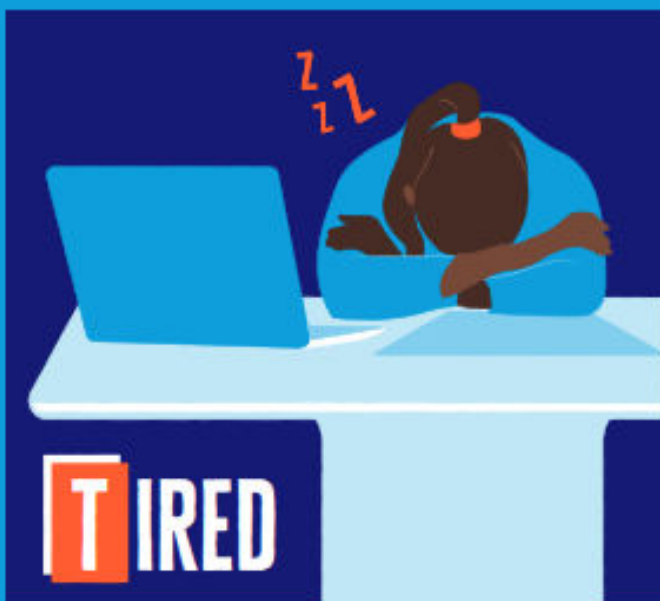


## RAPS Christmas Diary 2023

Date	Event
29th November	16 Days of Christmas begins 
1st December	Turning on of the Christmas tree lights 
12th December	KS1 (Yrs1&2) Christmas performances @ 9.15am & 2.15pm
14th December	EYFS (Nursery & Reception) Christmas performances @ 9.15am & 2.15pm 
15th December	Christmas Day at Richard Avenue
20th December	KS2 (Yrs3-6) Carol Service @ 9.15am & 10.45 am School closes @ 1.45pm



# DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?



We call them the **4Ts**. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. **If you're experiencing any of the 4Ts, ask your doctor for a test immediately.**



Scan the QR code or visit [diabetes.org.uk/the4Ts](https://diabetes.org.uk/the4Ts)

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

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