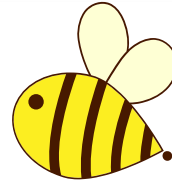




Richard Avenue
Primary School

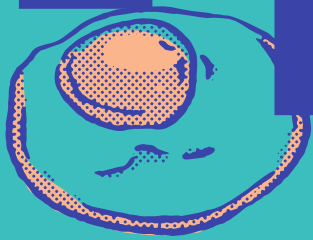


www.richardavenue.co.uk

Friday Flyer

Hello
May

Join us for **Breakfast**



NO BOOKING

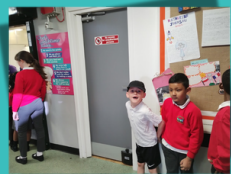
REQUIRED!

If you would like your child to join us, they must arrive between 8.25 and 8.40am, coming into school via the small gate...children from rec - Y6 welcome!



Available everyday:
weetabix, cornflakes or rice krispies and toast with butter or butter and jam.

Daily hot options:
Monday: beans on toast
Tuesday: crumpets
Wednesday: omelette with hash browns
Thursday: beans on toast
Friday: omelette with hash browns



Weekly Update

RAPS daycare: Breakfast Club from 7.45am-8:45am & After School Club from 3:30pm-5:15pm

Monday 4 May

School closed for May Day Bank Holiday

Tuesday 5 May

RAPS PE kit to be worn to school by Y3
Swimming for 5W
Bikeability for Y5

Wednesday 6 May

Walk wise for 1W
RAPS PE kit to be worn to school by Y1 & Y5
Swimming for 6C

Thursday 7 May

RAPS PE kit to be worn to school by Y6

Friday 8 May

RAPS PE kit to be worn to school by Y2
Learn to Ride for Y4

Future dates for your diary

Mon 11 May - SATs week begins for Y6

Thurs 21 May - reception's assembly for families from 9.05-9.30am

Fri 22 May - school closes for half term

A message from our Head Teacher

Dear Richard Avenue Families,

We begin this week's round-up by celebrating all things sport including a fabulous cricket day, cycling for Years 4&5 and swimming not forgetting our wonderful break and lunch time activity zones which continue to be very popular. It's been a super busy week at Richard Avenue. On that cheery note, a gentle reminder that Monday 4th May is a bank holiday and therefore our school will be closed. We re-open on Tuesday 5th May.

Have a lovely extended weekend.

With very best wishes,

Claire McKinney

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

Assembly stars

Last week's assemblies had a **team work** theme with certificates awarded for children who displayed this important RAPS value...

N: SAPPHIRE, KWAME & AMAAL

R: NAILA, HAYDEN, NAISHA, ALFIE, ASENAT & AYAT

Y1: HANNAH, KAIRA, YAMEEN, SARAH, ZOYA & ISA

Y2: IRIS, ZAINAB, NATHAN, CHARLIE, ISRAA & RAGHAD

Y3: SULAYMAN, ERIC, GURVANSI, ALEENA, ABHINAV & MIKAEEL

Y4: NICHOLAS, NESTOR, ZOYA, AIDAH, ZUBAIR & IBRAHIM

Y5: HANIFA, ISHAAQ, NATHAN, LUNA, AMARA & HOLLY

Y6: AAIRA, ZAYD, RABIUL, LAWK, OSCAR & SALEH

Well done everyone, you are all stars!

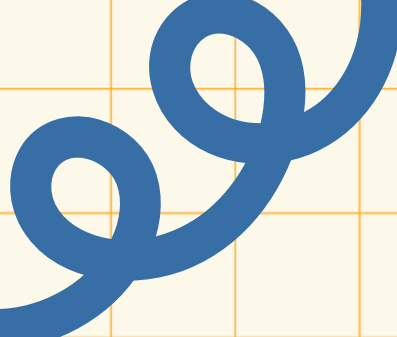
THIS WEEK'S

ASSEMBLIES

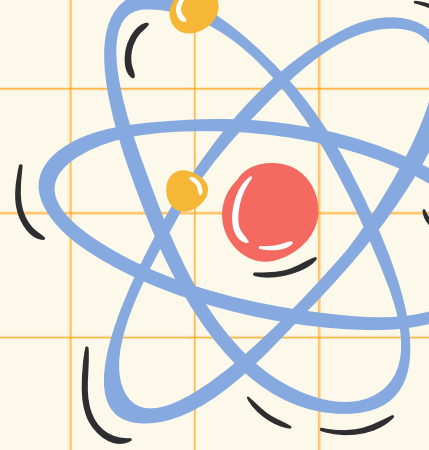


In assemblies this week we have been discussing the importance of our own mental health. We have looked at activities that promote mindfulness and help us create a good growth mindset to support our learning and wellbeing. Andy from Youth for Christ came to talk about mindfulness and delivered another lively assembly which we all enjoyed.

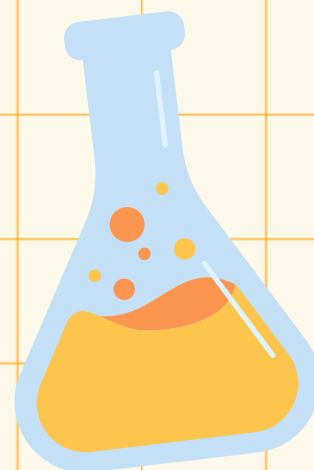
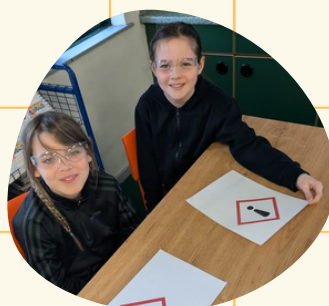
MENTAL
Health
MATTERS



CAPTAIN CHEMISTRY



Year 5 had a brilliant visit from Richard aka Captain Chemistry to introduce their science topic on 'changes of materials'. The children were fascinated by the incredible experiments he showed us and we found out lots of new vocabulary that we can use in class.



Year 5



BREAD BAKE-OFF

This term in DT, Year 5 have been learning about the origins of bread and how the baking of bread has developed. To end the topic the children baked their own bread.



THANK YOU
TO THE
WONDERFUL
CATHY LE
MENN AND
HER BAKING
SKILLS!



At One Fit for Life @ St Mary's and St Peter's Community Project: SR3 4DY

W E L C O M E

Welcome

**AT ONE
FIT FOR LIFE**

**ASHA TONES
EXERCISE THERAPIST**

EXERCISE THERAPY
Achieve Your Fitness Goals,
Whatever Your Ability.
* Fully Adapted Exercise Therapy
* 1-to-1 & Small Group Training
* Adapted For All Disabilities

DANCEVERISITY
Come Dance With Us!
* Inclusive Dance Classes For All.
* Fun & Relaxed Family Discos
Be Part Of The Danceversity Family -
Where Everyone Can Shine!

BABY & ME
Bond, Relax & Connect
Baby Classes (Newborn - Toddler)
Create Special Memories & Bond
With Your Little One In Our Friendly &
Relaxed Classes. We Are Fully
Inclusive & Teach Makaton Signs In
Every Session.

St Mary's & St Peter's Community Project, Sunderland. SR3 4DY
07468595044
@atonefit #atonefitlife

**AT ONE
EXERCISE THERAPY**

Private & Small Group Exercise
Personal Training/ Exercise Therapy
Fully Inclusive & Adapted To All Disabilities.
Slots Available To Book @ Studio Inclusive
Contact Asha Directly To Book.

EXERCISE CLASSES

Music & Move
Wednesday 1:00- 2:30pm
Gentle Dance & Exercise Class Age 18+
(Seated Or Standing)
more classes to be added

DANCEVERISITY

Inclusive Dance Class
For All Disabilities.
Thursday
4:45-5:30 (Age 5-10yrs)
5:30-6:15 (Age 11+)
Inclusive Family Dance Fitness Class
Suitable For All The Family Ages 5+
Tuesday 5:30-6:15
Inclusive Family Disco
Friday 6:00-7:30pm (once month)


BABY & ME
Sing, Sign & Dance Time Class
Pre & Post Natal Personal Training & Small Group Ex
Baby Massage, Yoga & Special Events

(bookwhen.com/atonefit) aasha.thomaseatonefit.life
07468595044

Welcome

WELCOME

≡ Welcome ≡



NCD TRAINING & SKILLS DEVELOPMENT **NE** North East Combined Authority **SBIC**

STEP INTO TEACHING WITH NEW COLLEGE DURHAM

Level 1 Award: Preparing to Work in Schools
 Start your journey into the education sector with this introductory qualification designed to build your confidence and knowledge.
 This course will help you:

- Understand the teaching and learning environment within a school
- Learn how to support the wellbeing and development of children and young people
- Gain insight into key roles and responsibilities in an education setting
- Prepare for further study and training in the sector

On successful completion, learners can progress to:






Level 2 Award: Understanding Safeguarding & Prevent
 This next step will:

- Increase your knowledge of safeguarding responsibilities
- Develop your understanding of the Prevent Duty
- Raise awareness of online safety risks
- Strengthen your understanding of duty of care within education settings

Dates:
 Enrolment session will take place on the 23rd April 10.00am – 1.00pm & the course will run on the 30th April, 7th, 14th and 21st May and 2nd, 4th, 11th and 18th June from 9.30am – 2.30pm

Venue:
 Sunderland Bangladesh Centre, 30 Tatham Street, Hendon, Sunderland, SR1 2QD

WHY NCD?

-  Flexible Learning
-  Fully funded
-  Gain a recognised qualification
-  Fill professional knowledge gaps
-  Boost skills gap

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training@sb-international.org.uk
or call T: 0191 564 0888 | M: 07934871737

Interested in becoming a Teaching Assistant?

Our Level 1 course is the perfect place to begin!

🕒 Limited spaces available — first come, first served!

Don't miss your chance to gain valuable skills and kickstart your career.

👉 Drop me a message today and take the first step!

📖 Start Your Journey in Education!

Safeguarding update. As children grow older, many parents face the difficulties of striking a balance between providing them with an increasing level of independence whilst continuing to ensure their safety. One consideration relates to what is best for children when it comes to staying in the house or going out alone. The NSPCC resources provide key considerations alongside checklists for parents to work through with their child, introducing discussions about a range of scenarios that children may encounter and ways to stay safe.

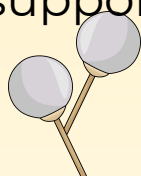


learning.nspcc.org.uk/research-resources/leaflets/home-or-out-alone-guide

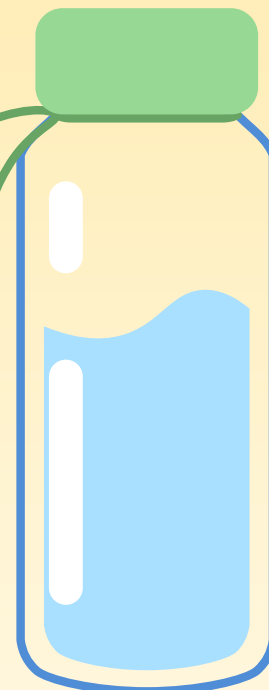


WhatsApp The following link provides useful information for families about helping to ensure that children are using **WhatsApp** safely. **We would like to remind parents that WhatsApp has an age restriction of 13 and therefore should not be used by primary aged children,** however we are aware that some of our children are accessing the app regularly: <https://saferinternet.org.uk/blog/helping-your-child-with-whatsapp>

Earrings. A gentle start of the term reminder that earrings must not be worn in school. Thank you for your support with this.



A second gentle reminder...Could we please ask that you provide a **named water bottle** for your child and that it comes into school everyday, re-filled with water and ready to use. We know how much difference having access to water makes, and we encourage children to take a drink several times during the day. With many thanks as always for your support.



Attendance

OF THE WEEK

Congratulations to **morning nursery** who are our weekly top attenders with almost everyone in school every day this week!

Weekly whole school attendance is 92.90 %

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	99.0	3B	94.6
NURSERY AFT	85.0	3M	95.2
RJ	86.3	4GO	95.0
RS	87.5	4GR	91.7
1CW	95.9	5O	91.6
1W	93.1	5W	97.7
2S	97.2	6C	97.2
2W	98.6	6H	93.9



PARENT / CARER SUPPORT

PARENTING SUPPORT LINE

Navigating the role of a parent / carer isn't always easy. From conception to 19 years of age we have advice and support available to help you and your family over the phone.

Please contact us on **0191 5617005** or Email
citywideparentingreferrals@togetherforchildren.org.uk

What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JusTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JusTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call, exclusive stickers, a badge denoting them as a premium subscriber, and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JusTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JusTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JusTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact: this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JusTalk and JusTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JusTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JusTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College