



ATTENTION

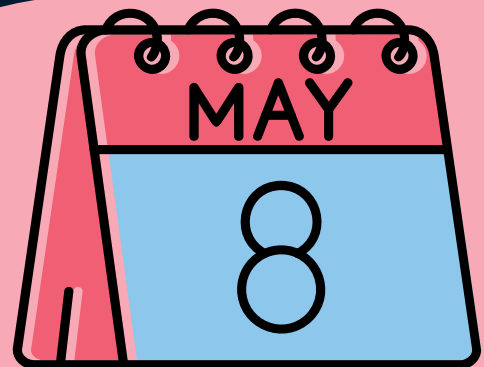
City of Sunderland will be working on our internet service in the coming weeks. This means that school telephones will be offline from 12 noon on Friday 15th May until end of day Monday 18th May, and again from 12 noon on Friday 5th June until end of day Monday 8th June.

If you need to contact school during this period, please use the following mobile number:

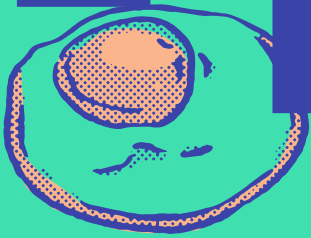
07851315983



Friday Flyer



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



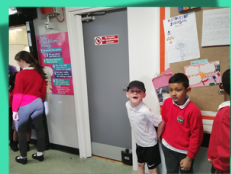
gate...children from

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 11 May

Forest school for RS and ARP children
RAPS PE kit to be worn to school by Y4
SATs week for Y6 - SPAG paper

Tuesday 12 May

RAPS PE kit to be worn to school by Y3
Swimming for 5W
SATs week for Y6 - Reading paper

Wednesday 13 May

Walk wise for 1W
RAPS PE kit to be worn to school by Y1 & Y5
Swimming for 6C
SATs week for Y6 - Arithmetic paper and Reasoning paper 1

Thursday 14 May

SATs week for Y6 - Reasoning paper 2 - end of SATs

Friday 15 May

RAPS PE kit to be worn to school by Y2 & Y6
Swimming for 3B
Swimming for 4Cr

Future dates for your diary

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

Friday 22 May - school closes for half term

A message from our Head Teacher

Dear Richard Avenue Families,

We are racing through this half term at high speed with a packed diary, as ever. We've enjoyed time outside with field play and many new resources to keep everyone busy. Just a reminder about sunscreen. Please could we ask that you apply sun protection to the children before they come to school? Although it's not yet super hot, the sun's rays can damage skin even at mid teen temperatures. We are so close to the coast, which means it often feels cooler than it really is. Thank you for this. Looking ahead, we couldn't let this week's letter go by without mentioning our amazing Year 6 children who will take their Key Stage 2 SATs next week - national assessments in reading, maths and SPAG (spelling, punctuation and grammar). At home, could we please ask that you do your best to get the children to bed at a sensible time each night and that they arrive for school in good time each morning - **maybe even in time to join us for breakfast from 8.25am?** They've worked so hard, been so determined, made such fabulous progress and we are immensely proud of each of them.

Have a lovely weekend.

With very best wishes,

Claire McKinney

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

THIS WEEK'S ASSEMBLIES

We have been continuing our learning in our PSHE lessons through our collective worship this week. **Our Summer term topic for PSHE is Health and Wellbeing**, and we are learning about physical health and wellbeing. Children are further developing their knowledge and understanding of this topic through key questions... *Perhaps you could discuss these with the children at home...*

Year 1: who can help you to stay healthy?

Year 2: who can help us to manage our feelings?

Year 3: what healthy choices do we make? How could we make healthier choices?

Year 4: how do you support your physical health?

Year 5: how do we support our own mental wellbeing?

Year 6: where can we get support for our mental wellbeing and from who?

Assembly stars

Last week we celebrated...

**POSITIVITY IN MIND
AND ATTITUDE...**

N: YUSRA

R: AYESHA & IJAZ

Y1: HANNAH & NEHAAN

Y2: HUZAIFAH & EXCEL

Y3: MIKAEEL & VEDHA

Y4: AUTYMN & DELILAH

Y5: EESA & AILA

Y6: ELIZA & NASIHA

Well done everyone, you are all stars!

POEM ABOUT SATS FOR OUR WONDERFUL YEAR 6 CHILDREN

KEEP TRYING!

SATS DON'T MEASURE SPORTS,
SATS DON'T MEASURE ART,
SATS DON'T MEASURE MUSIC
OR THE KINDNESS IN YOUR HEART.



DO YOUR BEST

SATS DON'T SEE YOUR BEAUTY,
SATS DON'T KNOW YOUR WORTH,
SATS DON'T KNOW THE REASON
YOU WERE PUT UPON THIS EARTH.

I'LL TRY MY BEST!

SATS DON'T SEE YOUR MAGIC,
HOW YOU MAKE OTHERS SMILE,
SATS DON'T TIME HOW QUICKLY
YOU CAN RUN A MILE.



DOING MY BEST

SATS DON'T HEAR YOUR LAUGHTER,
OR SEE YOU'VE COME THIS FAR,
SATS ARE JUST A TINY GLIMPSE
OF WHO YOU REALLY ARE.

DO YOUR BEST!

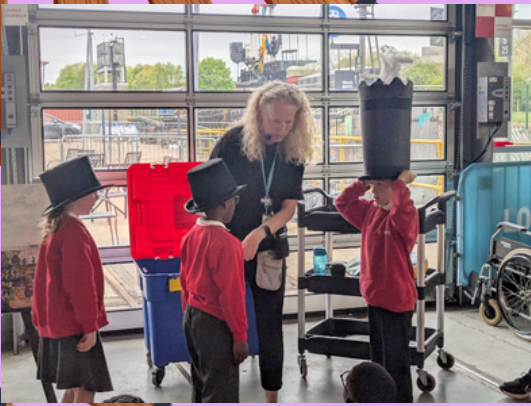
SO SITTING AT YOUR TABLE
WITH YOUR PENCIL AND YOUR TEST,
REMEMBER SATS AREN'T WHO YOU ARE,
REMEMBER YOU'RE THE BEST!

do your
BEST

UNKNOWN AUTHOR



In history we are learning about **George Stephenson**. Year 2 enjoyed a day at the **Locomotion Museum in Shildon**.



We looked at all of the trains and the snow plough train was so big!

Ann helped us tell the story of George Stephenson. I got to wear a big hat and it was fun.

I liked looking inside the Black 5. Stewart showed us how a steam train works.



NURSERY @ FOREST SCHOOL



Nursery have thoroughly
enjoyed their time in Forest School 



FREE PARENT AND CARER BEHAVIOUR MANAGEMENT WORKSHOP

Dear Richard Avenue Families,

We are hosting a free behaviour workshop aimed at supporting families, and we would love for you to benefit from this opportunity.

The workshop will take place on 11th May at Grace House, Sunderland from 09:30-11:30.

Please note that spaces are limited, so early booking is encouraged.

Parents and carers can reserve their free tickets using the link below:

<https://www.eventbrite.com/e/making-sense-of-the-behaviour-tickets-1984465899927aff=ebdssbdestsearch>

If you need any additional information or materials, please get in touch with me.

**Thank you,
Lyndsey
MIS**



PREPARATION FOR LIFE IN THE UK TEST

Date: 13th May 2026

Time: 12.30pm-2.30pm

Duration: 9-week course

(Every Wednesday 30 Tatham Street
Hendon
SR1 2QD)

Fee: £50.00 for 9 classes

Interested?

Contact: Syeda Khaled

Email: training@sb-international.org.uk

0191 5640888

**LIMITED SPACES-FIRST
COME, FIRST SERVED!**

“Empower your future. Pass
the test. Build your life in the
UK.”

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Dillett - a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support - rather than overwhelm - their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing - including timed activities - to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Attendance

OF THE WEEK

Congratulations to both Year 6 classes who are our weekly top attenders. Weekly whole school attendance is 94.70 %

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	98.8	3B	98.1
NURSERY AFT	81.3	3M	87.0
RJ	96.1	4GO	98.8
RS	90.6	4GR	95.2
1CW	94.3	5O	94.0
1W	95.5	5W	93.3
2S	97.4	6C	99.6
2W	94.8	6H	99.6

