



Richard Avenue
Primary School

www.richardavenue.co.uk



Friday Flyer



WELCOME



A message from our Head Teacher

Diary dates:

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

Monday 7 Sept

RAPS PE kit to be worn to
school by **Y1 & Y4**

Tuesday 8 Sept

RAPS PE kit to be worn to
school by **Y2**
Swimming for 4W at
Silksworth

Wednesday 9 Sept

RAPS PE kit to be worn to
school by **Yr 3**
Swimming for 5H at
Silksworth

Thursday 10 Sept

RAPS PE kit to be worn to
school by **Y6**

Friday 11 Sept

RAPS PE kit to be worn to
school by **Y5**
Swimming for 3B at
Silksworth
Swimming for 6O at
Silksworth

Dear Richard Avenue Families,

Welcome back to the new academic year and a special welcome to all our families new to Richard Avenue. We hope the summer break gave you the chance to rest, enjoy time together and recharge. It has been wonderful to see children return with such energy and make such a positive start in their new classes.

Our biggest priority continues to be focussed on supporting and encouraging the children to be the best they can be with an exciting and well chosen curriculum to ensure the very best outcomes for all. We look forward to a wonderful year working in partnership with families and look with hope to the future.

In other news, classrooms and outdoor spaces are super shiny and looking superb. I would like to extend my thanks to our staff team for the fantastic work they have undertaken to ensure that children have the best possible start to the new school year. The care, thought and consideration that goes into planning learning experiences which inspire and challenge our pupils is remarkable. It is through this dedication that our children are able to flourish and thrive.

A number of projects have been completed during the summer including a £217,000 City of Sunderland-funded new heating system which we make such a difference throughout school. We have also replaced flooring in both reception classrooms as well as an area of the nursery room; an all-weather canopy for our nursery children is nearing completion and lighting has been upgraded across the school not forgetting all carpets and windows have been cleaned - it's been a busy summer break! Speaking of being busy, our weekly Friday Flyer is a great way of staying in touch so please do take the time to read it.

Phew, a lot of information for the first week of our new school year; as always, if you have any questions, please do not hesitate to speak to a member of our school staff. Thank you for your support in making the start to term such a success. Wishing you a restful weekend.

With very best wishes,

Claire McKinney

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

Welcome



New members of the team. A huge Richard Avenue welcome to the teaching profession to our Y4 teacher, **Mr Spoors**. We know that 4S are in safe hands with Mr Spoors and look forward to the year ahead. A second Richard Avenue welcome to **Miss Louise Osborne (working in nursery)**, **Mrs Naeema Begum (working in 1J)** and **Mrs Clare Mechan (working in Y4)** who have all joined our TA team this week. Last but by no means least, we are thrilled to also confirm that our wonderful Family Worker, **Lucy Lavelle**, joins the RAPS team fulltime from this week in a new role as **Safeguarding Lead and Family Worker**. We hope that they will each be very happy with us, and are delighted to welcome our new team members to our wonderful school.



Join us for our
government funded

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



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



Important information for Y5&6 families. Some parents of children in Years 5 and 6 would like their children to walk home alone. Whereas we prefer all children to walk home with an adult, we can allow some children in Years 5 and 6 to walk home alone, if they live within close proximity of the school.

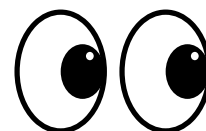
In order to do this, we must ask for our 'Permission to Walk Home Alone' form signed by parents and carers which has been returned to school. Once accepted, your child's name will be added to the list we hold in school. Please ensure that, in the meantime, all children are picked up by an adult (not an older sibling of school age) at the end of the school day.

Thank you for your support in keeping all of our children safe and in reducing the number of cars around school at pick-time.

School meals. School lunches at Richard Avenue are both tasty and nutritionally balanced. If you would like your child to enjoy a hot meal at lunch time, please speak to our School Office, giving 2 weeks notice for any change. Could we also please take this opportunity to remind parents and carers that our school adheres to a strict 'nut free policy', and thank you for your support in keeping to snacks and lunch boxes which are entirely nut free and are healthy, in line with our 'healthy school' status.



After school clubs. Club letters will be sent home next week for children to choose after school activity clubs. Clubs begin again from Monday 21st September. Do look out for these letters. Thank you as always for your support.



PE and PE kit. A reminder that we ask the children to wear PE kit to school on PE days. This PE kit consists of: plain white round neck t-shirt, plain black or red shorts, plain dark tracksuit bottoms for winter sports and plain black gym or sports shoes - see page 5 of the flyer for more PE kit information. PE days are as follows: Monday - Y1 & Y4, Tuesday - Y2, Wednesday - Y3, Thursday - Y6 and Friday - Y5. Thank you as always for your support.

What will your child be learning this term? Curriculum information webs will be sent out on Seesaw in the next few weeks, giving a summary of learning and topics to be covered in Years 1-6 during the term. We hope you will find them useful.



Please visit our school website where you will also find them. Why not then ask your children some of the key questions?

Our school gates open at 8:45am and close at 9am. Anyone arriving after 9am must come into school using the Main Entrance, accompanied by an adult. At the end of the day, gates open at 3.25pm for pick-up from Reception, Yrs 1&2 @ 3.30pm and @ 3.35pm for Yrs 3-6.

Could we also please ask that you stand back from the doors at home time so that staff can see you easily whilst they manage this busy time of the day. Thank you for your help and support.



Attendance matters and at RAPS we expect at least 97% attendance for each child. We work hard to maintain the regular and punctual attendance of all of our children in order to support them in being the very best they can be. Let's get this term off to an amazing start with 100% attendance in all classes next week!

Water bottles. 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.



HELPFUL UNIFORM GUIDANCE FOR FAMILIES



Uniform guidelines

SCHOOL UNIFORM FOR CHILDREN IN YRS 1-6 CONSISTS OF:

- White polo shirt
- Red cardigan or sweatshirt - there is no expectation these items bear the school logo
- Plain grey/black skirt, pinafore or trousers
- Plain grey/black trousers or summer shorts
- Red, black or grey tights
- Plain black shoes or black trainer style shoes
- Red and white checked summer dress



UNIFORM FOR CHILDREN IN NURSERY AND RECEPTION CLASSES:

- Red sweatshirt or cardigan
- White polo shirt
- Plain black jogging bottoms
- Black or white trainers with velcro straps – no laces to support children's independence



SPORTS & PE KITS:

Kits are provided for team games, while representing the school. For *general sports and PE lessons*:

- plain white round neck t-shirt
- plain black or red shorts
- plain dark tracksuit bottoms for winter sports
- plain black trainers



OTHER CONSIDERATIONS:

Jewellery - jewellery is not allowed to be worn at school for safety reasons with the exception of a watch and items that are considered to be acceptable on religious or medical grounds.

Hair - it is requested by Governors that families are fully supportive of what Governors deem to be a 'reasonable' hairstyle. Governors appreciate individuality and parents varying interpretation of the word 'reasonable'. Richard Avenue Primary school defines reasonable as:

- no dyed hair
- no extremely short hair
- no excessive beads in braids
- no excessively colourful braids
- appropriate use of gel
- no tram lines shaved into hair

Headscarves - headscarves must be plain red or black in colour. Scarves must be practical and safe with no trailing material.



September 2026

Governors have been working on this information poster for families which they hope is helpful. Children in Y1 are welcome to continue with active uniform until the summer term in Y1 (and as they prepare to move to Y2). As ever, if you have questions or concerns, please speak to the school office who will be happy to help you.

TRAFFIC

Let's start the new school year as we mean to go on when thinking about traffic. Do not forget about the dangers of parked cars on Richard Avenue, especially at drop-off time.

Please also ensure that as your children cross the road, they do not put themselves in incredibly dangerous situations. We all know how quickly cars travel up and down Richard Avenue.

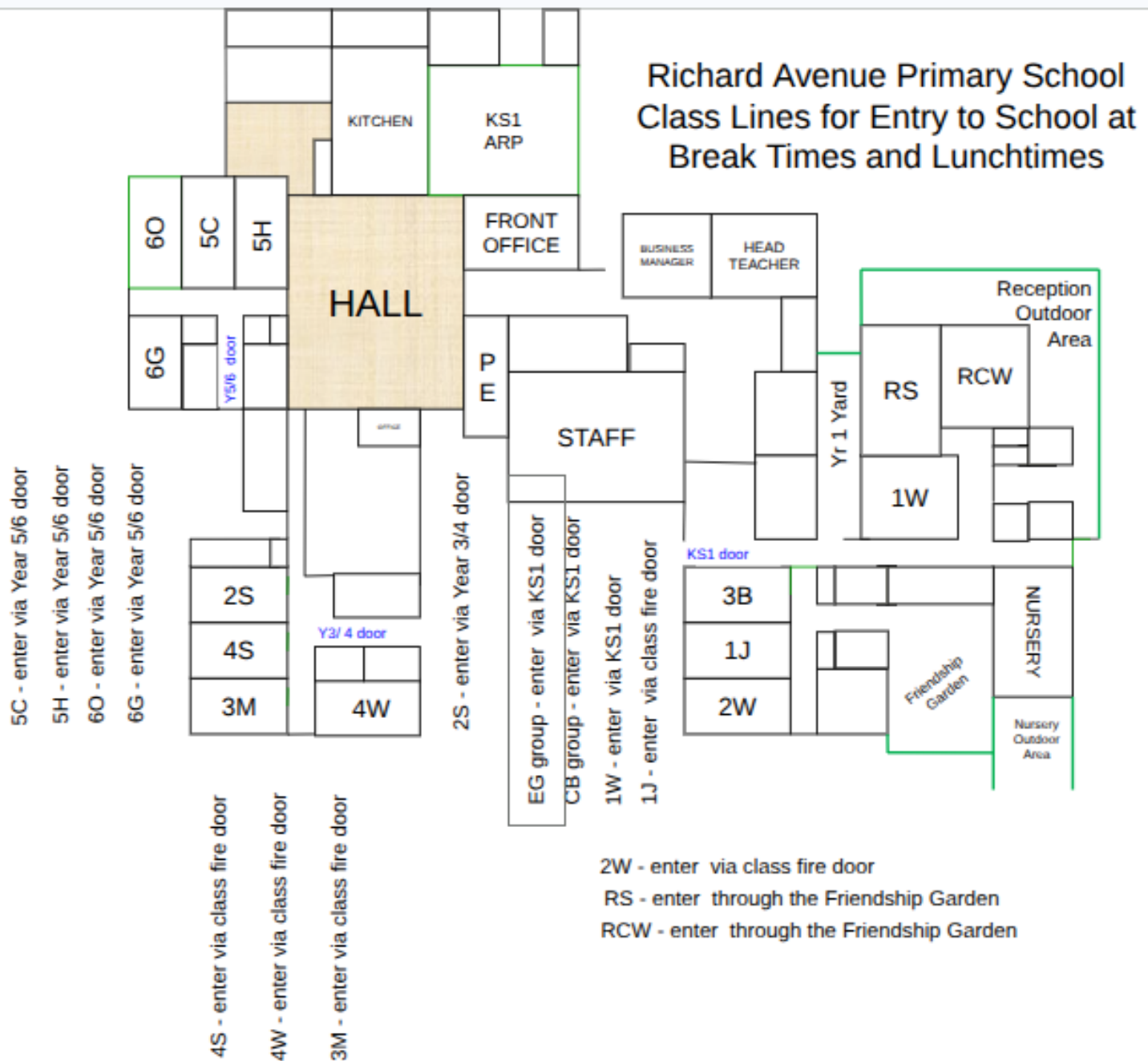
Please, please take care.

We do not want the worst to happen, and, this week already, we have been very near to an accident involving the children.

We must work together to protect your precious children and appreciate your support in doing all we can to keep them safe.



End of day pick-up points...



**If you are at all unsure,
please ask. We are more
than happy to help.**

SAFEGUARDING UPDATE KEEPING CHILDREN SAFE IN EDUCATION (KCSiE)

You may have heard about keeping children safe in education. Often referred to as KCSiE, this is the essential safety blueprint followed by all schools to make sure your child is protected, supported, and happy every single day.

It aims to support schools with ensuring all aspects of school life are safeguarded: everything from secure school gates and thorough staff background checks to identifying and supporting children who might be having difficulties either inside or outside of school. Because the world our children navigate is always shifting, this guidance is updated regularly to keep pace with new challenges, ensuring that school remains a trusted sanctuary where every adult is trained to look out for your child's physical, digital, and emotional well-being.

Key Updates in KCSiE 2026

1. Gender-questioning children and parental involvement

- **Involving parents:** Schools are expected to involve parents and carers in decisions regarding children who are questioning their gender in the vast majority of cases. The exception is if doing so creates a documented safeguarding risk to the child.
- **Single-sex spaces:** Clear rules reinforce that single-sex facilities (such as toilets, changing rooms, and showers) and sports activities are maintained based on biological sex, with alternative individual provisions explored where appropriate.

2. Technology, AI, and online safety

- **AI & deepfakes:** Updated guidance explicitly addresses generative AI risks, such as AI-created "deepfake" imagery or non-consensual image generation.
- **Intimate Images:** The term "sexting" has been officially replaced with "self-generated intimate images" to better capture both consensual and non-consensual digital risks.
- **Mobile-free expectations:** Stronger alignment with national guidance calling for schools to maintain phone-free environments during the school day.
- **Financial exploitation:** Added focus on digital financial scams and financially motivated sexual extortion ("sexploitation").

3. Early intervention and mental health

- **Mental health as safeguarding:** Mental health concerns (such as severe anxiety, self-harm, eating disorders, or suicidal ideation) are explicitly tied to safeguarding duties so schools offer earlier intervention.
- **Family Help & Early Support:** Stronger focus on connecting families with local community "Family Help" before problems reach a crisis point.
- **Verbal Abuse:** Clarified that persistent verbal abuse, belittling, or targeted criticism forms part of emotional abuse.

4. Child-on-child abuse, misogyny, and violence

- **Tackling misogyny:** Increased emphasis on addressing misogyny and harmful attitudes, recognizing how unaddressed misogynistic behavior can escalate into sexual harassment or violence.
- **Lowering Risk Thresholds:** Staff are trained to intervene earlier if a child threatens or expresses intent to carry or use a weapon.

5. Staff and volunteer standards

- **Training for all:** The shortened summary option for staff has been removed—all school staff (including non-teaching personnel) must read and understand full safeguarding protocols.
- **Volunteer vetting:** Stricter background/DBS check requirements apply for volunteers in schools.

As always, our goal is to maintain a strong, vigilant partnership with you to keep our school community safe and our advice would always be if you have any concerns around safety, please speak to one of the school safeguarding team:

MISS HIGGINS (EYFS LEAD AND NURSERY TEACHER)

MRS WALLER (KSI LEAD AND Y2 TEACHER)

MRS ROBSON (ASSISTANT HT AND SENDCO)

MISS WALKER (DEPUTY HEAD TEACHER)

MRS LAVELLE (FAMILY WORKER AND SAFEGUARDING LEAD)

MISS MCKINNEY (HEAD TEACHER)



DEDICATED ALLERGY SAFETY POLICY

Schools are now legally required to implement a Dedicated Allergy Safety Policy.

Every school must have a standalone allergy policy that is published on their website. It must go beyond general medical conditions to specifically address allergy prevention, emergency procedures, and risk management.

Schools must also stock emergency spare adrenaline pens. These are for emergency use by any pupil or adult experiencing anaphylaxis, including those who may not have a prior diagnosis (which accounts for up to 30% of severe school reactions).

All staff must receive allergy and anaphylaxis training. This is not limited to designated first-aiders of which Richard Avenue has a large number of trained first aiders, but includes the full staff team so that we can all recognise symptoms and use an AAI correctly.

Schools must appoint a named member of the team (often called the Designated Allergy Lead - for our school this is Mrs Stephenson who is also our Senior First Aid Officer) to oversee allergy safety. While not strictly mandatory for all settings, appointing a named governor to assist with oversight is highly recommended as good practice.

Pupils with diagnosed allergies must have an up-to-date IHP. These plans must detail their specific triggers, symptoms, medication requirements, and any necessary day-to-day adjustments.

As always, our goal is to maintain a strong, vigilant partnership with you to keep our school community safe and well. If you have any concerns around allergies or first aid, please speak to one of the team.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

1 RE-ESTABLISH ROUTINES



Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

2 TALK ABOUT FEELINGS



Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

3 SUPPORT WITH SLEEP



Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

4 LOOK OUT FOR SIGNS



Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

5 REFRESH SOCIAL CONNECTIONS



Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

6 CREATE A CALM MORNING



Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

7 FOCUS ON POSITIVES



Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

8 VISIT OR VISUALISE SCHOOL



If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

9 PLAN AHEAD TOGETHER



Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

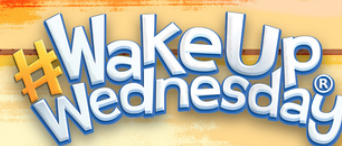
10 STAY POSITIVE AND PRESENT



Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



The National College®

THIS YEAR'S TERM DATES



Richard Avenue
Primary School

TERM DATES 2026/2027

September 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2026						
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25	26	27	28	29	30	31

November 2026						
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29	30					

December 2026						
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27	28	29	30	31		

January 2027						
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24	25	26	27	28	29	30
31						

February 2027						
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14	15	16	17	18	19	20
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28						

March 2027						
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28	29	30	31			

April 2027						
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May 2027						
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30	31					

June 2027						
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27	28	29	30			

July 2027						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2027						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



School Holidays



Bank Holidays



Inset Days

To enable your child to receive the best education we can provide, would parents please book routine dental and doctor appointments outside school hours.
Please also remember that holidays are not permitted during school term time.

Forest School Diary

2026-27

Richard Avenue Primary School Forest School 2026-27 with Nina Buchan from Forest Adventurers								
Autumn			Spring			Summer		
Week	10.15 - 12.15	1.30 - 3.15	Week	10.15 - 12.15	1.30 - 3.15	Week	10.15 - 12.15	1.30 - 3.15
14.9.26	6O	6G	11.1.27	4W	4S	19.4.27	1J	1W
21.09.26	6O	6G	18.1.27	3B	3M	26.4.27	1J	1W
28. 9.26	6O	6G	25.1.27	3B	3M	3.5.27	1J	1W
9.10.26 - pls note change of date	6O	6G	1.2.27	3B	3M	10.5.27	Bank holiday – no forest school	
12.10.26	5C	5CH	8.2.27	3B	3M	17.5.27	RS + ARP	RCW
19.10.26	5C	5CH	15.2.27	Half Term		24.5.27	RS + ARP	RCW
26.10.25	Half Term		22.2.27	2S	2W	31.24.5.27	Half Term	
2.11.26	5C	5CH	1.3.27	2S	2W	7.6.27	RS + ARP	RCW
9.11.26	5C	5CH	8.3.27	2S	2W	14.6.27	RS + ARP	RCW
23.11.26	4W	4S	15.3.27	2S	2W	21.6.27	AM Nursery	PM Nursery
30.11.26	4W	4S	22.3.27	1J	1W	28.6.27	AM Nursery	PM Nursery
7.12.26	4W	4S				28.6.27	AM Nursery	PM Nursery
						5.7.27	AM Nursery	PM Nursery

Please be aware dates may be subject to change which your child's class teacher will inform you about.

FREE ADVICE AND SUPPORT FOR FAMILIES

Here to **support** the families you work with –
in schools, nurseries, community settings
and maternity services.

TO ALL THE SCHOOLS WE WORK WITH

WELCOME BACK TO SCHOOL!

Our School Gates project offers **free, confidential**
advice and support to families.

We're
here to
help!

Whether you're worried about money, bills, benefits,
housing, debt, employment or family wellbeing,
we're here to help.

Advice.
Support.
Local help.



Our advice is free, friendly and confidential and we're
working with schools, community settings, nurseries and
maternity services to ensure you get the advice you need,
when you need it and at a setting that works for you.

If you're worried about money, bills, housing or other
challenges affecting your family, talk to us.
Our friendly team is here to help.

WE CAN HELP WITH:



Benefits &
financial support



Housing



Energy &
utilities



Debt &
money advice



Employment
support



And much
more!

**citizens
advice**

Working together
for **stronger schools**
and **happier** communities.

THANK YOU FOR
ALL YOU DO –
WE'RE PROUD TO
WORK WITH YOU!



schoolgates@citizensadviceunderland.co.uk