



Richard Avenue
Primary School

www.richardavenue.co.uk

Friday Flyer



Richard Avenue
Primary School

**MACMILLAN
COFFEE MORNING**
At Richard Avenue

**MACMILLAN
CANCER SUPPORT**
Together we
can make a
difference

**EVERY
CUPPA
COUNTS**

**Friday 25th September**

**9:00am – 10:45am**

**School Hall**

Join us for a cuppa and something sweet!

There will be a selection of delicious cakes and treats available in return for a donation, with all money raised going to Macmillan Cancer Support.

**CAKE DONATIONS WANTED!**

If you are able to help, we would be very grateful for donations of cakes, traybakes, biscuits or other sweet treats.

Please bring donations to school by 4:00pm on Thursday 24th September.

**A TREAT FOR EVERY CHILD**

Every child in school will be partaking in the baked loveliness with a cupcake from the school kitchen.

**£1 DONATION FROM CHILDREN**

Children are invited to bring in £1 to go towards our Macmillan charity collection.



Let's bake a brighter future together!

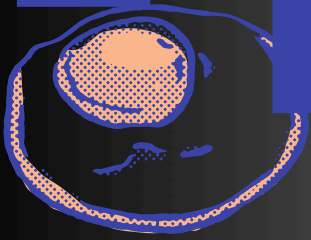
**MACMILLAN
CANCER SUPPORT**

Thank you for your support and generosity.

 Richard Avenue
Primary School

Join us for 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



Monday 21 Sept

Forest School for Y6

RAPS PE kit to be worn to school by Y1
& Y4After school activity clubs begin again
this afternoon**Tuesday 22 Sept**

RAPS PE kit to be worn to school by Y2

Reception immunisations

Swimming for 4W

Wednesday 23 SeptRAPS PE kit to be worn to school by Yr
3

Swimming for 5H

Thursday 24 Sept

RAPS PE kit to be worn to school by Y6

Friday 25 Sept

Macmillan coffee morning

RAPS PE kit to be worn to school by Y5
Empire theatre dance workshops for
Y5

Swimming for 3B

Swimming for 6O

Great Engineers Challenge for Y5

Future dates for your diary**Monday 12 October**

Open Day for new families

Thursday 15 October

Y5's assembly for families

Start of school year photographs -
families and individual photographs

A message from our Head Teacher

Dear Richard Avenue Families,

It has been a joy to see how quickly the children are settling in to their new classes and routines. Classrooms are already full of energy and curiosity and the corridors have that special buzz that tells us learning is well underway. Teachers have shared how impressed they are with the children's positive attitudes and enthusiasm. School feels like an exciting place to be and a place where children feel like they belong, we are so proud of everyone. This week our focus has continued to be on re-establishing routines and expectations across the school, and on helping children understand why these are so important. Clear routines give everyone a sense of security and help our children thrive both academically and socially.

For parents of our Y6 children, it's already time to choose a secondary school. This can be quite stressful, especially if it's the first time you've done it. Please do speak to one of us if you're worried. It's a good idea to visit the schools, so you can get a feel for the one that will best suit your child. If there are any families with 2 or 3 year olds, remember to put your child's name down for our Nursery. If your child is in Nursery and you'd like to have a look around the rest of the school before you apply for a reception place, please ask the office to take your name for our Open Day which takes place very soon, on **Monday 12th October**. Speaking of the office team, I would like to take this opportunity to thank them for working incredibly hard, particularly at the start of term, to process admissions, medication, transfers, breakfast and after school clubs and so on. Despite being incredibly busy, they have dealt with every eventuality with professionalism, kindness and care.

Wishing everyone a lovely weekend.

With very best wishes,

Claire McKinney

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

Assembly stars

RAPS assembly stars. Last week we celebrated children who had **made a great start to the new school year...**

Y1: DREW AND UMAR**Y2: JEREMY (2S) AND ALL OF 2W****Y3: ARHAM AND JENEL****Y4: AYAAN AND MAIMONA****Y5: MARIAM AND DANIEL****Y6: HANIFA AND HAIDER**

Our first RAP's value focus: manners... In collective worship we have listened to stories about the importance of using manners. We have also talked about why this is an important life skill, and about how we can use our manners to be thoughtful and good citizens - whether it is at home or school.

THANK
YOU

PLEASE

THANK
YOU**Well done everyone, you are all stars!**

JUNIOR GREAT NORTH RUN



Congratulations



60's Zach ran the Junior Great North Run last weekend finishing in an amazing 23 minutes 47 seconds! Zach also raised a huge total of £855 for Newcastle charities! The biggest congratulations to Zach for successfully finishing the race, and for raising such a phenomenal amount of money for charity. What a wonderfully big heart you have Zach – we are SO PROUD of you!

JUNIOR GREAT NORTH RUN

Congratulations



Galaxy S23

5C's Erin and her family also took part in last week's Great North Run and they all did wonderfully well. Erin raised lots of money for Maggie's Newcastle, which is a charity supporting patients and families through a cancer diagnosis. Her mam, Jenny, ran in support of the East Durham Veterans Trust who help ex-military personnel and their families with mental health challenges and counselling. Well done to Erin and her family for their amazing support of these two organisations, doing such wonderful work for families in need.

JUNIOR GREAT NORTH RUN



After taking part in Junior Park Runs for the past few month, 3B's Kingsley took on the mini Great North run in support of the Bradley Lowery Foundation, alongside some of his rugby teammates. He participated in a warm up at the start line with the gladiators, Bionic, Dynamite and Apollo – before setting off alongside thousands of other young runners. Kinglsey ran amazingly and crossed the finish line in an incredible time of under 8 minutes. We are so proud of his hard work and determination!



RICHARD AVENUE PRIMARY SCHOOL OPEN DAY



Join us for a fun-filled and educational experience at our school open day. Meet our dedicated staff, explore our state-of-the-art facilities, and get a glimpse of the exciting curriculum we offer.



DATE : MONDAY 12TH OCTOBER 2026



TIME : 9:15 AM – 3:10 PM



LOCATION : SCHOOL GROUNDS

To book your place, please call our school office using this telephone number: 0191 500 7990

Your child's brighter future!

Don't miss this chance to be a part of our school community

CLAIRE MCKINNEY – HEAD TEACHER



Keeping our children happy, healthy and safe is at the heart of everything we do at Richard Avenue Primary School. All staff receive regular safeguarding training and children are encouraged to speak to a trusted adult if they ever have a worry or concern. Our Designated Safeguarding Leads (DSLs) are Miss McKinney and Mrs Lavelle, supported by our Deputy DSLs: Miss Walker, Mrs Robson, Mrs Waller and Miss Higgins. Our Designated Safeguarding Governor is Mrs Val Forster.

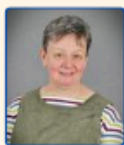
Our Safeguarding Team



Miss McKinney
Safeguarding Lead



Mrs Lavelle
Family Worker & Safeguarding Deputy



Miss Walker
Safeguarding Deputy



Mrs Waller
Safeguarding Deputy



Mrs Robson
Safeguarding Deputy, SEND Lead & Wellbeing



Miss Higgins
Safeguarding Deputy



Mrs Forster
Safeguarding Governor

If we have concerns about a child's safety or wellbeing, we have a statutory responsibility to take appropriate action, which may include seeking advice or making a referral to Children's Services. This is always done with the child's welfare at the centre of our decision-making. Our Child Protection and Safeguarding Policy has been updated for the 2026–27 academic year. We encourage all parents and carers to familiarise themselves with it; the latest version can be found on the Policies section of our school website.

Mr Taylor / Premises & Health and Safety
Mr Warkman / Off site visits
Mrs Grainger / SMSC
Mr Williams / Student Council
Miss Cherrett / PSHE
Mr Old / Wellbeing
Miss Donnelly / Premises, GDPR & Recruitment
Mr Bolton / Online Safety
Mrs Johnson / British values

We take safeguarding very seriously. For concerns:
contact@richardavenue.co.uk

Operation Encompass. We are proud to be an “Operation Encompass” school. This national initiative helps schools and police work together to support children affected by domestic abuse. If the police attend an incident where a child is present or impacted, they inform our Designated Safeguarding Lead (DSL) before the next school day. This allows us to offer quiet, caring support from the moment the child arrives. All information is handled sensitively and shared only with staff directly involved in supporting the child, always in line with our safeguarding policies.



Available Now

Unity in Community is a charity based in Hull who aim to support the most vulnerable people in society. They have been successful in a funding application for supporting people struggling to top up their pre-payment meters across the country. As the cost of living continues to rise, Unity is aware that many people will be struggling to make ends meet. Unity in Community is able to support households with fuel vouchers; these vouchers are sent via text message. They would like to offer this support to the parents, carers and guardians of students who attend our school.

Help available includes providing vouchers to help towards paying for gas and electricity. To qualify you must pay for your energy through a prepayment meter and have not received energy vouchers from Unity in Community within the past 12 months. This is in response to the ongoing cost of living crisis and beneficiaries can be working, unemployed, self-employed or retired. For more information and to register, call 01482 420836, Monday to Thursday 9am – 3pm & Friday 9am – 2pm – if busy, please keep trying. We look forward to working with you to support families through a challenging time. Rhea McGowan, Project Coordinator – Unity in Community.

Screen time. *Internet Matters* provides simple tips for parents to balance children's screen time and help them develop healthy online habits to help them thrive online and offline. Agree a good balance for your children's screen time, taking education and leisure content into account. Encourage active screen time over passive and consider setting limits for the total hours spent online each day.

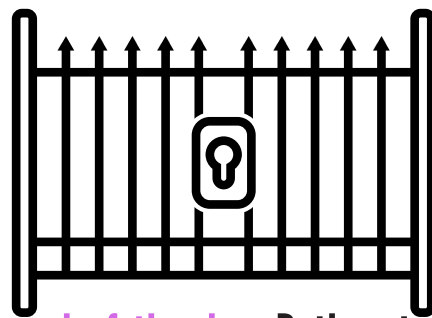
<https://www.internetmatters.org/issues/screen-time/>



Visits. We are already thinking about educational visits for the year ahead. If you could possibly be a parent helper with class trips, could you please let us know by sending a Seesaw message to your child's class teacher? Thank you as always for your help and support.



Clubs will begin again next week after the summer break, and already seem to be very popular, with most clubs now full. Parents should collect their children from the school yard when our clubs end at 4.30pm. Thank you.



At the end of the day. Both gates off the yard will be locked at 3.45pm each day. If you arrive to collect children after this time, please use the **main entrance**. For clubs, the large gate will be unlocked at 4:30 for access to the yard. Thank you.

School hair style reminders. A reminder to those with long hair that this must be fully tied back for school please – not half up, half down. Your support with this is really appreciated as always. Here are some photographs to show you what we mean by this:

We all know the importance of good sleep but returning to school after a break and relaxed bedtimes can sometimes mean it's difficult to get back into a routine of early nights. This guide from The Peer Education Project may be helpful if your child is struggling with their sleep



Why is sleep important for our mental health?

Sleep is also a critical component of our mental health, not just our physical health.



In our surveys, nearly half

48%

of adults and two thirds of teenagers

66%

agreed that sleeping badly has a negative effect on their mental health.

Good sleep can help us to:

- manage feelings, emotions and behaviour,
- be alert and remember things properly , and
- be attentive and learn better.

However, lack of sleep or poor quality sleep can:

- make us feel low, anxious, irritable or confused, and
- make it harder to manage our emotions and the challenges in life.

Sleep problems can be both a symptom of, and a contributor to, mental health problems. Experiencing a sleep problem is very common, with as many as 1 in 3 people having difficulties sleeping.

Lack of sleep over a consistent period of time can also increase impulsive behaviour, negative thinking, feelings of anger, and is linked to increased risk of mental health problems such as depression and anxiety disorders.



North East
Migration Partnership

Helpful information about life in the UK

North East Migration Partnership is a useful website with simple information about life in the UK including parenting, education and staying healthy. The information is available in a range of languages. Please take a look at the resources area on: <https://www.nemp.org.uk/> for more information.

There will also be some printed copies available in school.



LEARN • GROW • SUCCEED

Build your skills. Shape your future.

FREE ESOL & SKILLS CLASSES FOR ADULTS

COURSE	DAY	TIME
 FEMALE ESOL BEGINNERS	EVERY WEDNESDAY	10.00AM – 12.00PM
 FEMALE ESOL PRE ENTRY 1+2	EVERY MONDAY	10.00AM – 12.00PM
 MALE ESOL PRE ENTRY 1	EVERY WEDNESDAY AFTERNOON	12.30PM – 2.30PM
 TEACHING ASSISTANT LEVEL 2	EVERY THURSDAY OCTOBER 2026 – JUNE 2027	9.30AM – 2.30PM
 TEACHING ASSISTANT LEVEL 1	EVERY TUESDAY FROM 17 SEPTEMBER 2026 – 15 TH OCTOBER 2026	9.30AM – 2.30PM
 EARLY YOUTH PATHWAYS LEVEL 2	EVERY TUESDAY 15 SEPTEMBER 2026 – 09 TH MARCH 2027	9.30AM – 2.30PM



SBIC DIGITAL SUPPORT HUB

EVERY MONDAY

10.00AM – 2.30PM



BASIC ICT SESSION

EVERY THURSDAY

10.00AM – 12.00PM

CONTACT FOR MORE INFORMATION



Syeda khaled



training@sb-international.org.uk



SBIC

SUNDERLAND
BANGLADESH
INTERNATIONAL



30 Tatham Street, Hendon,
SR1 2QD
0191 5640888



ST ANTHONY'S OPEN EVENING THURSDAY 24TH SEPTEMBER

Discover your future — join us for an inspiring evening for families & students



Event Details

Date: Thursday, 24th September 2026

Time: 4:30 PM – 6:30 PM

Venue: School Main Hall

All are welcome.



Evening Schedule

- *Students very welcome to attend.*
 - *If childcare is impossible for siblings, they are welcome too.*
 - *There will be a 20-minute presentation (repeated twice) at 4.45 + 5.30 the whole school will be open with each department showcasing their subject.*
 - *The canteen will be serving hot samples.*
- the Local Authority Admissions Team will be there to support and answer questions.*
- *Pupil Ambassadors will be everywhere to support and guide you*
- doors open 4.30 and will be open throughout the event - this means you do not need to arrive for start time.*
- *You can come when you like during the 2 hours, just be mindful of the times of the presentations.*



Why Visit Us?

Speak directly with our experienced staff
Explore our modern facilities and resources
Learn about our academic programmes
Get answers to your admissions questions

CONTACT US

0191 565 8904

www.st-anthonys-academy.com



Sunderland Millfield welcomes you to

“And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.”

2 Corinthians 9:8



Sunday 27th September
2:30-4:30pm



Rutland Street, Sunderland, SR4 6HX
Email: sunderland.millfield@salvationarmy.org.uk

Love God
Love Others

Tel: 0191 567 3084

The Salvation Army registered Charity No.214779 and in Scotland SC009359



Parent & Toddlers

£1 ENTRY

.....
Every Tuesday 9:15-11:15
Starting Tuesday 22nd September
.....

Stories - Music - Play - Friendship



The Salvation Army in
Millfield
Rutland Street, SR4 8RJ

STEP INTO TEACHING

Start Your Teaching Journey With New College Durham in Partnership with Sunderland Bangladesh Centre

Have you ever considered working in a primary school or supporting children's learning? The **NCFE Level 1 Preparing to Work in Schools** qualification is the perfect starting point for anyone interested in a career in education. Whether you're returning to learning, changing careers, this nationally recognised course will provide the knowledge and skills needed to begin your journey.

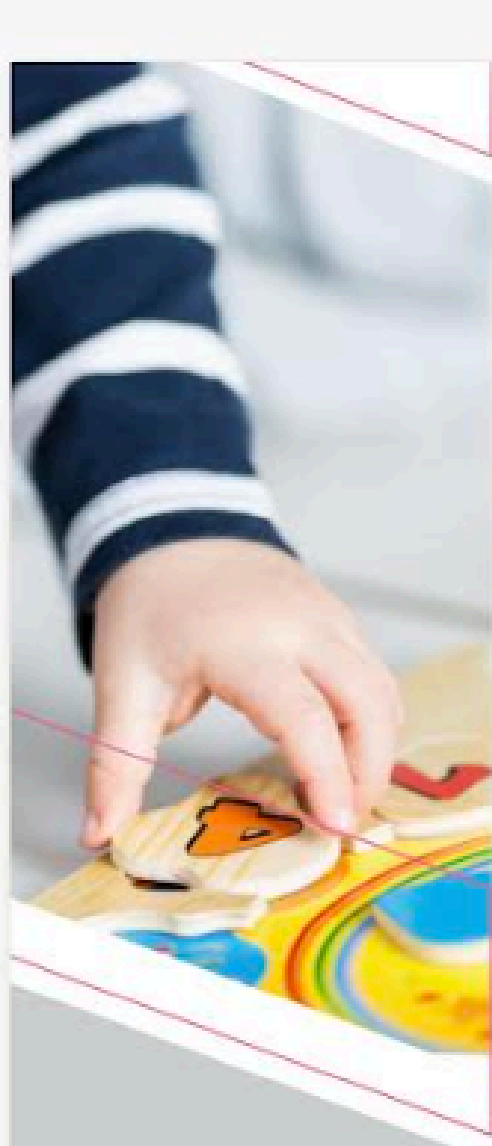
Throughout the programme, you will develop an understanding of:

- » The roles and responsibilities of staff working in schools.
- » How schools support children's learning, development & wellbeing.
- » Safeguarding, equality, diversity & inclusion.
- » Professional expectations when working in an educational environment.
- » Effective communication and teamwork within schools.

Awareness session: 15/09/26, 9:30am – 10:30am

Start Date: 17/09/26 to 15/10/26 (9:30am – 2:30pm)

The course runs **1 day per week**.



Sunderland
Bangladesh
International Centre
30 Tatham Street
Hendon
Sunderland
SR1 2QD

To register your interest, contact:
training@sb-international.org.uk

Attendance OF THE WEEK

Congratulations to **5H** who are this weeks' top attenders.

Weekly whole school attendance is **93.89%**.

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	92.0	3B	92.4
NURSERY AFT	88.1	3M	98.1
RCW	90.7	4S	97.3
RS	86.4	4W	93.3
1J	94.7	5C	94.4
1W	94.1	5H	98.4
2S	91.3	6G	96.1
2W	91.3	6O	94.8



10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE



Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS



Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS



Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY



When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS



Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES



If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE



Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS



Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES



It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION



It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

The National College®