



Think before you park

**Sunderland
City Council**

Think before you park outside schools

Pick-up and drop-off times are busy outside schools. This can cause an increased safety risk to both children and parents.

Parking restrictions outside schools are there to keep you and your children safe. Parking inconsiderately can put children in danger and you also run the risk of being issued with a Penalty Charge Notice.

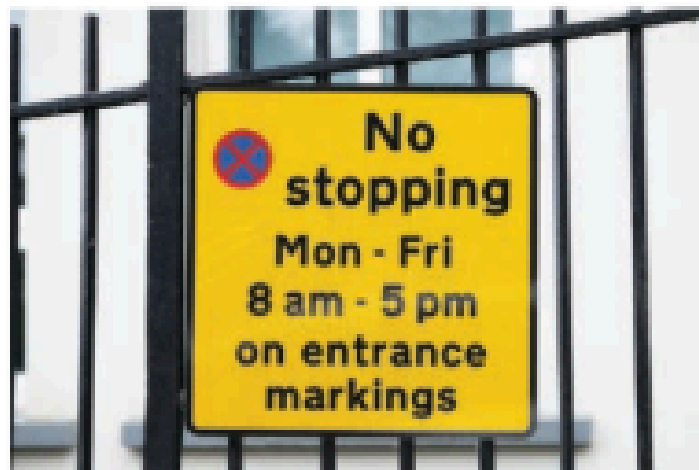


Parking restrictions

Outside school entrances there are yellow zigzag markings with the writing 'School Keep Clear'.

You **MUST NOT** wait, park or stop to drop off and pick up your child on these school entrance markings.

The markings are there for a reason, to show the areas that must be kept clear so that children and other road users can see clearly when crossing the road.



Penalty Charge Notices

The council's road safety vehicle regularly monitors parking outside schools, particularly at school starting and finishing times. We will issue drivers with a penalty charge notice (PCN) for waiting, stopping, or parking on yellow zigzags.

Safety tips for parking outside schools

When picking up or dropping off children at schools, you should do the following:

- Allow yourself plenty of time as the area is likely to be busy
- Do not park on yellow zigzag lines and avoid parking opposite them
- Be considerate of local residents and avoid blocking driveways or access ways
- Where possible, walk your child to school instead of driving



Richard Avenue
Primary School



www.richardavenue.co.uk

Friday Flyer

Autumn

Week 3

Weekly update

Friday 25th September 2026

Weekly Update

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

Monday 28 Sept

Forest School for Y6

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

Tuesday 29 Sept

RAPS PE kit to be worn to school
by Y2

Swimming for 4W

Wednesday 30 Sept

RAPS PE kit to be worn to school
by Yr 3

Swimming for 5H

Thursday 1 Oct

RAPS PE kit to be worn to school
by Y6

Friday 2 Oct

RAPS PE kit to be worn to school
by 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 parents

Friday 23 October: Flu
vaccinations for Yrs 5&6
and School closes for half
term

A message from our Head Teacher

Dear Richard Avenue Families,

It's almost October already and we have well and truly settled into the new school year. We have been busy with new learning, making the most of all opportunities, enjoying the weather and time outside with friends. Speaking of time outside, last week saw the re-opening of our much loved **Forest School**. Once again this year our Forest School learning will be led by the wonderful **Nina Buchan of Forest Adventurers**, beginning in Y6. *Families of children in 6G and 6O have already received a letter asking that children come to school wearing an old pair of jogging bottoms or leggings on Monday, and also have with them a pair of old shoes, trainers or wellingtons.* We have been so excited to get started and will tell you more about Forest School in future flyers. Exciting times continue at Richard Avenue. On that cheery note, 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 for: **WONDERFUL MANNERS...**

Y1: Yaqub, Abdulla A, Khadija, Ishaq, Hayden & Alfie

Y2: Jack, Korede, Maryam, Sarah, Hannah & Zakariya

Y3: Manha, Meha, Dawud, Jordin, Daniyal & Josh

Y4: Jehiel, Mohammed, Mikaeel, Immanuel, Zahraa & Hamna

Y5: Saiba, Richard, Ameera, Aniyah, Nigel & Ishaq

Y6: Yaqub, Valerian, Missy, Ilyas, Izma & Aila

**WELL DONE EVERYONE, YOU ARE
ALL STARS!**

THIS WEEK'S ASSEMBLIES Do your Best

How can you be the best you can be? By helping others of course! This week we have discussed the importance of working together to support and help each other at home, school and in the wider community. This includes many of our RAP's values such as Manners, Friendship, Being a Good Citizen, Being Thoughtful and Teamwork. We thought about the impact this has on others and ourselves. We read the bible story of The Good Samaritan and discussed what it means to 'love your neighbour'. We also enjoyed another exciting visit from Andy from Youth for Christ who talked about helping others and demonstrated this in a lively way.

We are celebrating **World Mental Health Day on Friday 9th October**. As a school, we value the importance of children having a good understanding of mental health and wellbeing.

THIS YEAR'S THEME IS: "LIVED EXPERIENCES HEARD: REAL VOICES, REAL CHANGE."

The theme focuses on the importance of listening to people's experiences of mental health and recognising that everyone's experiences and feelings are valuable. It encourages us to listen to others, understand different perspectives and make sure that people feel heard and supported.

To mark the day, we are encouraging the children to come to school wearing green or yellow if possible, to show their support. All children will also be given a green ribbon to wear, so that everyone can be part of the day together.

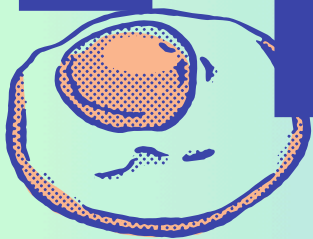
During the afternoon, children will take part in a range of activities linked to the theme, helping them to reflect on the importance of support and community. We continue to focus on promoting good mental health through the 5 Winning Ways to Wellbeing throughout the year as part of our everyday curriculum. The 5 Winning Ways to Wellbeing are:



We look forward to coming together as a school community to recognise the importance of mental health and wellbeing.

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





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

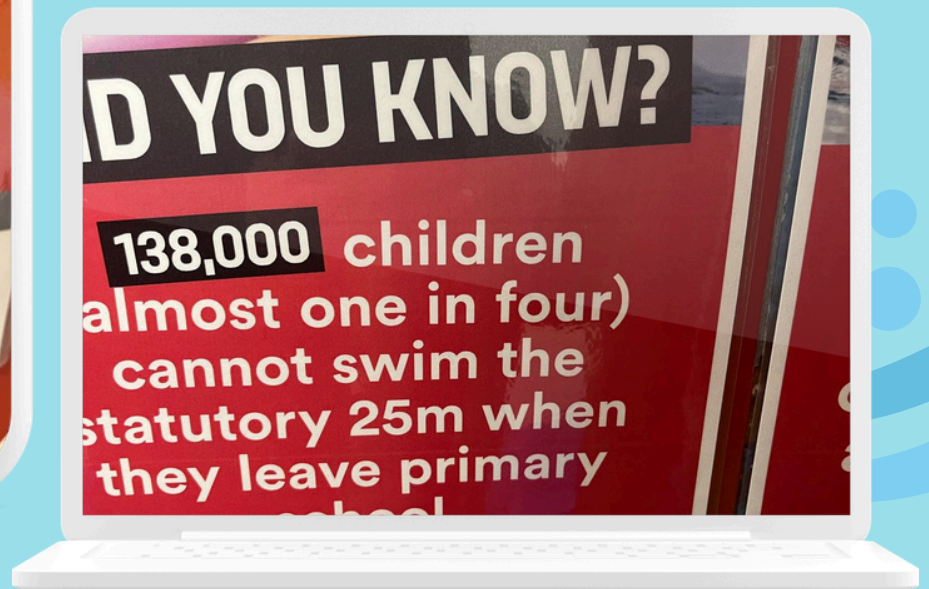
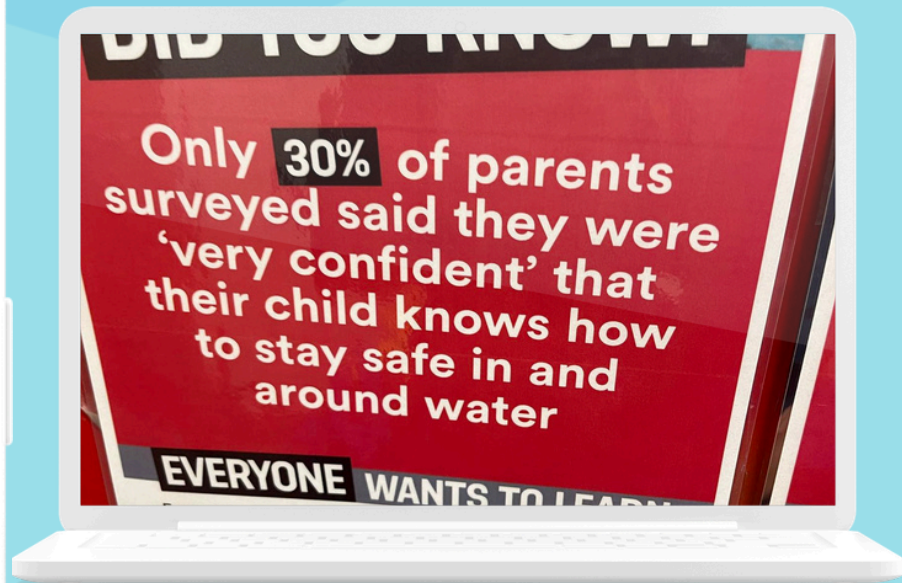
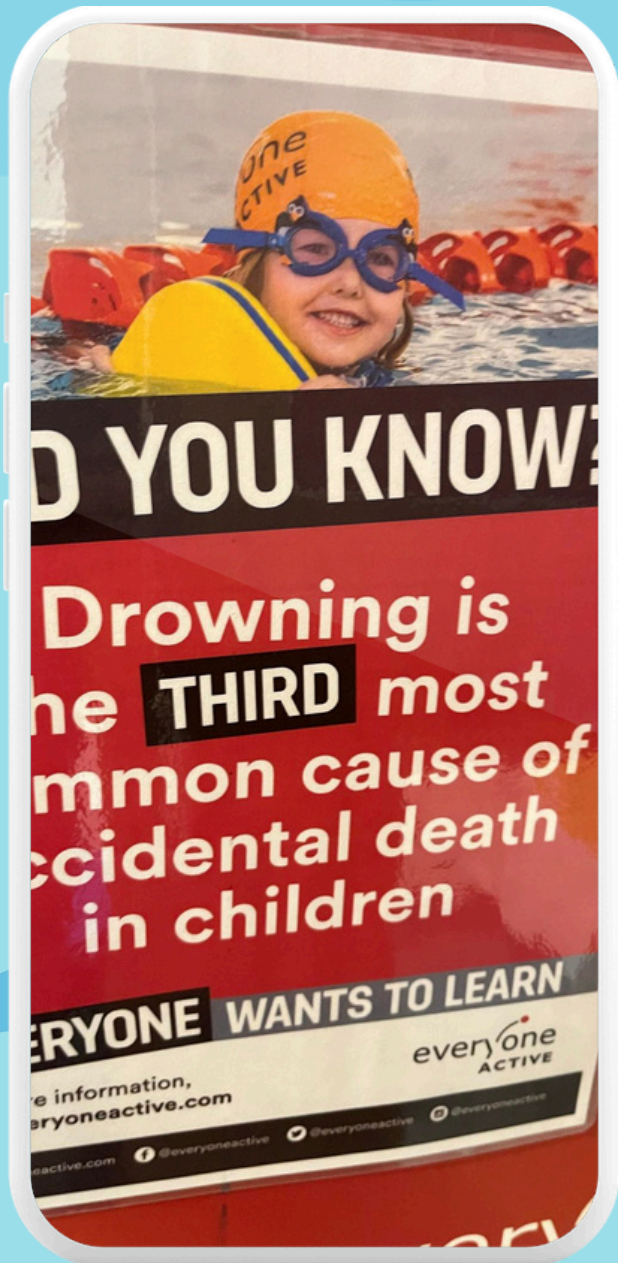
Your child's brighter future!

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

CLAIRE MCKINNEY – HEAD TEACHER



Swimming



Did YOU KNOW...

IMPORTANT!

Reporting Absence Reminder. If your child is unable to come into school, please ensure that their absence is reported to the school office before 9am. Children's absence can also be reported via emailing contact@richardavenue.co.uk or by telephone call to the school office using this number: **0191 5007990**.

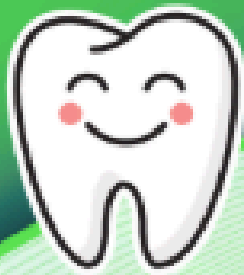
Please **do not** report absence through **Seesaw** as teachers will not be able to access their account during the day.

Safeguarding update. As the evenings draw in and the weather becomes colder, here are some simple ways to help children stay safe and happy:

- **Be bright, be seen:** Add reflective stickers or bright accessories to coats, school bags, and scooters so children are visible on darker afternoons.
- **Layer up:** Make sure children have warm, waterproof clothing, coat, hat, gloves and sturdy shoes for chilly playtimes and the walk to and from school.
- **Walking safely:** Practise the “**stop, look, listen, think**” routine. Remind children to use pavements and safe crossing points, especially when it's wet or icy.
- **Stick together:** Encourage children to walk with a friend or trusted adult. Agree on clear plans for pick-ups and what to do if someone is delayed.
- **Healthy habits:** Shorter days can affect mood and sleep. Keep to regular bedtimes and plan active, screen-free time after school when possible.
- **Stay connected:** Keep talking, regular chats about their day help children feel safe and confident to share any worries.

Could we please ask that families ensure your contact details (address, telephone & email address) are up to date? Particularly telephone numbers, including a second contact number, which we are struggling with.

You are able to update these details using the Arbor App by viewing your child's profile and submitting a request to change details. If you have a problem doing this, please speak to one of the office team. Thank you.



Dental Health



Free dental care is available for children in the UK. However, your child needs to be registered with an NHS dentist to access this. Not all dentists have spaces, and children who have missed appointments may have been removed from the register so you may need to check this.

To find a local dentist to register your child for free NHS dental care please visit

<https://www.nhs.uk/service-search/find-a-dentist>

If you think you or your child need urgent dental treatment visit <https://northeastnorthcumbria.nhs.uk/here-to-help-you/nhs-dentistry/get-urgent-dental-care/> for more information.

If you need help with any of this information, please contact Lucy Lavelle in school.

FIRE SAFETY



Pol-Ed

Keeping your family safe from fire

Advice for Parents and Carers



Fire safety starts at home

Most fires in the home can be prevented. Actions such as:



Testing smoke alarms every week, keeping them clean and well maintained

Storing and charging electrical items safely



Talking to children about fire risks can make a significant difference.

Fire safety is not about causing worry; it is about helping families feel prepared and confident about what to do if an emergency occurs. Working smoke alarms are one of the most effective ways to protect your household, and every family should be aware of their escape routes and what to do if an alarm sounds.

Safety actions to protect your home

Many household fires start through everyday activities.

Cooking remains one of the most common causes of accidental fires, particularly when food is left unattended or when cookers and cooking surfaces are used for extra storage, as items left on or near hobs can accidentally catch fire.



Faulty electrical equipment, damaged charging cables and overloaded plug sockets can also present significant risks. Developing safe habits, such as switching appliances off when not in use, avoiding overloading extension leads and keeping flammable materials away from heat sources, can help reduce the likelihood of a fire starting in your home.

As children grow older, they often spend more time independently in their bedrooms and make greater use of technology. It is important for parents and carers to know where devices are being charged and to encourage safe charging habits.

Phones, tablets, laptops and gaming equipment should never be charged under pillows, on beds or beneath blankets where heat can build up. Hair straighteners should be fully switched off after use and allowed to cool safely. It is also worth having conversations about candles, incense burners and any other items that generate heat.



Children are naturally curious and may have questions about fire, fireworks or emergency services. Open and age-appropriate conversations can help them understand both the dangers and the importance of safe behaviour. Encourage children to tell an adult if they find matches, lighters or damaged electrical items. Explain that smoke can be just as dangerous as flames and that hiding during a fire can make it more difficult for firefighters to help them. Reassure children that knowing what to do in an emergency helps to keep everyone safe.



FIRE SAFETY

Creating a family escape plan

Every family should have a simple escape plan. Take time to identify the quickest way out of each room and, where possible, a second route in case the first is blocked. Make sure everyone in the household knows these routes and understands what to do if they hear the smoke alarm. Keep exits clear so that everyone can leave quickly in an emergency and ensure keys are stored in a safe but accessible place.

All family members should know where they are kept. Choose a family meeting point outside the home as this helps ensure everyone can be accounted for safely and reduces the risk of anyone re-entering the building. If there is a fire, get out, stay out and call 999. Teach younger children never to hide during a fire and never to go back inside for toys, pets or belongings.



Your family escape plan should also cover what to do if you cannot leave the property safely. If your escape route is blocked, move to a room with a window if possible and close the door behind you. Use towels, bedding or clothing to block gaps around the door to help prevent smoke entering the room. Open the window, call for help and dial 999 if you can. If you are on an upper floor, do not jump from a window; stay where you are and wait for rescue. If you live in a flat, make sure everyone in the household is familiar with the building's fire safety arrangements, evacuation procedures and escape routes, including the importance of not using lifts during a fire.

Fireworks, Deliberate Fires and Hoax Calls

Some children might not fully understand the consequences of irresponsible behaviour involving fire. Deliberately setting fires, misusing fireworks or making hoax calls to emergency services can place lives at risk and divert valuable resources away from genuine emergencies. Parents and carers play an important role in helping young people understand how these actions can affect individuals, families and communities. Taking opportunities to discuss news stories, local incidents or community events can help reinforce these messages.



Knowing your rights and the support available

Local authorities, housing teams, Citizens Advice, community organisations and charities may be able to assist with a range of issues, including housing conditions, household safety and family wellbeing. Many local Fire and Rescue Services also offer free Home Fire Safety Checks, providing practical advice tailored to individual households and circumstances.

If you rent your home, your landlord has legal responsibilities to help keep you safe. In England, Landlords must provide smoke alarms on every storey of a property, ensure gas appliances are checked annually where provided, maintain safe electrical installations and provide appropriate carbon monoxide alarms where required. They should also ensure that escape routes can be used safely at all times.

If you have concerns about fire safety, speak to your landlord or letting agent first. If problems are not resolved, your local council's housing team, Shelter or Citizens Advice may be able to offer support and guidance.

Useful Sources of Support

Further advice and support can be obtained from:

- Your Local Fire and Rescue Service
- Citizens Advice
- Shelter
- GOV.UK

These organisations provide information on home fire safety, housing rights, landlord responsibilities and support for families who may be experiencing difficulties.

Want to find out more?

- www.Pol-Ed.co.uk
- hello@pol-ed.police.uk
- [@PolEd.UK](https://www.instagram.com/PolEd.UK)
- [facebook.com/PolEd.UK](https://www.facebook.com/PolEd.UK)

Created in
collaboration with



West Yorkshire
Fire & Rescue Service

Attendance OF THE WEEK

Congratulations to **2S** and **4S** who are shared weekly top attenders with all of the children in school every day! Weekly whole school attendance is **a superb 96.5%**. Thank you families for working with us to ensure the children attend every day, hugely, hugely appreciated!

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	83.0	3B	98.1
NURSERY AFT	94.1	3M	96.2
RCW	91.1	4S	100.00
RS	95.6	4W	97.7
1J	97.9	5C	96.5
1W	94.4	5H	98.2
2S	100.00	6G	98.6
2W	89.9	6O	96.8



Creative Sparks Clubs

Our free weekly Creative Sparks Clubs are restarting for the autumn term. The clubs give children aged 7–11 the chance to try creative activities led by professional artists, meet other young people and develop their confidence and creativity in a relaxed and welcoming environment. Current clubs include:

CREATIVE SPARKS DRAMA CLUB: MONDAY, 3.30–5PM AT ST ANNE'S RC PRIMARY SCHOOL, PENNYWELL

CREATIVE SPARKS CLUB HENDON: TUESDAY, 3.30–5PM AT BACK ON THE MAP YOUTH HUB, HENDON

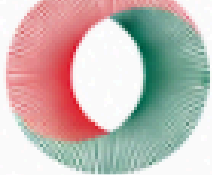
CREATIVE SPARKS CLUB PENNYWELL: THURSDAY, 4–6PM AT NEXT DOOR @ HOPE4ALL, PENNYWELL

CREATIVE SPARKS CLUB SULGRAVE: THURSDAY, 3.30–5.30PM AT SULGRAVE CENTRE TOP CLUB, SULGRAVE

The clubs are free to attend, with all materials and equipment provided. We can also provide support with things such as transport where needed.

To book:

<https://www.sunderlandculture.org.uk/projects-partnerships/culture-start/creative-sparks-clubs/>



SBIC

SUNDERLAND
BANGLADESH
INTERNATIONAL
CENTRE

Supported by a grant from
the Virgin Money Foundation

SBIC DIGITAL SUPPORT HUB

Get online • Build skills • Access opportunities



Every Mondays

🕒 10.00am-2.30pm

👥 Open to All - no appointment needed

Support available:



Basic digital skills



Accessing emails



Completing online
forms/applications



Booking appointments
online (eConsult)



General enquiries



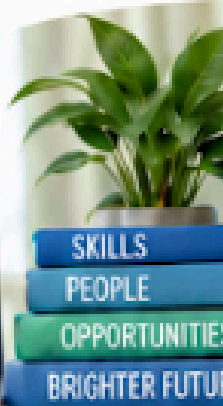
Careers information



Advice and guidance



Translation/interpreting



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☎️ 01915640888

