



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





Richard Avenue
Primary School

www.richardavenue.co.uk



Friday Flyer



Autumn

Week 4

Weekly update

Friday 2nd October 2026

Weekly Update

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

Monday 5 Oct

RAPS PE kit to be worn to school by Y1 & Y4
Handwashing workshops for Y1

Tuesday 6 Oct

RAPS PE kit to be worn to school by Y2
Swimming for 4W
Live lesson for Y5 ~ Space Whales Mission Ocean

Wednesday 7 Oct

RAPS PE kit to be worn to school by Yr 3
Swimming for 5H
Sports Leader training

Thursday 8 Oct

RAPS PE kit to be worn to school by Y6

Friday 9 Oct

World Mental Health Day - come to school wearing green or yellow (if possible)
RAPS PE kit to be worn to school by Y5 - Y5 please wear **green** or **yellow** sports clothes to join in with World Mental Health Day

Forest School for Y6

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

Wednesday 4 November: Parents evening for all families

A message from our Head Teacher

Dear Richard Avenue Families,

Welcome to this week's newsletter, we hope that it finds you all well. It may be hard to believe, but we have now finished our fourth week of the autumn term and October is here, already. The newest members of the Richard Avenue family are settling into life at school so well. We are all excited to watch them flourish as they grow within our school environment. New Seesaw accounts have been set up for each class. You will have received a welcome invitation to this class account. If you require any support logging in, please do not hesitate to contact the school office. Home learning is a great way to support your child's in-school progress. Any support you can give your child with reading at home can make a big difference to children's confidence and can also provide a fun bonding experience. If you have any questions about supporting your child at home, please contact their class teacher, they will be happy to offer any support you may need.

Looking ahead to the next few weeks, we continue the hectic pace with a number of off site visits and visitors to our school. We wish you all a lovely weekend and look forward to seeing you all next week.

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 **being our best self...**

Y1: SHREYA AND YUNUS

Y2: YAQUB AND ZIV

Y3: HAKIM AND MARLIN

Y4: TONI AND AFREEN

Y5: HANA AND AMEERA

Y6: SAARAH AND WILLIAM

be the best version of yourself

THIS WEEK'S ASSEMBLIES

FRIENDS

This week we have been thinking about friendship; how important friends are and how wonderful it is to be a good friend.



Friends

Well done everyone, you are all stars!

Attention all Year 5 and 6 parents. Letters have been sent out about our residential visit to **Derwent Hill in June 2027.** We still have places available, so if you are thinking about this, please sign up now so that we can finalise our numbers. If you have **any questions** please could we urge you to **get in contact with Mr Warkman via Seesaw or speak to a member of the office team.** The week is a fantastic opportunity to appreciate the beauty of the outdoors in a fabulous setting and take part in a week full of adventurous activities. **All food, accommodation and activities are included in the price. Thank you.**

Coughs and colds. Please continue to send your child into school even if they have minor coughs and sneezes. Children pick up coughs and colds all of the time, as we know you know. If you are in any doubt, do call school to talk to one of the team. We want to work with you to do everything we can to ensure children attend school everyday. With thanks as always for your support.



See page 11
for more on this...

Rainbow Guide - choice and wellbeing. This booklet contains lots of information about SEND support available locally for children and families. [The Rainbow Guide | Choice Wellbeing CIC \(choicewellbeingsservice.org\)](http://TheRainbowGuide|ChoiceWellbeingCIC.org). There's also lots of really good support through [The Carers Centre Home - Sunderland Carers Centre](http://TheCarersCentreHome-SunderlandCarersCentre.org) who are offering courses for parents of children who have ASD as well as support in completing carer assessments and general wellbeing support for families. Children do not need to have a diagnosis for parents and carers to access most of the support. Parents can call to refer themselves or be referred by a professional.

5C and 5H's class assembly on Thursday 15th October. Please come into school by the main entrance, after you drop off at the gates. The assembly will begin shortly after 9am and last for approx. 20 mins. Y5 families very welcome!



Starting school. Next week, Reception families will be asked to complete a short RAPS questionnaire about the arrangements for this year's new starters. Your views will be collected and shared with the staff team, with a full analysis also circulated to parents. Many thanks for sending this back into school. We are really grateful for your help in making sure the children get the very best start at our school.

IMPORTANT!

Primary school admissions. The online admissions portal for primary schools opens on Monday and will close on 15 January 2027. **If your child's date of birth falls between 01/09/2022 and 31/08/2023, you will need to apply for a reception place for September 2027.** Allocations day is 16 April 2027. The Admissions Handbook and full guidance on how to apply can be found on Sunderland County Councils' website:

<https://www.sunderland.gov.uk/schools-admissions-infant-junior-primary>

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.

Thanks to the generosity of everyone involved, the school raised almost £600 for Macmillan Cancer Support. A special shout out to the family of Amaya (4W) and Adam (1J), who contributed £130 from a sponsored walk! Also a big thank to those who contributed cakes, and to our wonderful kitchen staff who made cupcakes and cookies for each class.

Every penny will go towards helping the charity provide essential services for people affected by cancer. Thank you 

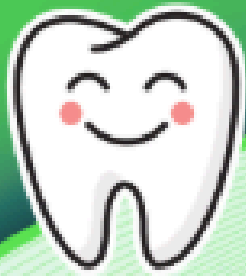


HUGE THANKS ALSO TO MR WILLIAMS FOR ALL HE DID TO
MAKE THE MORNING SUCH A SUCCESS
THANK YOU #WEAREVERYLUCKY



On Tuesday 29th September, some of the children from the EYFS/KS1 ARP visited Tynemouth Aquarium. They all had a fantastic day looking at lots of sea creatures, taking part in a 'Rockpools' workshop, watching the seal show, playing on the park and exploring the gift shop!



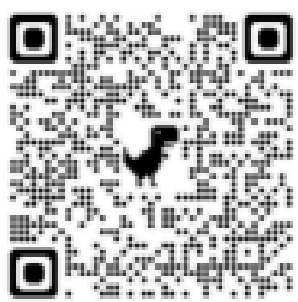
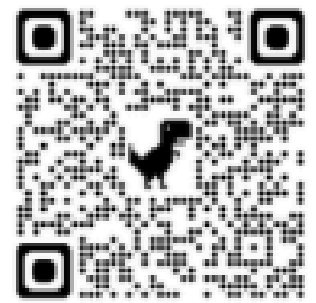


Dental Health



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> or scan the QR code.



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 or scan the QR code.

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

What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

DON'T WAIT, REACH OUT EARLY

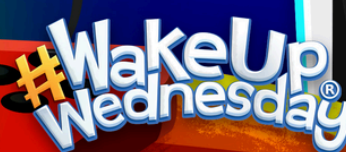
If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithmell is an award-winning educator, author of *The Digital Ecosystem*, and founder of EdRuption and Digital Bridge. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



The National College®

Attendance OF THE WEEK

Congratulations to 3B who are this week's top attenders with all of the children in school every day 😊
Weekly whole school attendance is **94.6%**.

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	98.0	3B	100.0
NURSERY AFT	87.1	3M	98.8
RCW	88.0	4S	98.5
RS	84.3	4W	94.6
1J	92.8	5C	92.8
1W	95.0	5H	96.8
2S	94.3	6G	92.9
2W	96.1	6O	98.7





UK Health
Security
Agency

IT'S THE BUGS SEASON...

NHS

Should I keep my child off school?

Yes

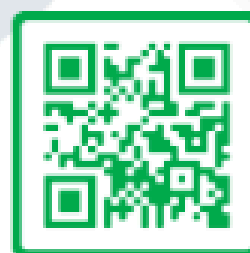
Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



Parent & Toddlers

£1 ENTRY

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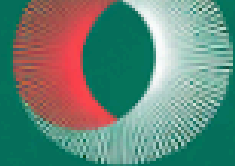
Every Tuesday 9:15-11:15
Starting Tuesday 22nd September

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Stories - Music - Play - Friendship



The Salvation Army in
Millfield
Rutland Street, SR4 8RJ



SBIC

SUNDERLAND
BANGLADESH
INTERNATIONAL
CENTRE



Supported by a grant
from the Virgin Money
Foundation

BASIC ICT SESSION



Every Thursday
10.00am-12.00pm

Develop your IT skills and get connected



How to use different
devices



Emails, messages, video
calls and other ways of
communication



Handling information
online



Learning how to keep
safe from scams



Problem solving



Using online banking



Staying safe online



Mahbub Rahman



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Digital Skills
for a Brighter Tomorrow

