NOT for children under 16 years old - adult themes and unpredictable/inappropriate interactions

FAMILY WARNING

THE LIFE TOGETHER ONLINE

Know the risks before children join in



WHY FAMILIES SHOULD TAKE CARE



- The game is described as an online world where every character is another real player.
- It advertises text chat and voice chat, allowing direct contact with other players.
- Players can form friendships and romantic relationships, share homes and attend parties.
- The game's own content description mentions implied sexual intimacy and alcohol.
- Gifts and item exchanges can create opportunities for pressure, manipulation or scams.

POTENTIAL RISKS FOR CHILDREN

- Contact from strangers
- Grooming
- Inappropriate conversations
- Pressure to share personal details, photos or images
- Bullying and harassment
- 18+ Exposure to adult themes

HOW TO PROTECT YOUR CHILD



1. Check the latest age guidance and game details before allowing access.
2. Remind children never to share their real name, school, location, phone number, passwords or photos.
3. Supervise online chat and voice interactions.
4. Teach children to block and report users, leave uncomfortable situations and tell a trusted adult.
5. Do not move conversations to another app or arrange to meet anyone from the game.

IF SOMETHING FEELS WRONG

Save evidence, block and report the account, and talk calmly with your child.
In the UK, report suspected online child sexual exploitation to CEOP at ceop.police.uk.
If a child is in immediate danger, call 999.

TALK • CHECK • PROTECT

A game is never worth a child's safety.

Based on features and content disclosures advertised for The Life Together Online. These are potential risks of open online interaction, not claims that every player or session is harmful. Check the latest game details and age guidance before use.

Richard Avenue
Primary School

www.richardavenue.co.uk

Friday Flyer



Weekly update

Friday 13th November 2026

Join us for Breakfast





Available everyday: weetabix, cornflakes or rice krispies and toast with butter or butter and jam.

Daily hot options:
Monday: omelette with hash browns
Tuesday: crumpets
Wednesday: omelette with hash browns
Thursday: crumpets
Friday: omelette with hash browns

NO BOOKING REQUIRED!

THANK YOU FOR YOUR BRILLIANT SUPPORT WITH THIS WEEK'S BREAKFAST COUNT. HUGELY, HUGELY APPRECIATED!

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!















Weekly Update

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

Monday 16 Nov
Anti-bullying Week and Odd Socks Day
RAPS PE kit to be worn to school by Yrs 1&4
Forest School for Y3

Tuesday 17 Nov
RAPS PE kit to be worn to school by Y5
Swimming for 4S

Wednesday 18 Nov
RAPS PE kit to be worn to school by Y3
Swimming for 5C

Thursday 19 Nov
Year 4's assembly for families between 9:05-9:20am
Phototronics in school taking sibling photographs
Y6 please bring your PE kit to school to change into
Netball for a group of Y5 pupils

Friday 20 Nov
Y5 visit to The Hancock Museum
RAPS PE kit to be worn to school by Y2
Swimming for 3M
Swimming for 6G

Future dates for your diary
PLEASE READ PAGE 15 FOR CHRISTMAS DIARY DATES

A message from our Head Teacher

Dear Richard Avenue Families,

Welcome to this week's newsletter. We have enjoyed another busy week at school with dare I say it, the first signs of Christmas, as we begin to learn the all important Christmas production songs which you will no doubt also hear at home! This week we have also marked Armistice Day as we gathered as a school to remember those who have sacrificed their lives in conflict. We respectfully marked the silence together in the hall, before raising the flag at our own flag pole, as we listened to the Last Post. Our head pupils Aila, Aleeza, Younus and I also visited the local war memorial in Mowbray Park, where we laid a wreath of poppies on behalf of our school community. Thank you to Mrs L. Johnson for organising such a respectful Remembrance event for our school community, and to families and Mr Williams for supporting the sale of poppies across the last week.

On a different subject, attendance has not been good in recent weeks. We know this is the time of the year for nasty viruses; the winter vomiting bug and flu season have both started early. Could we please just ask that you call the school office if you are in any doubt about sending your child into school. As a school, our attendance is monitored and so we remind families that children need to be in school every day that they are well enough to be here. If your child is off through illness, please make sure that you let us know by 8.55am, with a complete reason as to why they are not in school. If they need time off for other reasons please remember to complete an Absence Request Form, available from the office. We've also noticed that the children are noticeably tired coming into school at the moment. Please can we ask you to keep an eye on bedtimes; we know how important a good night's sleep of at least 9 hours is, for adults too!

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.
"For the Fallen " by Laurence Binyon



Thank you as always for your support
With very best wishes,

Claire McKinney.

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

THIS WEEK'S ASSEMBLIES

In assembly this week we have been thinking of others as we have come together to remember and give thanks for those who lost their lives World Wars as Armistice Day was on the 11th November. We talked about the poppy and questioned why people wear poppies. We learned that this is as a sign of respect and the history of remembrance.

Assembly stars

RAPS assembly stars. Last week we celebrated ...

TEAMWORK

R: Hughie and Yunus
Y1: Ilyas and Kendra
Y2: Autumn and Angel
Y3: Riyad and Meya
Y4: Ayhan Z. and Isabelle
Y5: Erin and Destiny
Y6: William and Deep-Inder

Well done everyone, you are all stars!

Every single day a child is absent from school means a day of lost learning that needs to be caught up.

90% attendance equates to your child missing half a school day each week, or nearly 4 school weeks!

Holidays

In each academic year there are 190 statutory school days.

Please take family holidays outside of term time to avoid lost learning. If you do intend to take a holiday in term time a leave of absence form must be completed and returned to school. Holidays during term time are unauthorised and only approved by the school in exceptional circumstances.

Unauthorised holidays will result in a Fixed Penalty Fine, details of which are outlined in our school policy.

What can you do to help?

- Establish good routines to prepare your child for school each day.
- Make sure your child attends regularly and on time.
- Arrange appointments outside of school hours. Medical evidence MUST be provided.
- Always contact school if your child is absent.
- Take family holidays outside of term time.
- Reinforce positives by praising achievements.
- Discuss any issues with the school.

At Richard Avenue Primary School good attendance is celebrated and shared with children and families in our weekly Friday Flyer and weekly special messages sent to families where children have had 100%. This positively reinforces standards whilst also raising awareness of the importance of good attendance within the school community.

Richard Avenue Primary School

Attendance and Punctuality

Tel: 0191 500 7990

Text: 0191 580 0377

Email: contact@richardavenue.co.uk

Attending school is very important.

Attendance is monitored daily at Richard Avenue Primary School.

You MUST contact the school every day that your child is absent, by 9.30am.

The school will follow up with you if we have not received a reason for absence.

The Law:

It is your responsibility, as a parent or carer, to ensure your child attends school every day and on time. You could be breaking the law if you do not ensure your child attends school unless there is a valid reason.

Persistent Absence:

If your child's attendance falls to 90% or below this is considered as Persistent Absence (PA). School will follow attendance procedures for unauthorised absences which may result in a referral to the Local Authority.

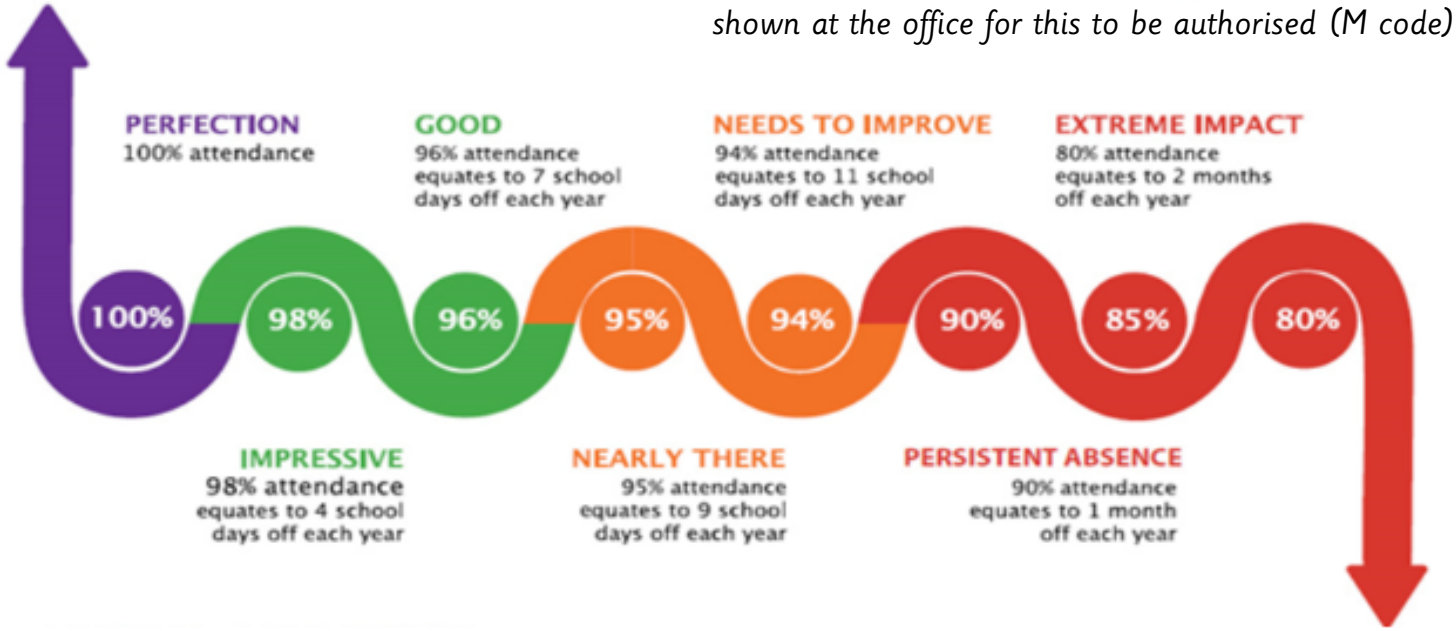
All pupils have an attendance target of 96%

Attendance Policy

At Richard Avenue, attendance is monitored closely and you will be informed of any concerns through letter, phone call or home visit .

Continued absences may result in any absences being unauthorised without supporting medical evidence.

Further continued unauthorised absence will result in Attendance Support Plans being implemented and eventual referral to the Local Authority.



Punctuality

School gates open at 8.45am,
School begins at 9.00am.

If you arrive late you must go to the office and sign your child into school with a reason for lateness. They will receive an L code.

If you arrive after 9.30am, the registers will be closed and your child will receive a U code (unauthorised absence).

Both L and U codes are monitored as learning is impacted by late arrival at school.

Medical Appointments

We encourage these to be made outside of school hours. Where this is not possible evidence must be shown at the office for this to be authorised (M code).

Sports Leader Training

On Wednesday 7th October, a group of our Year 5 children took part in an exciting Sports Leader Training Day at Silksworth Community Pool, Tennis & Wellness Centre.

The children learned how to lead games, organise activities, and encourage teamwork and fair play. They took part in a range of practical sessions designed to help them become confident leaders back in school.



We were so impressed with their enthusiasm, teamwork, and positive attitude throughout the day. We're looking forward to seeing our new Sports Leaders put their skills into action on the playground and during PE lessons this term!





Team 2S: Ariella, Mariyam, Avan, Ziv, Autumn, Hannah, Hadiya and Kaira



Well done to the girls from Year 2 who represented the school in a girls football tournament on Friday 4th November. They all played well and worked together as a team, even cheering each other on, when time allowed.

Congratulations to Team 2S on qualifying for the semi-finals!

A big thank you to **Mr Spoors** for some pre-tournament skill sessions before the big day! Also a shout out to **60's Arthur** for the support in the skill sessions with Mr Spoors and help on the day of the tournament.

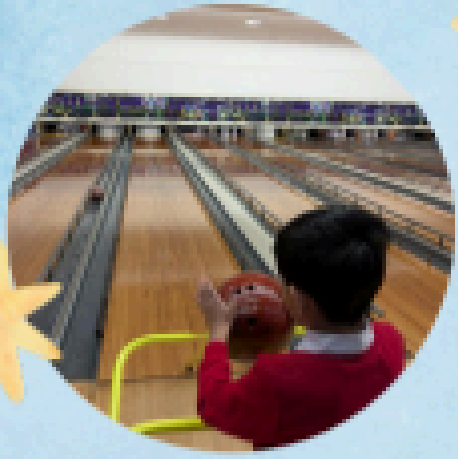


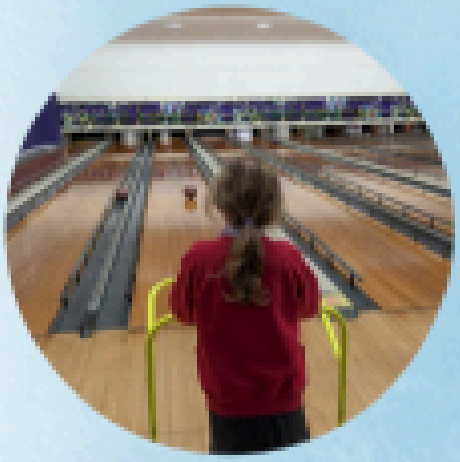


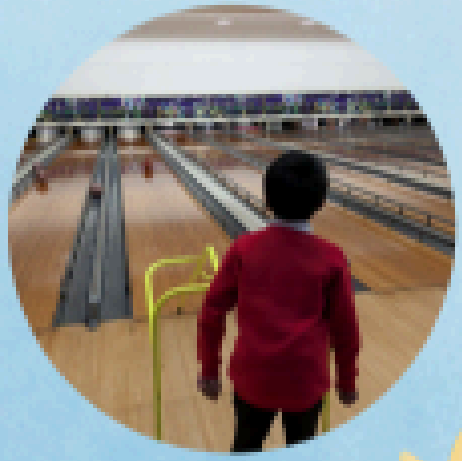
Team 2W: Hannah, Ayah, Zoya, Matilda, Faith, Hana and Angel

Some of our KS2 children took part in a bowling competition on Tuesday. They all worked so well in a team, the children even got a few strikes! Fantastic bowling everyone!

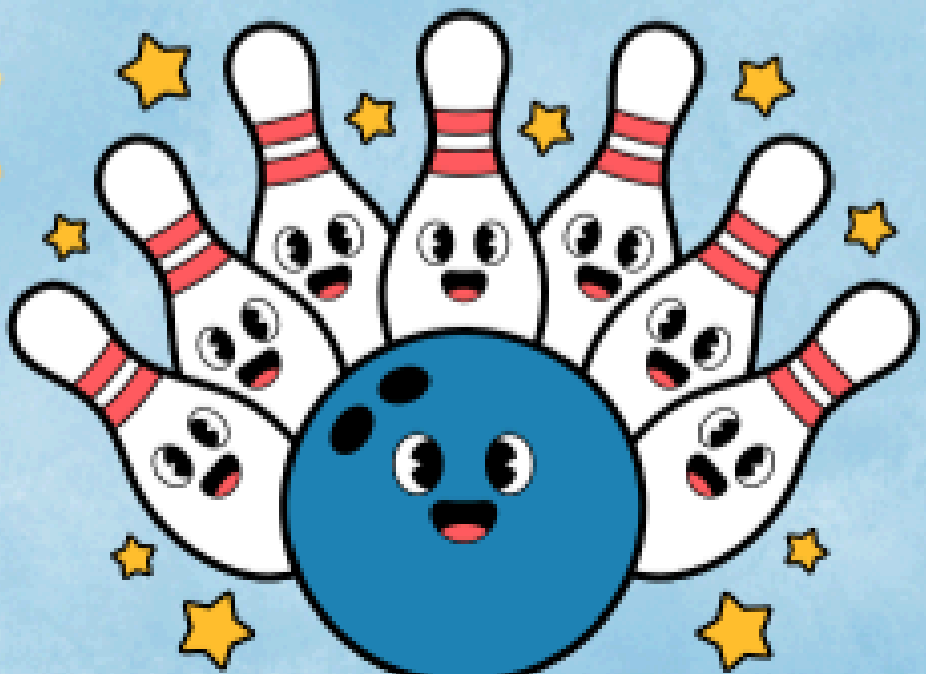












MONDAY 16TH NOVEMBER

Odd Socks Day

ANTI-BULLYING ALLIANCE



WOOHOO... MONDAY 16TH NOVEMBER IS ODD SOCKS DAY!

WHAT IS ODD SOCKS DAY?

Odd Socks Day is part of Anti-Bullying Week!
To celebrate that we are all unique, we ask that children wear odd socks to work, school or wherever you go on Monday 16th November. Andy Day (CBeebies/CBBC) and his band Andy and the Odd Socks are partnering with the Anti-Bullying Alliance to help bring Odd Socks Day to life again this year. Have a listen to the brilliant song they have recorded especially for Anti- Bullying Week, 'Who's Wearing Odd Socks?!'.



WHY IS ODD SOCKS DAY IMPORTANT?

The day sends an important message that we should all be allowed to be ourselves free from bullying and helps us celebrate Anti-Bullying Week in a fun and positive way.

MONDAY 16TH NOVEMBER

WHAT DO WE NEED FROM YOU?



BREAK THE SILENCE

#ANTIBULLYINGWEEK





Anti-Bullying Week 2026 takes place next week - between Monday 16th - Friday 20th November, focussing on the theme: Break the Silence.

The week begins with Odd Socks Day on Monday 16th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.



The Year 6 PSHE and Wellbeing ambassadors have been working hard to support Miss Cherrett in organising this year's anti-bullying week. In school, we will be taking part in lessons and activities all foucssed on this year's important theme.

Y4's class assembly for parents. Please come into school via the main entrance. The assembly will begin shortly after 9am Thursday 19th November and last for approx. 20 mins. Y4 families very welcome!

BBC Children in Need Appeal. Many thanks for everyone's wonderful support with this special fundraiser with special thanks to our Student Council with the support of Mr Williams and his superb organisational skills. A great day and lots of fun!

Unity in Community are a charity based in Hull who aim to support the most vulnerable people in society. We were successful in a funding application for supporting people struggling to top up their pre-payment meters across the country. As winter approaches, we are aware that many people will be struggling to make ends meet. Unity in Community are able to support households with up to £294.00 worth of fuel vouchers, these vouchers are sent via text message. We would like to offer this support to Richard Avenue families.

*Help available with g*as and electric costs. Unity in Community will be providing vouchers between £28 and £49 to help towards paying for gas and electric. 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 year. 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 Friday, 9am - 2pm – if busy, please keep trying.*

Arbor app. A gentle reminder from the school office to please check your Abor app for messages. Arbor is our main communication tool so please do check-in each day - we do like to share news, reminders plus helpful support for families. If you are having problems with the app, please speak to the office team who will be happy to help.

NHS

Service provided by:
IntraHealth

MISSED YOUR CHILD'S FLU VACCINE?



DON'T WORRY — THERE'S STILL TIME!

If your child missed their school flu vaccination, you can **still give consent** for them to be vaccinated.





CATCH-UP CLINICS

We will be running flu vaccination catch-up clinics starting from **October - December.**

ALREADY GIVEN CONSENT?

If we were unable to vaccinate your child at their school session, **you don't need to do anything!**

We will automatically send you an invitation to a catch-up clinic.

Haven't consented yet and missed the school session?

There is still time!

Scan the QR code to book a clinic appointment

Help protect your child

this winter and make sure they don't miss out!

For support or queries call: **0333 358 3397**

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.10.2024

Richard Avenue Primary School

Christmas diary dates 2026

Date	Event
Friday 27th November	16 days of Christmas begins with the turning on of the Christmas tree lights
Wednesday 9th December	EYFS (Nursery & Reception) Christmas performance @ 9.15am and 2.15pm
Thursday 10th December	Christmas Day at Richard Avenue
Wednesday 15th December	KS1 (Yrs 1&2) Christmas performance @ 9.15am and 11am
Friday 18th December	KS2 (Yrs 3-6) Carol Service @ 9.15am and 10.45am School closes at 1.45pm





Attendance

OF THE WEEK

Congratulations to 3B who are this week's top attenders.
Weekly whole school attendance is 95.5%.

CLASS	ATTENDANCE %	CLASS	ATTENDANCE %
NURSERY MORN	87.0	3B	**99.7**
NURSERY AFT	97.6	3M	93.3
RCW	93.7	4S	99.2
RS	85.7	4W	90.4
1J	95.6	5C	98.7
1W	93.8	5H	94.2
2S	99.1	6G	96.5
2W	99.2	6O	99.0



CELEBRATING 100% ATTENDERS

Today, 381 families will receive a wonderfully celebratory Arbor message for children who have been in school every day this week - and have therefore achieved 100% attendance.

We thank you at home for working with us to ensure children are in school and learning every day, which is where we all want them to be!

TIME TO CHECK YOUR EMAIL!







Our Attendance Team



Miss McKinney

Head Teacher



Miss Ellis

Attendance Lead



Mrs Lavelle

Family Worker & Safeguarding Lead



Mrs S. Begum

Attendance Officer Main Office

At Richard Avenue, take school attendance very seriously and do all we can to encourage your child to attend school everyday.

In order to support us, it is essential that you as parents and carers engage with the school regarding your child's attendance. We welcome open and transparent communication.

To keep in touch please email:

attendance@richardavenue.co.uk

Stay Healthy This Flu Season!

Protect Yourself this Winter: Book Your Flu Jab



As we head into the colder months, getting your flu vaccinations is one of the best ways to protect yourself, your family and your community. Flu vaccinations are available from GP practices, pharmacies and some community clinics.
If you are eligible, don't wait; book your flu jab as soon as possible to ensure you are protected throughout the winter season.

Read more here

Telephone: 0191 514 7145
Text only: 07418 364 340

E-mail: healthwatchsunderland@pcp.uk.net

AL-FALAQ
COUNSELLING

HEALTHY RELATIONSHIP AND DOMESTIC ABUSE AWARENESS



Recognising concerns, understanding support options and finding a safe path forward

- Friday
- 09:00am - 11:00am
- 07546206538
- alfalaq@alfalaqcounselling.org.uk

Venue:
Richard Avenue Primary School,
Hurstwood Rd,
Sunderland,
SR4 7LQ

ALL WOMEN ARE WELCOME

karbon homes
COMMUNITY FUND
wwin
Sunderland City Council

citizens advice

ALWAYS HERE FOR YOU

We are free, confidential, impartial and very friendly.





Our Services

- Welfare Benefits
- Budgeting
- Debt
- Energy Advice
- Housing
- Employment etc ...

Contact Us

schoolgates@citizensadvicesunderland.co.uk

OR use this link: forms.office.com/e/QKQFsfbMYP