

Robert Miles Junior School Newsletter – 27th October 2023

Dear Parents,

What a strange end to what has been a busy first half of the autumn term. As I mentioned in my message yesterday, we are in the process of resolving what is a complex issue relating to our electricity supply. Thank you to James Dexter, our Site Manager, and Sam Clayton, a RMJS parent and local electrician, who are busy helping to fix the problem and look after our building. National Grid have been on site today and we are confident everything will be up and running next week – I will keep parents updated.

One area to be mindful is the lunch menu for next week. This is listed at the end of this newsletter but is subject to change as we cannot store many



food items without electricity. If you are a parent who has been contacted about Honours Assembly, we will run this on the first Friday back so please pop 9.15am on Friday 10th November in your diary. This day will also be the non-uniform day for children in Jupiter House who amassed a brilliant 597 house points. Well done to them.

Looking forward to having everyone properly back in school on Monday 6th November. Wherever you go and whatever you do over half term, have a great time.

Best Wishes



James Evelyn
Headteacher, Robert Miles Junior School

Dates for the Diary

31 st October	Deadline for Secondary School Applications
6 th November	Children return from half term

School Attendance

Excellent attendance is vital to success at school. We track attendance closely and celebrate excellent attendance. Our target is for each child to have an attendance figure of at least 95%.

3B	92.2%
3J	100%
4H	97.8%
4G	98.1%
5AR	89.0%
5M	94.1%
6L	99.7%
6M	87.2%
All	94.7%

Congratulations to 3J who have the best attendance this week!



Year 6 Hoodies

This year, we are introducing hoodies for our Year 6 children. The school has worked with some Year 6 parents to source affordable, good quality hoodies that will hopefully give the children a valuable, lasting memory of their time at our school and a brand-new piece of clothing. They will be able to wear these at school. To maximise the clothing and get the most out of the hoodie, we are going to source these in the next month so children can get plenty of use out of them. The hoodies will have the name of all children on the back. Year 6 parents have been sent a message with all the details and are asked to come to the office and for their child to try one on to ensure the size is right.



The deadline for ordering is Wednesday 8th November. Any questions, please contact the office team.

House Points

Congratulations to Jupiter who earned the most house points this term and will enjoy a non-uniform day after half term!

Jupiter	597
Mercury	523
Neptune	577
Saturn	548



Librarians 2023/24

Here is our new team of Year 5/6 librarians. All of them wrote brilliant letters of application outlining their skills and interests as readers. They will be in charge of keeping our library tidy, returning books that have been read, recommending new books and authors in assemblies, buying new books to re-stock the library, encouraging children to read and supporting classes to manage their own reading shelves in classrooms. Having met them already, they are a really keen, enthusiastic team who will champion reading across the school.



We hope you all enjoyed the Halloween Disco on Monday evening! The costumes were amazing as was the dancing! Thank you to Mrs Clayton, Mrs Wallace and all the staff members and parent volunteers who helped ensure the event ran smoothly.



Honours Assembly

Congratulations to these children whose success, on this occasion, will be celebrated at Honours Assembly on the first week back!

3J	Mia Ruggles & Archie Chalk
3B	Imogen Blackner & Zac Wong
4G	Angelica Scott & Elethea Sandhu
4H	Jenny Towers & Phoebe Forster
5M	Zeyd Bekic & Tommy Williams
5AR	Danny Storey & Daisy Wright
6M	No Year 6s this week
6L	as it was Dukes Barn last week,

Duke's Barn Photos

Parents of children who attended the residential can download photos via the link we shared previously. Here is a selection of other photos from last week.



We are currently advertising for a Parent Governor to join Simon Hitchcox as parent representatives on the school's local governing body (LGB).

If you would like to discuss this role and find out more information, please contact Simon Hitchcox (Parent Governor) at simon.hitchcox@governor-equalstrust.org or Mr Evelyn at head@robertmiles.notts.sch.uk.

Further information, including how to apply, is on the Robert Miles website here:

<https://www.robertmiles.co.uk/page/?title=Governance&pid=20>

The deadline for applications is Friday 10th November 2023 at 10.00 am.

Excellent work under the Spotlight



In Year 4 Science, the children have been learning all about electricity. For their last electricity lesson, they made their own slide switches. They tested them within a circuit to see the effects of a complete and incomplete circuit. They had great fun making them and even more fun testing them to see if they could light up a light bulb using their own home-made switches!

Wednesday 18th October 2023

Can I make a switch?

Results:

The type of switch I made is called a slide switch.

It is made by card, one paper clip and two split pins.

To make it you need to make the circuit using wires, a light bulb and a battery. To turn the switch on you need to slide the paper clip so it touches the split pin. To turn it off slide it the other way.

Wednesday 18th October 2023

Can I make a switch

The type of switch I made is a slide switch. It is made of card, split pins, paper clip. To turn the switch on slide or push the paper clip to the split pin. To turn it off slide the paper clip the other way.

Wednesday 18th October 2023

Can I make a switch?

Results:

The type of switch I made is a slide switch.

It is made of red card, a paper clip and two split pins.

To turn the switch on, slide the paper clip to the split pin. To turn the switch off, slide the paper clip so touching only one split pin.

Wednesday 18th October 2023

Can I make a switch

Results:

The type of switch I made is a slide switch.

It is made card, paper clip, and two split pins.

To turn the switch on slide or push the paper clip to the split pin. To turn it off slide the paper clip the other way.

We share E-Safety information from National Online Safety with parents in the Robert Miles newsletter. This is to help you in ensuring that your child can use technology safely. Please read the following information.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinecollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



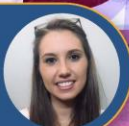
12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.bbc.co.uk/news/health-50477806> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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Weekly Menu

This term, we have a new catering company supporting us and other Equals Trust schools. Their new systems require parent notification when a child has a special dietary requirement.

All parents have received a link to a form where you can submit information about your child's dietary requirements. If you have not already done so, please complete the form here if your child has specific dietary requirements: <https://orders.lunchhound.co.uk/medicaldiets/request>

Monday

- Tomato Pasta
- Chocolate banana cake

Tuesday

- Homemade Macaroni Cheese
- Oaty flapjack finger with fruit.

Wednesday

- Roast of the day, roast potatoes, gravy, seasonal greens and carrots.
- Quorn sausage, roast potatoes & gravy. Seasonal greens & carrots (V)
- Jacket potato with tuna mayo or cheese or beans.
- Homemade chocolate sponge and custard.

Thursday

- Beef mince chilli, rice, green beans & cauliflower.
- Homemade cheese & tomato pizza with garlic bread, green beans & cauliflower (V)
- Jacket potato with tuna mayo or cheese or beans.
- Citrusy lemon drizzle cake

Friday

- Cod fish fingers, chips, baked beans or peas.
- Cheese & onion pastry roll & chips, beans or peas. (V)
- Jacket potato with tuna mayo or cheese or beans.
- Shortbread & mandarin pieces.

Upcoming Dates w/c 6th November

Monday 6th November 2023

- Film club 3.30 - 5.15pm. The film showing this week is A Mermaid's Tale. £2 charge for this club. Please pay for this using the school Money app. soft drink and biscuit provided. No sweets or chocolate please.

Tuesday 7th November 2023

- First Handball session for group two. 8.15-8.55am
- Girls cricket club 3.30-4.30pm – Spaces available.
- Young Voices rehearsal 3.30-4.30pm.
- Boys cup match against Edwalton School at Edwalton, Leaving RMJS at 3pm.

Wednesday 8th November 2023

- No Bible explorers at lunch time.

Thursday 9th November 2023

- Martial arts club for years 4 and 5 8.15-8.55am. Please bring PE kit, a water bottle and any inhalers needed. You will be sent a message if you have got a place.
- Year 4 swimming. Please ensure you remember your swimming kit and any inhalers required.
- Girls cup match against Ladybay School at Ladybay, leaving RMJS at 3pm.
- Tag rugby 3.30-4.15pm.

Friday 10th November 2023

- Honours Assembly carried over from Friday 27th October.
- House point winners non uniform day for Jupiter house, wear something red.