

Robert Miles Junior School Newsletter – 12th January 2024

Dear Parents,

Welcome back to the new school year – it has been lovely having the children back and getting the school up and running again after the Christmas break. It has certainly been a cold week but thankfully dry,

Dates All terms are busy and we are always keen to communicate dates and events in plenty of time – some dates for this term are posted on the right. This list will be added to as things are confirmed. **This coming Thursday (18th January), we are running a Year 6 SATs Parents Evening at 6pm.** All Year 6 parents are invited to this meeting where the teachers will talk through our plans, how you can support your child and, of course, answer any questions you may have.

Attendance There has been plenty of talk in the news about school attendance and the concerning picture nationally about school attendance figures. It goes without saying that I share this worry and know just how important it is that children maintain high levels of attendance. That said, I also know there are times when children are unwell, have to attend important family events and other valid reasons. The DfE has shared some information with us and the picture on the right resonated with me especially on Tuesday when we had a few children upset and anxious about returning to school. Within just a few minutes, they were settled in, getting back into the routine and happy. If your child is worried about anything at school, always bring them in – we spend lots of time hearing children's worries and concerns so they can then focus on learning and doing well.



Dates for the Diary

18 th January	Y6 Parents SATs Meeting (6pm)
26 th January	Young Voices
31 st January	Equals Trust Chess Tournament
2 nd February	Rushcliffe Pupil Parliament
w/c 12 th Feb	Half Term
19 th February	Newark Swimming Gala
21 st March	Y3 Trip to Lincoln
22 nd March	Y3/4 Equals Trust Football Event
25 th March	Parents Evening
26 th March	Parents Evening
27 th March	Equals Trust Choir Event
28 th March	School Disco
28 th March	Last Day of 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	94.4%
3J	99.3%
4H	95.3%
4G	91.2%
5AR	100%
5M	97.9%
6L	98.9%
6M	99.5%
All	97.1%

Congratulations to 5AR who have the best attendance this week – a brilliant 100%



Have a great weekend.



James Evelyn
Headteacher, Robert Miles Junior School

Year 4 Residential

York, Tuesday 11th – Wednesday 12th June

We are really excited to let you know that we have planned a Year 4 residential to York for this coming June. Both Year 4 classes will be going at the same time and this visit will enrich our curriculum.

After reviewing our visit provision as a school we have decided that going forward, we will offer children in Year 4 and Year 6 the opportunity to experience two contrasting residential visits.

We will be staying overnight in the youth hostel in York, just a short scenic walk from the city centre. This will be the perfect opportunity for Year 4 to learn more about our History topic, 'The Vikings', as well as the chance to conduct geography fieldwork linked to the 'Rivers' topic.

A letter, containing further information, has been sent to all Year 4 parents today. The letter contains details of the costs and payment deadlines. We will be running a Year 4 Parent Information Session later this term and will confirm the date soon. If you have questions now, please get in touch with Miss Garbett, Miss Horsfield, Mrs King or Mr Evelyn.



Athletics Event

Robert Miles took part in the Rushcliffe Athletics heats this week. A team of eight were up against five other schools in a competitive mixture of track and field events. We got off to a brilliant start with our relays as the girls stormed into the winning circle, shortly followed by the boys. Out of eight relay events, RMJS won six of them. What an achievement! After multiple celebrations and cheering on as team members, we tackled the field events, which saw all members taking on two events each. These were a huge success and allowed Robert Miles to leave the night with a solid 2nd place. They should all be incredibly proud of themselves. In a few weeks, we will be taking part in the Athletics Finals where we will yet again show up for the win. A huge well done!



Curriculum Updates

The start of a new term means new topics being taught. Parents will have today received the Curriculum Termly Overview for their child's year group. This contains information about the new topics, key dates and other useful information.

These documents are saved on our website under Curriculum / Termly Overviews.

Parents Evening dates have now been confirmed and are on 25th & 26th March. Signing up information will be shared nearer the time.



Times Tables Rockstars

Congratulations to the following children who have topped the charts for their work on TTRS this week:

Most correct answers: Micah, 4H

Most coins earned: Micah, 4H

Biggest improvement in accuracy: Ella, 4G

Biggest improvement in speed: Molly, 4H

Clubs this Term

There are a number of clubs happening this term – some of these are run by external providers:


- Basketball Club is continuing on a Wednesday (7.45am – 8.45am) and Thursday (3.30pm – 4.30pm). Details below
- Fun Fit Club – a new club starting next week and running on Wednesdays from 3.45pm – 4.30pm. Please contact Rosie to book – email and phone details below.

WEDNESDAY
BEFORE SCHOOL BASKETBALL
TIME 7.45AM-8.45AM

THURSDAY
AFTER SCHOOL BASKETBALL
TIME 3.30PM-4.30PM

SCHOOL HALL

We provide an after school basketball session for children who love sport and want to improve their movement, co-ordination and basketball skills. Our session is developed to be fun and pupil need focused. There are huge benefits for the children such as increased alertness, overall health and a positive engagement in sport.



AT

ROBERT MILES JUNIOR SCHOOL

BOOK NOW!
AS THERE ARE
LIMITED SPACES

CONTACT LEE
07528196446
FOR MORE INFO

EACH CLUB IS ONLY £25 PER PUPIL FOR 5 WEEKS

Rosie's FUN FIT CLUB

Comes to Robert Miles Junior 

KIDS HEALTH & FITNESS FOR LIFE



FUN GAMES

Starts Wednesday
17th January 2024
3.45 - 4.30pm
£16 per child for 4 weeks



MULTI SKILLS

BOOK EARLY – places are limited

Feel great
Fitness with friends

Healthy body, healthy mind

SPEED
AGILITY
STRENGTH
REACTION



Ring Rosie on 07801 657 506 or
email rosiewale@googlemail.com

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 issues which we believe trusted adults should be aware of. Please visit nationalonlinecollege.com for further guides, hints and tips for adults.

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College

NOS National Online Safety®
#WakeUpWednesday

Weekly Menu - w/c 15th January

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

- Homemade macaroni cheese with sweetcorn and cauliflower.
- Quorn sausage & bean loaded hot pockets, sweetcorn & cauliflower (V)
- Jacket potato with tuna mayo or cheese or beans.
- Chocolate banana cake

Tuesday

- Smoky BBQ chicken & sweetcorn meatballs & rice, mixed vegetables and peas.
- Plant based mince & lentil cottage pie, mixed vegetables and peas (V)
- Jacket potato with tuna mayo or cheese or beans.
- Oaty flapjack finger with fruit.

Wednesday

- Roast of the day (Gammon), roast potatoes, gravy, seasonal greens and carrots.
- Quorn sausage, roast potatoes, gravy, seasonal greens and carrots.
- Jacket potato with tuna mayo or cheese or beans.
- Homemade chocolate sponge & 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 15th January

Monday 15th January 2024

- Film club 3.30 - 5.15pm. The film showing this week is Hotel Transylvania Transformania. £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 16th January 2024

- Dodgeball for year 3 & 4 8.15- 8.45am
- Handball for year 5 & 6 3.30-4.30pm
- Young Voices rehearsal 3.30-4.30pm.

Wednesday 17th January 2024

- Basketball club 7.45 – 8.45am.
- Bible explorers at lunch time.
- Keep fit with Rosie 3.45 – 4.30pm

Thursday 18th January 2024

- Martial arts club for years 4 and 5 8-8.45am. Please bring PE kit, a water bottle and any inhalers needed.
- Basketball club 3.30-4.30pm.
- Colouring club for year 4 3.30 – 4.30pm
- Year 4 swimming. Please ensure you remember your swimming kit and any inhalers required.

Friday 19th January 2024

- Honours assembly.