

Robert Miles Junior School Newsletter – 19th January 2024

Dear Parents,

School Dates The Robert Miles Juniors Governors have agreed to an additional inset day this year on Monday 17th June. This has been approved by the Equals Trust Management Team who have also permitted schools to have an additional inset day each year going forward. Inset days are used for ongoing school improvement work. This is vitally important as we seek to continually develop our curriculum offer to children, ensure we are meeting our statutory training obligations (for example, in areas like safeguarding, health and safety and first aid) and provide staff with the ongoing professional development they are entitled to. A number of parents have asked about school dates for academic year 2024/25 - these will be published at the start of February once they have been approved by the governing body.

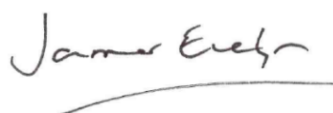
TTRS The picture below is not a Maths lesson but is Miss Lanagan's classroom at lunchtime every Wednesday. It is



Times Tables Rockstars (TTRS) Club! All these children are happy to give up their outside playtime to help improve their times tables skills – super impressive and there is a waiting list! Parents often ask how they can best help their child at home and my answer is always reading and maths or, to be more specific, practising times tables and hearing your child read. The National Curriculum for Maths states that all children should be able to fluently recall their times tables facts up to 12 x 12 by the end of Year 4. TTRS is a proven and motivating way to achieve this so do encourage your child to participate and get them on the road to 'Rock Hero'. Please contact your child's teacher if you need login details or have any questions.

Have a great weekend.

Best Wishes



James Evelyn
Headteacher, Robert Miles Junior School

Dates for the Diary

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	95.9%
3J	96.5%
4H	98.8%
4G	95.3%
5AR	94.7%
5M	93.2%
6L	95.0%
6M	95.9%
All	95.7%

Congratulations to
4H who have the
best attendance
this week!



Year 4 Residential

On Wednesday, we were joined by Bingham District and Rushcliffe Borough Councillor, Gareth Williams. Gareth spoke to all the children in assembly and explained what his role involves, how we elect councillors and what motivated him to take up this position.

The children had lots of interesting questions including how decisions are made about house building and why some roads are not tarmacked!

This assembly linked to our work on British Values – the slides Gareth talked through are on our website [here](#).



Honours Assembly

Congratulations to these children whose success was celebrated at Honours Assembly this week and some of their work was shared with all the children in the school.

3J	Scarlett Bruce & Cola Chan
3B	Otis Lamb & Albie Gascoigne
4G	Mica Kwong & George Taylor
4H	Ava Parker & Macie Haynes
5M	Archie Amari & Sophie Wilson
5AR	Archie Johnson, Olivia Barr & Daisy Stewart
6M	Tallulah Gascoigne & Harriet Lees
6L	Alannah Slater & Georgia Andrews

House Points

Children are earning House Points each and every day for showing the REACH values, making good choices and doing their very best. Each Friday in Honours Assembly, we announce the latest scores. At the end of each term, the house with the most points earns a non-uniform day. Totals for the term so far are:

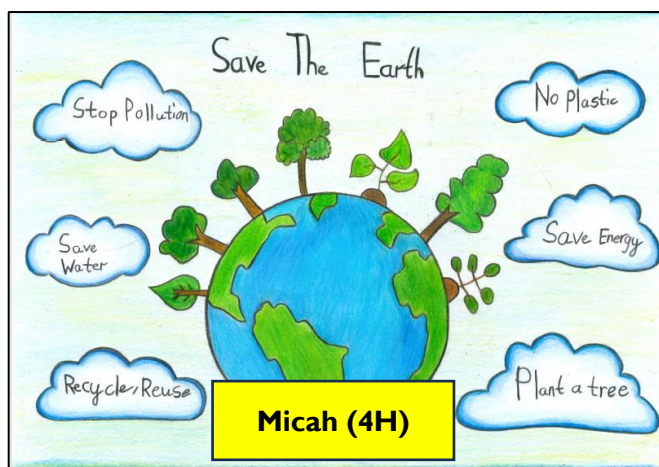
Jupiter	148
Mercury	106
Neptune	103
Saturn	107



Elements Christmas Art Competition

A huge thank you to all the children who entered the Christmas Holidays Art Competition. The Prefects had tough decisions to make when it came to the judging such as the quality of the submissions. The winners were decided and each of these children will receive a £10 book token. We are planning to organise an exhibition so children and families can view all of the submissions. Thank you to Megan Terrington, Art Prefect, for organising the competition and leading the judging.

Year	Element	Winner
3	Air	Allyssia (3J)
4	Earth	Micah (4H)
5	Fire	Ella (5M)
6	Water	Piper & Luca (6M)



Fun Fit Club

Rosie's Fun Fit Club started on Wednesday with an afternoon session full of games, fitness and fun to end the day. There are still places available – sign up via the details in the image on the right.

Please contact the office if you have any questions or queries.



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**

**Feel great
Fitness with
friends**

**Healthy body,
healthy mind**

**SPEED
AGILITY
STRENGTH
REACTION**

BOOK EARLY – places are limited

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

Local News & Information

We are happy to publicise local events and activities for children in the newsletter particularly ahead of holiday periods. (Please note the school is not endorsing these events as they are run separately.) Any enquiries should be made through the website address shown on the leaflet below

next level sports

FEBRUARY HALF TERM MULTI SPORTS CAMP

Including All Traditional Sports & Outdoor Activities for Children AGE 5-11

Cotgrave Candleby Lane School
Candleby Lane, Cotgrave, NG12 3JG

Dates
**14th - 16th
FEBRUARY**

Time
08:50-15:20

£22.00
Per Session

Extra Activities:

- ✓ Soft Archery
- ✓ Nerf Guns
- ✓ Laser Tag
- ✓ Pedal Go Karts
- ✓ Disco Dodgeball

TO BOOK A SPACE VISIT OUR WEBSITE:
www.nextlevelsportsltd.com

OR TRY OUR NEW QR CODE
Just scan with your camera and follow the link, it's as easy as that!

Get In Touch: 07398 215354 | 07354 032261 Email: bookings.nextlevelsports@gmail.com

Nottinghamshire Healthcare
NHS Foundation Trust

Parent and Carers Involvement Group

Do you want to make a difference to Children and Young People's health services?
Why not join our Parent or Carer Involvement Group?

Our first online meeting will be via MS Teams on:
**Tuesday
6th February 2024
10.30 - 11.30am**

Help shape Children and Young People's Health Services

Share your feedback and real-life experience of services

For more information and to register, please scan the QR code or use the link below:

<https://involve.nottshc.nhs.uk/involvement-opportunities>

SCAN ME

Times Tables Rockstars

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

Most correct answers: Jacob, 4G

Most coins earnt: Micah, 4H

Biggest improvement in accuracy: Dexter G-J, 4G

Biggest improvement in speed: Scarlett, 3J

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

SMARTPHONE SAFETY TIPS

for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The
National
College

NOS
National
Online
Safety®
#WakeUpWednesday

Weekly Menu - w/c 22nd 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 mixed vegetables.
- Mexican bean & roasted vegetable burrito with sweetcorn & mixed vegetables. (V)
- Jacket potato with tuna mayo or cheese or beans.
- Homemade apple sponge cake.

Tuesday

- Chicken & Indian lentil tikka masala curry & rice with peas and cauliflower.
- Cheese & tomato pizza and garlic bread with peas and cauliflower (V)
- Jacket potato with tuna mayo or cheese or beans.
- Oaty flapjack finger.

Wednesday

- Filled Yorkshire pudding with beef & vegetable mince with roast potatoes, carrots and seasonal greens.
- Quorn sausage casserole in a Yorkshire pudding, roast potatoes, carrots & Seasonal greens. (V)
- Jacket potato with tuna mayo or cheese or beans.
- Homemade vanilla sponge and custard.

Thursday

- Pork sausage roll with skin on baked wedges, green beans & sweetcorn.
- Cheese & onion pastry roll with skin on baked wedges, green beans & sweetcorn. (V)
- Jacket potato with tuna mayo or cheese or beans.
- Fruity strawberry jelly & mandarin segments.

Friday

- Cod fish fingers, chips, baked beans or peas.
- Mediterranean vegetable pasta bake with beans or peas. (V)
- Jacket potato with tuna mayo or cheese or beans.
- Chocolate shortbread.

Upcoming Dates w/c 22nd January

Monday 22nd January 2024

- Film club 3.30 - 5.15pm. The film showing this week is Go Fish. £2 charge for this club. Please pay for this using the School Money app. Soft drink and biscuit provided. No sweets or chocolate please.
- Basketball Festival at The Becket School, leaving at 3.15pm

Tuesday 23rd January 2024

- Dodgeball for year 3 & 4 8.15- 8.45am - Group one.
- Last Young Voices rehearsal 3.30-4.30pm.

Wednesday 24th January 2024

- Basketball club 7.45 – 8.45am.
- Bible explorers at lunch time for years 3,4 and 5.
- Keep fit with Rosie 3.45 – 4.30pm

Thursday 25th 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.
- Mindfulness colouring club for year 3 & 4 3.30 – 4.30pm
- Year 4 swimming. Please ensure you remember your swimming kit and any inhalers required.

Friday 26th January 2024

- Honours assembly.
- Young Voices concert.