

## Robert Miles Junior School Newsletter – 1<sup>st</sup> March 2024

### Dogs on Site

Parents are reminded to not bring dogs onto school premises. Only dogs who have been risk assessed, and are used by the school for therapeutic reasons can enter the site.

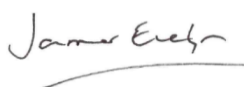
Dear Parents,

**Playground** In last week's newsletter we told you about the work our Prefects and School Council had done gathering children's views and sourcing recycling bins and a range of playground equipment to use at lunchtime. This week we introduced the new equipment alongside organised activities led by our Sports Ambassadors. It has been transformational and the children have loved it – playing with parachutes, skipping, frisbees and all manner of other activities. The prefects and school councillors have done a great job overseeing everything and making sure these new resources are well looked after and are not disappearing over the wall! Our next piece for the playground is getting all the lines repainted so better use can be made of the demarcated areas.



**Parents Working in STEM Careers** Across our Trust we are looking to promote Science and increase children's interest in this important area. One of the ways school Science Leads are planning to do this is through interviewing and profiling parents who have careers in this area. If you or anyone you know is working in this field and would be happy to be interviewed about their career journey and the nature of this work, please contact Mrs Chamberlain or myself.

Best Wishes



James Evelyn  
Headteacher, Robert Miles Junior School

### Dates for the Diary

1 <sup>st</sup> , 4 <sup>th</sup> 5 <sup>th</sup> Mar	Book Fair
13 <sup>th</sup> March	Y4 Residential Parent Meeting
21 <sup>st</sup> March	Y3 Trip to Lincoln
22 <sup>nd</sup> March	Y3/4 Equals Trust Football Event
25 <sup>th</sup> March	Parents Evening
26 <sup>th</sup> March	Parents Evening
27 <sup>th</sup> March	Equals Trust Choir Event
28 <sup>th</sup> March	School Disco
28 <sup>th</sup> 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	98.5%
3J	96.5%
4H	96.9%
4G	96.3%
5AR	95.6%
5M	98.8%
6L	95.9%
6M	95.9%
<b>All</b>	<b>96.9%</b>



Congratulations to 5M who have the best attendance this week.

### Science Competition

On Wednesday, we ran the Heats for our annual Science Competition - the theme was the 'Marble Roller Coaster Challenge'. The final takes place on Wednesday with three prizes up for grabs: (i) marble rolling the furthest distance (ii) best aesthetic design and (iii) most ingenious design. The following teams have made it through to the final:

- Jumbo Jungle (Imogen Groom & Emily Mogg)
- Emoji Girls (Alice Barr, Sophie Wilson, Hattie Greenhalgh & Daisy Stewart)
- Tardis (Ewan Marson)
- Splash & Fun (Lara Gibbs)
- Tob Rustling Bins (Edward Hitchcox)
- Electro (Caleb Sanders & Oakley Bostock-Keen)
- The Boys (Christian Ignatoff & Mylo Chapman)

If your child is listed above, you are invited to come along to the assembly at 9.15am on Wednesday to watch the final!

## 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. Totals so far:

Jupiter	327
Mercury	320
Neptune	353
Saturn	332



## 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	Flynn Hall & Harry Blackband
3B	Rebekah Fisher & Ellie Morris
4G	Anson Chan & Llewyn Wild
4H	Athena Chan & Hazel Yeung
5M	Dolly Barker-Richards & Sapphire Kaur
5AR	Morgan McGuiness-Smith & Harley Williams
6M	George Bartrop & Jack Smith
6L	Lucy Maberley & Alfie Burrell

## Year 3 Ancient Greek Museum

In Year 3, the children have been learning all about the incredible and fascinating lives of the Ancient Greeks. They have been looking at who they were and when they were around. As well as this, they have been finding out how the Ancient Greeks have influenced our lives today. To help our children become true historians, curators and sculptors, they all had the amazing opportunity to create a primary source of evidence; a wonderful artefact of their choice. They had a lovely variety of artefacts pass through our school doors. We had swords and shields from the Ancient city states and we had pieces of pottery that were sculptured in the most beautiful designs. Some children included artefacts from famous stories or myths such as The Trojan Horse and Medusa. Overall, Year 3 was the centre of attention on Wednesday afternoon and fully deserved. All the children at RMJS want to say a huge well done! We are so proud of you all.







## Times Tables Rockstars

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

**Most correct answers:** Micah S, 4H

**Most coins earnt:** Micah S, 4H

**Biggest improvement in accuracy:** Caleb S, 4H

**Biggest improvement in speed:** Willow H, 3J

## 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.

### Supporting Families

Expert Advice for a Brighter Future

Free  
Confidential  
Impartial



#### Explore our service for families

We can give you advice on matters such as:

- Benefits advice
- Energy efficiency and bill assistance
- Employment guidance
- Family matters
- Income maximisation
- Housing solutions
- Consumer support
- Specialised debt advice referrals

For families with children under 18 in Nottingham City, Gedling, and Rushcliffe.

We provide free, confidential and impartial advice to help people overcome their problems.

#### Book your 1-hour telephone appointment

Scan the QR Code or go to [tinyurl.com/CANDFamilies](https://tinyurl.com/CANDFamilies) to book an appointment.



**citizens  
advice** Nottingham  
& District

Registered charity number: 701259



## South Nottingham Hockey Club

FREE JUNIOR TRAINING SUNDAY MORNING  
10.30-11.30

Looking to join a  
hockey club?

Whatever your age, experience or ability our  
friendly club will make you feel welcome.  
Training is held at Bingham Leisure centre,  
Thursday evenings 7:30-9:30.

Come along to a session or contact us on.

Email: [southnottmhc@gmail.com](mailto:southnottmhc@gmail.com)

07973864458

<https://snhc.clubbuzz.co.uk/>

@southnottshc @southnottshc SouthNottmHC



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 they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



# 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



## 1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

## 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



## 5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

## 8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

## 6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



## 7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

## 9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

## 10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

## 11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

## 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



## 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



## 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## Weekly Menu - w/c 4<sup>th</sup> March

### 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 4<sup>th</sup> March

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 4<sup>th</sup> March 2024

- Book fair 3.30-4.30pm
- Film club 3.30 - 5.15pm. The film showing this week is Inside Out, £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 5<sup>th</sup> March 2024

- Dodgeball for year 3 & 4 group two 8.15- 8.45am
- Book fair 3.30-4.30pm.

### Wednesday 6<sup>th</sup> March 2024

- Science Competition Final – 9.10am (parents with children participating have been notified and are invited to watch)
- Bible explorers at lunch time for all year groups.
- Equal trust choir rehearsal 3.30-4.30pm

### Thursday 7<sup>th</sup> March 2024

- **No Martial arts club this week**
- World book day, please come to school in your pyjamas and bring your potato character with you.

- Year 3 swimming. Please ensure you remember your swimming kit and any inhalers required.
- Colouring club for year 3 and 4 3.30 – 4.30pm.
- Year 3 Queen & King ball festival at East Leake. Leaving school at 3.15pm

**Friday 8th March 2024**

- Honours assembly.