



★ Robert Miles Junior School Newsletter – 6th December 2024 ★

Do you work in the Science Industry?

We are on the lookout for a parent or family member who works in the Science sector and is happy to be interviewed about their education, career journey and the work they do. If you are interested and happy to take part, please contact Mr Evelyn or Mrs Chamberlain.

Dear Parents,

Online Safety Yesterday we were joined by PC Mills and PC Voce from Nottinghamshire Police came into school to talk to the Year 6s about staying safe online. Sadly, we are still having issues with children making poor choices whilst using their mobile phones so it was useful for the children to hear from the officers about what they should/should not be doing and to myth bust some of the children’s views. The main one of these was the children feeling, wrongly, that if they have an anonymous profile name their behaviours cannot be traced.

Our advice to parents about mobile phones is that children should not have one until Year 6 at the earliest and that you should check their phones each day to ensure they were making good choices. A few weeks ago, it was very revealing to look at a Year 6 child’s phone with his Mum and to see the multiple groups on Snapchat he was part of - many of which contained people he did not know. The minimum age for Snapchat use is 13.

End of Term Performances A reminder that parents can now book tickets for the end of term performances which start at 2.45pm on 16th December (Y3/4) and 18th December (Y5/6). This can be done through your Arbor account and then pay via the school shop (2 x tickets per child max) or by bringing in the slip and cash to the office.

Have a great weekend.

Best Wishes

James Evelyn
Headteacher, Robert Miles Junior School

Dates for the Diary

- 16th December Y3/4 Carol Performance (2.45pm)
- 17th December Y6 World War One Workshop
- 18th December Y5/6 Carol Performance (2.45pm)
- 18th December Christmas Lunch
- 20th December Last Day of Term
- 7th January First Day of Spring 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	91.1%
3J	98.2%
4H	94.2%
4M	95.9%
5AC	94.4%
5G	95.2%
6L	93.2%
6M	98.8%
All	95.1%



Congratulations to 6M for having the best attendance this week!

House Points

Jupiter	1369
Mercury	1288
Neptune	1204
Saturn	1224

Children are earning House Points each and every day for showing the REACH values, making good choices and doing their very best. Each Wednesday in Honours Assembly, we announce the latest totals!



Grantham Food Bank Donations

A huge thank you to everyone who brought donations in for the food bank last week. During their lunch hour on Friday, our Community Prefect Emily, with a little help from Bella, Daisy and Elliot, Mrs Alcock and Mrs Wallace, walked over to Bingham Methodist Church where we were met by Sarah, their Family and Youth Worker. She was delighted by all the bags and boxes we brought which we added to the many donations that were already under the Christmas tree. Sarah was taking them that day to Grantham Foodbank and told us that people in the community would be extremely grateful. Thank you for your generosity. Your small donations will make a big difference to vulnerable families this Christmas.



Bingham Christmas Fair

Well! What can we say! Christmas has officially started thanks to the amazing, wonderful, awesome Robert Miles Junior School Choir who performed at Bingham Christmas Fair on Friday night. It was a long, cold wait until 7.45pm, our dedicated time on stage, but the children brought warmth, energy and enthusiasm as they belted out some good old classics as well as some new lyrical numbers for the crowd to enjoy. Little did we know we were the last act to perform as part of the finale to close the fair! A massive thank you to all the children who performed – their smiles just said it all. And, of course, thank you to all the parents for waiting in the cold to support us all. It was a truly wonderful way to start the Christmas celebrations. Robert Miles – you did us proud!



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	Poppy Brown & Logan Hunt
3B	Ava Austin & Jake Pearson
4M	Hima Kwok & Henry Hatton
4H	Verity Gilfillan & Stuart Fisk
5G	Poppy Madden & Jacob Carter
5AC	Alston Liu & Jolly Tai
6M	Harley Williams & Daisy Wright
6L	Isaac Michael & Rosie McCormick

Times Tables Rock Stars

Times Tables Rockstars

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

Most correct answers: Lottie, 3J

Most coins earned: Lottie, 3J

Biggest improvement in accuracy: Logan, 3J

Biggest improvement in speed: Edie, 3B

Remembrance Photo Competition

A huge well done to Imogen (3B) who entered, and won, a remembrance themed photography competition. I'm sure you will agree that this photograph of her grandfather is brilliant and a worthy competition winner!



Weekly Menu - w/c 9th December 2024

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

- Cheese and tomato pizza with tomato pasta salad and a choice of vegetables or mixed fresh salad.
- Vegetable meatballs, tomato sauce with mixed rice and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Apple and sultana crumble bar with custard.

Tuesday

- Pork sausage with mashed potato, gravy and a choice of vegetables or mixed fresh salad.
- Plant based sausage with mashed potato, gravy and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Iced carrot cake and orange slices.

Wednesday

- Roast chicken with gravy, Yorkshire pudding, roast potatoes with a choice of vegetables or mixed fresh salad.
- Quorn grill with gravy, Yorkshire pudding, roast potatoes with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate shortbread/pinwheels with chocolate sauce.

Thursday

- Garlic and tomato chicken pasta spirals with a choice of vegetables or mixed fresh salad.

- Garlic and tomato vegetable pasta spirals with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Toffee cream tart.

Friday

- Fish fingers and chips with a choice of vegetables or mixed fresh salad.
- Crispy vegetable fingers with chips and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate oaty slice.

Upcoming Dates w/c 9th December 2024

Monday 9th December 2024

- Year 3 children attending infant's school Christmas show.
- Film club 3.30 - 5.15pm. The film showing this week is Diary of a wimpy kid, Christmas cabin fever, there is a £2 compulsory charge for orange squash and biscuits at this Club. Please use our online payment system to pay for this.

Tuesday 10th December 2024

- Handball club for years 5 & 6. 8.15-8.55am in the hall. Please bring PE kit, a drink and any inhalers you may need. (This club is now full) for group two.
- Young Voices rehearsals, 3.30-4.30pm

Wednesday 11th December 2024

- Last Bible Explorers session for this term. 12.45-1.15pm in the year 6 shared area.

Thursday 12th December 2024

- Martial arts club, 8 – 8.45am. Please wear PE kit, bring a drink and any inhalers required. (This club is now full) This is the last session for this term.
- Year 3 swimming. Please ensure you remember your swimming kit (including towel and a bag to put wet items in) and any inhalers required. **Last swimming session this term.**
- Year 6 at Toothill for Christmas afternoon.
- Selected Year 3 children attending multi skills event at SNA school. Leaving school at 3.30pm. Children will need their PE kit, a drink and a snack to take with them.

Friday 13th December 2024

- No afterschool activities today.

A reminder that all children need to be collected from their afterschool clubs by family member/friend who are over the age of 16.

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 The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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