



★ Robert Miles Junior School Newsletter – 10th January 2025 ★

***** Year 6 Parents *****

On Thursday 16th January at 6pm, Mrs Melhuish and Miss Lanagan will be running the Y6 SATs Parent Meeting. All Year 6 parents are strongly encouraged to attend so they can find out what we will be doing in Year 6, how they can support their child at home and ask any questions.

Dear Parents,

I hope you all had a relaxing and enjoyable Christmas and a happy new year with friends and family. It only seems like yesterday that we were all in the hall listening to the children's beautiful singing at the annual carol concerts.

The children have quickly got back into the school routine and we are already at the end of the first week. There are a couple of trips coming up that letters have gone out for – please ensure payment is made before the deadlines.

Year 3 Conkers Activity Day

Tuesday 4th March

Cost: £21.68 to be paid by 8th February.

Year 4 York Residential

Monday 16th / Tuesday 17th June

Deposit: £20 by 17th January

Parents Needed! **Careers** Finally, we are on the lookout for parents or anyone else locally who would be interested in coming into school to talk to children about their occupation and career in assembly. We try and cover lots of different areas in assemblies but it is always nice for the children to hear first hand experiences from people connected to the school. If you are keen to do this, please let me know. Don't worry – myself or Mrs Alcock will lead the assembly so you wouldn't be left on your own!

Have a great weekend.

Best Wishes

James Evelyn
Headteacher, Robert Miles Junior School

Dates for the Diary

14 th January	Cycling & Walking Assembly
16 th January	Year 6 SATs Meeting for Parents
29 th January	Chinese New Year
31 st January	Young Voices
7 th February	Rushcliffe Pupil Parliament
11 th February	Safer Internet Day
14 th February	Inset Day – School Closed
w/c 17 th Feb	Half Term

Parents evening dates to be confirmed soon.

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	96.2%
3J	100%
4H	92.5%
4M	100%
5AC	96.3%
5G	99.5%
6L	97.9%
6M	95.8%
All	97.2%

Congratulations to 3J and 4M for having the best attendance this week!

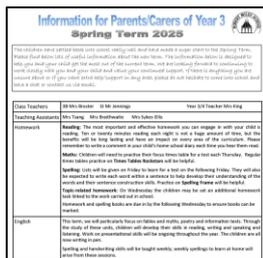
House Points

Jupiter	222
Mercury	203
Neptune	207
Saturn	170

Children are earning House Points each and every day for making good choices and showing the REACH values. Here are the latest totals for this term – the winning house at the end of each term enjoys a non-uniform day!



Parent Curriculum Newsletters



Parent curriculum newsletters have been sent out this week. These documents set out what your child will be learning this term and other information which you may find useful.

These are all saved on the website under Curriculum / Termly Overviews.

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: Cassie, 4H

Most coins earned: Cassie, 4H

Biggest improvement in accuracy: Jake, 3B

Biggest improvement in speed: Kiki, 3B

Upcoming Dates w/c 13th January 2025

Monday 13th January 2025

- Film club 3.30 - 5.15pm. The film showing this week is Big Hero 6, 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 14th January 2025

- Handball Year 3 & 4, 8.15am – 8.55am (Wear PE kit)
- Young Voices rehearsals, 3.30-4.30pm
- Futsal Year 5 & 6 girls, 3.30pm to 4.30pm (Wear PE kit)

Wednesday 15th January 2025

- Honours assembly
- Bible Explorers 12.45-1.15pm, Year 6 shared area.
- Selected Year 6 children attending Athletics competition at West Bridgford School.

Thursday 16th January 2025

- Year 3 swimming. Please ensure you remember your swimming kit (including towel and a bag to put wet items in) and any inhalers required.
- Martial arts club, 8 – 8.45am. Please wear PE kit, bring a drink and any inhalers required. (This club is now full)
- Year 6 SATS meeting 6pm in the hall. No children to attend.

Friday 17th January 2025

- 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.

Weekly Menu - w/c 13th January 2025

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.
- Bean vegetable wrap with a side of sunny vegetable rice and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate mousse and orange smiles.

Tuesday

- Pork sausage roll with skin on baked potato wedges and a choice of vegetables or mixed fresh salad.
- Cheese and onion pastry roll with skin on baked wedges and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Homemade jam buns and custard.

Wednesday

- Roast gammon with gravy, stuffing and roast potatoes with a choice of vegetables or mixed fresh salad.
- Quorn grill with gravy, stuffing and roast potatoes with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate brownie.

Thursday

- Beef pasta, Bolognese and garlic bread with a choice of vegetables or mixed fresh salad.
- Plant based pasta Bolognese with garlic bread and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Fruity strawberry jelly and mandarin segments.

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.
- Vanilla & cherry cookie cup and custard.

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.

GIRLS CRICKET

Come down to our Saturday morning softball cricket sessions for girls in year 3-6 (no kit needed). We will teach them batting, bowling and fielding skills, as well as how to have a blast playing cricket!

To register your child or for more information contact: 07817983285 or email binghamcce@hotmail.co.uk

Every Saturday morning!
10-11 at Bingham Leisure Centre (Toot Hill School)

First session **FREE!**



Brownies

Brownies have non stop fun, learning and adventure.
For girls aged 7 to 10.



New unit opening January 2025
Monday evenings term time in Central Bingham
Spaces available for immediate start



Register now to join - Girlguiding.org.uk/joinus

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.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>