

Robert Miles Junior School Newsletter – 17th January 2025



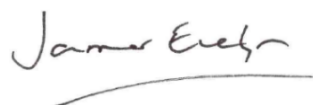
Dear Parents,

The term is now well underway and last night it was nice to welcome Year 6 parents for the SATs parents evening with Mrs Melhuish and Miss Lanagan. Whilst the SATs do not take place until May it is important that parents know how it works and how they can support their child in doing well. If any parents have any questions, please contact the Year 6 teachers who I know will be happy to help.

In a few weeks we will be celebrating Chinese New Year – the year of the wood snake. On Wednesday 29th January there will be lots of different activities taking place throughout the school to mark this important occasion. If any parents/carers can offer ideas, share their knowledge, bring in any items or can come into school to talk to the children, please contact us. We would love to hear from you.

Have a great weekend.

Best Wishes



James Evelyn

Headteacher, Robert Miles Junior School

Dates for the Diary

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
12 th March	Year 4 Residential Parent Meeting

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	98.1%
3J	97.8%
4H	90.7%
4M	98.6%
5AC	98.1%
5G	99.1%
6L	94.9%
6M	96.6%
All	96.7%

Congratulations to 5G for having the best attendance this week!



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	Daisy Gilbert & Fraser Nursey
3B	Imogen Amies & Carter Roper- Bugg
4M	Felix Russell & Natalia Kowalik
4H	Dexter Gibbs-Jackson & Willow Hardy
5G	Olly Taylor & Yanyu Chan
5AC	Noah Simpson & Jasmin Hrizi
6M	Elliot Moskwa & Isla Adcock
6L	Jerry Lamb & Emily Mogg

House Points

Jupiter	354
Mercury	372
Neptune	384
Saturn	347

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!



House Points

RMJS took a 10-strong team of Year 6 children to West Bridgford secondary school for the annual Indoor Sports Hall Athletics heats, competing against seven other Rushcliffe schools squads.

The competition provides track and field challenges for 5 girls and 5 boys across a range of relay races and fielding stations, all of which earn points for performance towards the school total. We started the event as we meant to go on, with our boys winning the 'Over/Under relay' of hurdles and tunnels and we won a number of races including a strong 'parlauf' (pair run) win by our boys and girls pairs!

In the field, each athlete competed in two of 5 events, standing long and triple jump, javelin, chest push and speed bounce.

The team competed superbly and will advance to finals day in 3 weeks to try and produce a medal winning performance.



Ridewise

On Tuesday, we were joined by Kylie Parr from Ridewise. Kylie spoke with the children about how to keep safe whilst cycling, walking and using scooters. She asked the children about how they get to school, how they stay safe and what hazards they should be aware of.

The main message for the children was that often people own helmets but choose not to wear them. Please make sure your child has their helmet on when they are out and about on their bicycle or scooter.



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: Katie, 3J

Most coins earnt: Lottie, 3J

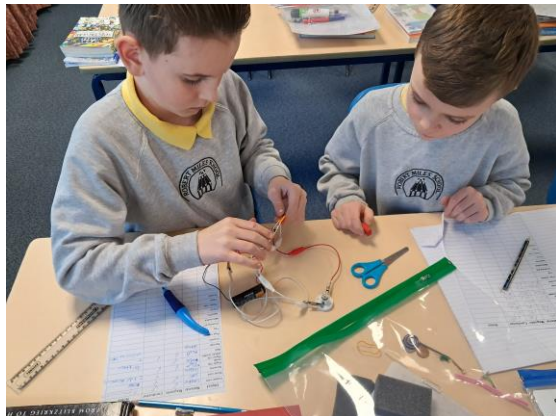
Biggest improvement in accuracy: Caleb, 3B

Biggest improvement in speed: Jake, 3B

Excellent work in the Spotlight



This week, in 5G Science, the children were investigating and answering the question: How can we test the properties of magnetism and electrical conductivity? Having brushed up on their scientific knowledge, the children got to work testing a simple circuit before checking whether objects were magnetic and if they were conductors. The children were inquisitive and immersed themselves in the science working well together and checking their findings carefully.



Upcoming Dates w/c 20th January 2025

Monday 20th January 2025

- Film Club 3.30 - 5.15pm. The film showing this week is Toy story, 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 21st January 2025

- Handball club for Years 3 and 4. 8am - 8.45am
- Young Voices rehearsals, 3.30-4.30pm

Wednesday 22nd January 2025

- Honours Assembly
- Bible Explorers 12.45-1.15pm, Year 6 shared area.

Thursday 23rd 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)

Friday 24th 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 20th 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.
- 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.

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!

BINGHAM ARENA



Make a splash

with our swimming lessons



Following the
Swim England



Learn to Swim
Programme



Water Safety
Partner
OFFICIAL PARTNERSHIP

Our learn to swim programme is endorsed by the Royal Life Saving Society and accredited by Swim England.

BOOK TODAY



SCAN HERE

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, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about TIKTOK

RESTRICTION 13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday
The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>