



## Robert Miles Junior School Newsletter – 18<sup>th</sup> October 2024



Dear Parents,

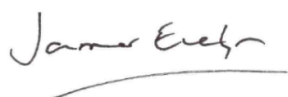
At the start of the week, it felt like we were in for a bumpy few days with the internet going down – makes you realise just how much we rely on it including for our phone system. Thankfully it was only a day and everything returned to normal on Tuesday.

The Year 6s have been at Duke's Barn this week and it has been another fun and exciting trip which I very much enjoyed visiting yesterday. Look further down the newsletter for some photos.

**Finally, for Year 6 parents – please remember the deadline for applying for secondary school is 31<sup>st</sup> October.** It is absolutely essential that you submit your application before this time as the deadline will not be extended and you may not get your first choice. More information can be found [here](#).

Have a great weekend.

Best Wishes



James Evelyn

Headteacher, Robert Miles Junior School



*SEND Parent  
Coffee Morning*

**FRIDAY 8TH NOVEMBER**

**9AM – 10AM**

Autumn 2's Coffee Morning is all about

**Children's Mental Health and Wellbeing**

If you are worried about your child's mental health / anxiety please come along to see what

**Joanna Lake from the Mental Health Support Team** can offer and get some information from our

**in school ELSA support, Mrs Ward.**

### Dates for the Diary

23 <sup>rd</sup> October	School Disco ( <i>optional fancy dress</i> )
w/c 28 <sup>th</sup> Oct	Half Term Week
8 <sup>th</sup> November	Parent Session: Notts Mental Health Services ( <i>See Poster</i> )
11 <sup>th</sup> & 13 <sup>th</sup> Nov	Y4, Y5 & Y6 Parents Evening
27 <sup>th</sup> November	Y5 Space Centre Trip
6 <sup>th</sup> December	Parent Forum
16 <sup>th</sup> December	Y3/4 Carol Performance
17 <sup>th</sup> December	Y6 World War One Workshop
18 <sup>th</sup> December	Y5/6 Carol Performance

### 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	93.0%
3J	96.3%
4H	96.2%
4M	96.5%
5AC	96.8%
5G	92.5%
6L	96.2%
6M	98.1%
<b>All</b>	<b>95.78%</b>

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





## Duke's Barn Residential 2024

This week is a traditional highlight of the school year with the Year 6s heading off to the Peak District for the annual residential at Duke's Barn. Some schools opt to do this in July, as the children are about to leave, but I think it is nice to go early on in the year – so long as the weather is ok – as relationships can be formed and the staff get to know the children better in a very different context.

I have been in touch with the team at Duke's Barn and visited there myself yesterday and it was fantastic to see everyone having a great time and throwing themselves into all the activities and opportunities that came their way. Here is a selection of some of the pictures including birthday boy, Elliot! A huge thank you to the school staff who organised it all and looked after the children this week.





## Pumpkins!

With the Halloween Disco fast-approaching (Wednesday 23rd October), we want to make the entrance to school spooktacular! If you would like to carve or decorate a pumpkin and bring it to school from Monday 21st onwards, we will decorate the main path down to the school reception with your wonderful creations. Please collect your pumpkin on your way home from the disco. Please note there will be no candles or flames lit inside them, but staff will add some autumn sparkle safely. We can't wait to see your wonderfully spooky pumpkins.



## Rushcliffe Pupil Parliament

Last Friday, Aden and Florence were fabulous ambassadors for Robert Miles Juniors when representing the school at the Rushcliffe Pupil Parliament. In their first termly meeting, they met in the council chambers at County Hall to gain a real insight into how parliament works, views are shared and votes are cast on important matters. There was a very lively debate on whether mobile phones should be allowed in schools with many strong and interesting views being expressed! A very engaging and informative afternoon and Aden and Florence are both looking forward to what will be up for discussion in the next meeting.



## Excellent work in the Spotlight



Year 5 have been investigating air resistance in their science lessons this week. The challenge was to make a parachute that would stay in the air for the longest period of time. First, we made parachutes with different sized canopies and tested them, measuring the time they took to fall to the ground. We then used this information to design and make a parachute, thinking about size, the length of the strings and the mass. The winning parachute took 4.38 seconds to descend and was designed by Mica. Great fun was had by all!



## 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 FOOTBALL @ BINGHAM TOWN FC**

**FA 'INSPIRING THE FUTURE' AWARD WINNERS!**

**SATURDAY MORNINGS 10:30 – 11:45**  
**AGES 5 TO 11 JUST £3 PER SESSION**  
 BY THE CLUBHOUSE AT BUTT FIELD, OFF MOORBRIDGE ROAD EAST, NG13 8GG

FA WILDCATS IS PERFECT FOR BEGINNERS!  
 HAVE FUN, MAKE FRIENDS, PLAY FOOTBALL  
 EMAIL [WILDCATS@BINGHAMENTOWNFC.COM](mailto:WILDCATS@BINGHAMENTOWNFC.COM) OR  
 CALL/TEXT 07787 144809 / 07941 095240 FOR  
 DETAILS OR JUST COME ALONG AND SEE US




**PUMPKIN PARTY**  
 at  
 Robert Miles Club

Come and join us for a fun time!  
 Cake making, film, snacks and prizes.

**THURSDAY  
 24TH OCTOBER**

Limited spaces available.  
 Please book using the booking app  
 or contact for further details.

## House Points

Jupiter	1,151
Mercury	1,318
Neptune	1,257
Saturn	1,160

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 scores. These are the latest figures for the first half of the summer term.



## Weekly Menu - w/c 21<sup>st</sup> October 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 & tomato pizza served with garlic bread and a selection of daily vegetables & mixed fresh salad.
- Creamy vegetable penne pasta carbonara with a selection of daily vegetables & mixed fresh salad (V)
- Jacket potato with a choice of baked beans, cheese or tuna mayo.
- Marble sponge & custard.

### Tuesday

- All day sausage breakfast served with baked omelette, diced potatoes, bake beans or sweetcorn with a choice of vegetables or mixed fresh salad.
- All day veggie sausage breakfast served with diced potatoes, bake beans or sweetcorn with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate shortbread biscuits (Ve) and fruit slices.

## **Wednesday**

- Chicken pie, mashed potato with a selection of vegetables or mixed fresh salad.
- Vegemince and vegetable pie (Ve), mashed potato with a selection of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna mayonnaise.
- Iced banana traybake.

## **Thursday**

- Creamy korma style chicken curry served with mixed rice, selection of vegetables or mixed fresh salad.
- Sweet potato, spinach and chickpea korma (Ve) served with mixed rice, selection of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna mayonnaise.
- Oat and raisin cookie (Ve) and fresh watermelon slice.

## **Friday**

- Friday fish fingers served with chips, tomato ketchup and a selection of daily vegetables and mixed fresh salad.
- Homemade cheese and onion puff pastry roll served with chips and tomato sauce and a selection of daily vegetables and mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna mayonnaise.
- Chocolate ice cream

Upcoming Dates w/c 21<sup>st</sup> October 2024

## **Monday 21st October 2024**

- Film club 3.30 - 5.15pm. The film showing this week is Moana, 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 22nd October 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) Last session for group one.
- Tag rugby club for years 5 & 6. 3.30-4.30pm. Please bring PE kit, a drink and any inhalers you may need.

## **Wednesday 23rd October 2024**

- Honours assembly
- Halloween disco. 6.30-8pm. £2 on the door, please bring change for the tuck shop. Optional Fancy Dress

## **Thursday 24th October 2024**

- Martial arts club, 8 – 8.45am. Please wear PE kit, bring a drink and any inhalers required. (This club is now full)
- Year 4 swimming. Please ensure you remember your swimming kit (including towel) and any inhalers required.
- Basketball club for year 3 & 4. 3.30-4.30pm in the hall. Please bring PE kit, a drink and any inhalers you may need. (This club is now full.)

## **Friday 25th October 2024**

- No afterschool activities today.
- Last day of term. School re-opens on Monday 4th November.

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, 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](https://nationalcollege.com).

# What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

## CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

## WHAT ARE THE RISKS?

### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

### FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

### PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

### REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

### Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

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