

Robert Miles Junior School Newsletter – 24th January 2025

Dear Parents,

It gives me great pleasure to inform you that a brand-new parent body called the Friends of Robert Miles Junior School (Friends of RMJS) has been formed. Not having a formal parent body has felt like a missing piece in the school jigsaw and I am very grateful to the parents who have agreed to give their time to help set this up.

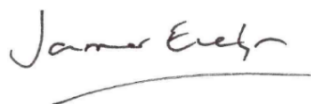


The Friends of RMJS will be led by three parents: Claire Ruggles (who is also a parent governor), Jo Sharphouse and Laura Bee but all parents are welcome to join the committee which will meet termly to discuss plans and take decisions. I know there is lots of experience and expertise amongst the parents that I am sure this group will benefit enormously from.

The launch meeting will take place at school on Friday 7th February at 2.45pm – all parents are very welcome to attend and we have also scheduled a few other smaller events to get things started – see the flyer.

A contact email address has also been set up: friends@robertmiles.notts.sch.uk. Please note that this will not be monitored daily. In the meantime, an enormous thank you from me to everyone who has helped to set this up and I look forward to formally meeting you all and beginning this exciting new chapter on 7th February.

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.	

Friends of RMJS

Upcoming Events...

7 FEB	Friends of RMJS Launch Event - All Welcome 2.45pm
13 FEB	Valentine's bake sale 3.20pm - 3.45pm
21 MAR	Mother's Day Gift Shop
3 APR	Easter bake sale 3.20pm - 3.45pm
MAY	60th Anniversary Event (Date TBC)
6 JUNE	Father's Day Gift Shop
3 JULY	Summer Disco



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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%
3J	100%
4H	92.4%
4M	91.4%
5AC	96.9%
5G	98.2%
6L	97.7%
6M	94.1%
All	96.1%



Congratulations to 3J 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	Henry Mawer & Nate Miller
3B	Brody Wightman & Hedia Tang
4M	Giles Lo & Hoi Yui Lam
4H	Hallie Hazledine & Archie Chalke
5G	Larus Chan & Macie Haynes
5AC	Jude Maylard Mason & Ella Talbot
6M	Ella Bensley & Thea Moore
6L	Skye Smith & Elliott Jacques

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 earnt: Harithraa, 3B

Biggest improvement in accuracy: Melissa, 3B

Biggest improvement in speed: Martha, 4H

Excellent work in the Spotlight



In the spotlight this week is Thursday morning's Martial Arts club which is run by Mr Dexter. The children are working towards their next grading. Yesterday morning the children were doing 'grid' training where they are in their own individual areas and can focus and concentrate on their own 'biomechanics'. Savate is a French Martial Art with a long history and tradition. The next grading takes place in April and for many of the children it will be their first.

House Points

Jupiter	545
Mercury	616
Neptune	579
Saturn	520

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!



Upcoming Dates w/c 27th January 2025

Monday 27th January 2025

- Film club 3.30 - 5.15pm. The film showing this week is Toy story 2, 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 28th January 2025

- Handball club for years 3&4 group one. 8.15-8.55am in the hall. Please bring PE kit, a drink and any inhalers you may need.
- Selected Year 3 children attending basketball match at The Beckett School, leaving school at 3pm. Children to have their PE kit, a drink any inhalers they may need and a small snack to take with them
- Young Voices rehearsals, 3.30-4.30pm

Wednesday 29th January 2025

- Chinese New Year celebrations with a range of activities and a special lunch menu.
- No Bible Explorers.

Thursday 30th January 2025

- Year 3 swimming. Please ensure you remember your swimming kit (including towel and a bag to put wet items in), some light clothing (long sleeve t shirt and light bottoms) or pyjamas 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 31st January 2025

- Young Voices concert. Children to wear school uniform, bring 2 packed lunches (1 to have at school, the other at teatime) something to do on the coach but no electronic games and **strictly no mobile phones to be taken.**

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 27th January 2025

Monday

- Cheesy pasta spirals with pizza style toppings with a choice of vegetables or mixed fresh salad.
- Cheese and tomato pizza with tomato pasta salad and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Lemon cupcake with fruit slices.

Tuesday

- Beef lasagne with garlic & tomato bread with a choice of vegetables or mixed fresh salad.
- Vegetable lasagne with garlic & tomato bread with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate cookie & orange wedges.

Wednesday – Chinese New Year

- Chicken Chow Mein with a choice of mixed salad.
- Vegetable chow Mein with a choice of mixed salad.
- No jacket potatoes.
- Mandarins in jelly.

Thursday

- Beef and potato pie with potato wedges and a choice of vegetables or mixed fresh salad.
- Cheese, onion and potato pie with mash or skin on potato wedges with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Strawberry mousse.

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.
- Lemon drizzle cake with 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 binghamcc@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 of the UK

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 HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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