

Robert Miles Junior School Newsletter – 25th October 2024



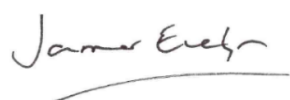
Dear Parents,

We hope that your children enjoyed the Disco on Wednesday evening – it was a fun event to bring an end to a busy term. 8 weeks is a long half term and I think we are all ready for the half term break!

Earlier this week, Jemma Wallace, our SENCO, sent out the monthly SEND newsletter containing lots of information about this important area. Please have a read [here](#). I know a number of you came to her coffee morning earlier this month; the next SEND event is at 9am on 8th November where we will be joined by Joanna Lake from the Mental Health Support Team and Mrs Ward, our school ELSA. They will be talking to parents about different strategies and ways of supporting children's mental health.

Whatever you are doing over half term, I hope you have an enjoyable and relaxing time. We will reopen on Monday 4th November with the gates opening at the usual time of 8.45am.

Best Wishes



James Evelyn
Headteacher, Robert Miles Junior School

Dates for the Diary

w/c 28 th Oct	Half Term Week
31 st October	Secondary Application Deadline
8 th November	Parent Session: Notts Mental Health Services (See Poster)
11 th & 13 th Nov	Y4, Y5 & Y6 Parents Evening
27 th November	Y5 Space Centre Trip
6 th December	Parent Forum
16 th December	Y3/4 Carol Performance
17 th December	Y6 World War One Workshop
18 th 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	94.5%
3J	95.6%
4H	93.5%
4M	93.1%
5AC	97.2%
5G	93.9%
6L	96.2%
6M	89.1%
All	94.1%

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



Choice Chart – Gold Award Winners

This term, we introduced the 'Choice Chart' – an interactive and visual system that recognises children's 'choice based' journey through the day. Getting to Gold is not easy to achieve and requires something exceptional. These 8 children have achieved Gold this term having done something exceptional!

Alston (5AC)	Hima (4M)
Aden (6L)	Sophie (5G)
Edward (6M)	Rory (6M)
Poppy (4H)	Rosie (4M)



The children then went into a draw for a 'Hot Chocolate with the Headteacher' with Edward, Hima and Rosie's names coming out of the hat. Congratulations!

Half Term Art Competition

Our new Art Prefect, Bella, has organised a Half Term Art Competition linked to the 'Colours of Autumn'. Read on for further information. The Prefects will be judging with a £10 Book Token going to the winner in each year group. Deadline for entries is 8th November!

competition of Colours of Autumn

WE HAVE A COMPETITION COMING UP!

you can make pictures

you can make 3d pictures or anything you want

remember to use your imagination

PRIZE

There is a winner in each year group. The prize is a £10 book token.

MAKE ART OUT OF NATURE'S RESOURCES.

If any problems ask Art prefect Bella Finlay

Deadline 8th November

Safety on Whatsapp

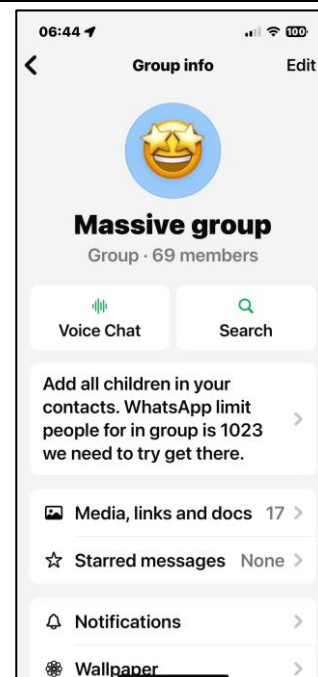
A parent has made the school aware of a large Whatsapp group their child has joined – see image on the right.

This appears to be an open group with members both that their child does not know along with some unknown adult members. There is also an instruction to 'add all children in your contacts'.

We have spoken to the Year 6s some of whom told us they are also members. We talked about only joining groups where they know the members so that our private information isn't ending up with strangers.

If your child has a phone and uses Whatsapp, please can you have a scan through to double check they are only in groups with people they know. We think it is also worth discussing private information with them and the need to think carefully about whom we share our phone number/personal details with.

We are really grateful to the parent for getting in touch about this – it means we can then pass on these concerns to other parents.



Sports Update

Urban Hockey A group of Year 5 pupils recently took part in an Urban Hockey festival, representing the school with pride. They had a fantastic time, staying active and enjoying the fast-paced game with plenty of smiles and laughter. The event was all about fun, and the pupils thrived on the opportunity to get stuck in and play together. Their energy and enthusiasm were infectious, making it a day to remember. Hopefully, Urban Hockey will make an appearance at this year's Healthy Lifestyles Week, inspiring even more pupils to get moving and have fun! Fantastic effort from all!



Paceball A group of Year 4 pupils took part in a Paceball event, and it was a huge hit! Having experienced this exciting game during last year's Healthy Lifestyles Week, the children were eager to jump back into the action. They had a fantastic time staying active, enjoying friendly competition with other schools, and embracing the fast-paced, fun nature of the game. The energy was contagious, and the pupils loved every moment of it.

We're hoping to see Paceball make a return at this year's Healthy Lifestyles Week, bringing more excitement and activity to the event. The children worked amazingly as a team and supported each other at every step. A huge well done.



House Points

Jupiter	1,312
Mercury	1,420
Neptune	1,395
Saturn	1,363

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 final figures for the first half of the Autumn term. A huge well done to Mercury House with a huge number and a well-deserved non-uniform day today!



Year 6 Hoodies

Year 6 parents have received a letter this week offering them the opportunity to purchase a 'Class of 2025' leavers hoodie to commemorate their time at Robert Miles Junior School.

The hoodies will have a large '25' design on the back, containing the names of all the children in the year group, and will feature the school logo on the front as well as well as children's initials. Children can pick from two styles of hoodie, an overhead hoodie or a zip hoodie.



	Child	Adult
Zip Up Hoodie	£20	£23
Over the head Hoodie	£18	£20

We have samples of each hoodie in a range of sizes in the office. Please pop into school and confirm the size which is best for your child. **These hoodies will be personalised, so if the sizing is not correct then these cannot be exchanged or refunded.** The final day for orders and payment is Friday 8th November. Payment needs to be made via the school shop on your Arbor account.

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.

CHRISTMAS CRAFT FAIR

Christmas presents and decor galore
Personalised gifts | Designs in clay | Jewellery
Textiles | Home fragrances | Artwork | Wood crafts
Skincare | And much more!

Saturday
23rd November 2024

Free entry

10am - 2:30pm

Bingham Methodist Centre
Needham St, Bingham, NG13 6AE

Find out more:
mailchi.mp/3ele80d4f8fa/xmas24

SOLD
01949 87 86 85

BINGHAM BONFIRE NIGHT

Saturday 2nd November

TICKETS ON SALE NOW

agrovista | DAVID WILSON HOMES | Prime Performance Physio | MTP HIRE

Book your tickets now

Weekly Menu - w/c 4th November 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

- Cheesy pasta spirals with pizza style toppings with a choice of vegetables or mixed fresh salad.
- Cheese and onion pastry roll with 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

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

Thursday

- Beef and potato pie with mash 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.

Upcoming Dates w/c 4th November 2024

Monday 4th November 2024

- Film club 3.30 - 5.15pm. The film showing this week is Coco, 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 5th November 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) First session for group two.
- Tag rugby club for years 5 & 6. 3.30-4.30pm. Please bring PE kit, a drink and any inhalers you may need.

Wednesday 6th November 2024

- No honours assembly.

Thursday 7th November 2024

- Martial arts club, 8 – 8.45am. Please wear PE kit, bring a drink and any inhalers required. (This club is now full)
- Year 3 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 8th November 2024

- No after school 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, 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.

10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screen time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

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



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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