



Robert Miles Junior School Newsletter – 25th April 2025



Dear Parents,

I hope you all had a wonderful holiday with friends and family – I know lots of you have been abroad and it has been lovely hearing about it all from the children.



We have a new website. All of the schools in our trust are updating their websites to ensure greater commonality as well as hopefully making some savings. Please take a look through the new website – the information is very similar to the old one but the pictures have been updated therefore let me know if you have any feedback or any suggestions.

As I mentioned in my email earlier in the week, very sadly, the Trim Trail has had to be taken down from the playground. The timber structure had started to rot beyond repair and was no longer safe for use and had to be removed. We have seeded the area ahead of, hopefully, replacing it. Sadly, it is extremely expensive – in the region of £15k – and we need financial support in purchasing a new piece of equipment. If you know anybody who may be able to provide financial support with this, please let me know.



Best Wishes



James Evelyn
Headteacher, Robert Miles Junior School

Summer Term Dates

w/c 12 th May	KS2 SATs Week
w/c 19 th May	Healthy Lifestyles Week
22 nd May	Y6 Yorkshire Wildlife Park visit
6 th June	Friends of RMJS Father's Day Gift Shop
16 th & 17 th June	Y4 York Residential
20 th June	Parent SEND Coffee Morning
25 th June	Sports Day
27 th June	Reserve Sports Day
3 rd July	School Disco
4 th July	Y6 French Breakfast
11 th July	Summer BBQ
14 th July	Y6 Toot Hill Transition Day
22 nd July	Last Day of Term

Year 6 Performance – dates tbc

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	100%
3J	100%
4H	100%
4M	95.4%
5AC	100%
5G	95.4%
6L	95.2%
6M	94.8%
All	97.5%



Congratulations to
3B, 3J, 4H and
5AC for having the
best attendance
this week!

Have a great weekend.

Queen/King Ball

Last term, Year 3 and 4 were representing RMJS at a sports festival. The festival was all about a game called Queen and King Ball. Filled with so many questions as to what exactly the game will be like, it didn't stop us from going and giving it a go! It was an incredible event and I am so incredibly proud of each member of the team. They improved, they developed and they became confident in what they were doing. Teamwork and friendship were at the centre of their incredible success. To explain Queen and King Ball.... well, you will have to ask one of these amazing individuals.

EQT Football Tournament

Last term, selected year 3 and 4 girls and boys attended an Equals Trust football tournament held at Abbey Road Primary. It was an amazing day with lots of games to be played. We came across some fantastic teams and they played their hearts out. We made an impact in the group we were in as we defended extremely well and mounted countless attacks on the oppositions defence. We did come out of our group without any silverware, but we definitely came home with an experience to remember. A super day for many and I am sure RMJS will represent our school next year also.



Year 3 Girls Football

Last term, 10 of our year 3 girls joined together and attended and took part in a festival where they played in a variety of skills, drills and games which helped build their confidence within sport. They did amazingly! The sun was out, schools were working together and the girls were supportive as always! It was a such a brilliant festival for them to take part in and they thoroughly enjoyed the chance to represent RMJS. They showcased friendship, pride and collaboration! However, above all, they showed our reach values. A super day and I was very proud of each individual!



Year 5 Boys vs Carnarvon

Our year 5 boys travelled to Carnarvon last term to compete in a friendly fixture. Building relationships with schools is a top priority, and it also provides the future year 6 children with the opportunity to represent and compete. It was a tight game! We were very confident with how we played, and it showed when we were consistently on the attack and holding possession. Although we were so great at moving the ball up the pitch, putting it into the back of the net created a challenge in itself. The game was neck and neck in the second half, but we had conceded too many goals. Maybe next time we will crack the Carnarvon attacks. Well done to the year 5 team.



On the last day of last term, the Friends of RMJS ran another bake sale which raised a brilliant £209 – thank you for all your support. So far, over £700 has been raised by the Friends and we will be sharing details of where this money will be spent soon.

Hopefully your child has come home this week with a letter about the next event which is the 'Super-Man Shop'. This is designed to coincide with Father's Day and follows the same format as before with children able to buy a gift for a special man in their life such as fathers, brothers, uncles and others. Given the term is relatively short, the deadline for returning the slip and money to the office is 7th May.



Year 4 Musical Instruments

During the Easter break, Year 4 were set an exciting challenge: to design and create their own musical instruments using materials from home. Miss Horsfield and Mr Miller were delighted by the creativity on display and particularly impressed by Natalia's marching band drum set and Willow's sitar.



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: Brody, 3B

Most coins earned: Cassie, 4H

Biggest improvement in accuracy: Roman, 3B

Biggest improvement in speed: Martha, 4H

Weekly Menu w/c 28th April 2025

Monday

- Sweet and sour chicken meatballs & sunny rice with a choice of vegetables or mixed fresh salad.
- Cheesy tomato pasta bake with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Strawberry mousse.

Tuesday

- Beef lasagne and garlic bread with a choice of vegetables or mixed fresh salad.
- Chinese sweet chilli Quorn stir fry and mixed rice with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate cookie.

Wednesday

- Roast chicken 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.
- Vanilla cupcake.

Thursday

- Margherita pizza and tomato pasta salad with a choice of vegetables or mixed fresh salad.
- Cheese flan and home baked potato wedges with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Jam sponge and custard.

Friday

- Fish fingers and chips with a choice of vegetables or mixed fresh salad.
- Cheese and onion puff pastry roll and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Ice cream.

Upcoming Dates w/c 28th April 2025

Monday 28th April 2025

- Film club 3.30 - 5.15pm. The film showing this week is Monsters Inc, 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 29th April 2025

- Year 6 reading booster sessions 3.30-4.30pm, children to bring in a small snack.

Wednesday 30th April 2025

- Honours assembly.
- Bible Explorers 12.45pm Year 6 shared area.

Thursday 1st May 2025

- 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 a bag to put wet items in) and any inhalers required.
- Year 6 maths booster sessions 3.30-4.30pm, children to bring in a small snack.

Friday 2nd May 2025

- Science Tech grand finale.
- Selection of children attending Boccia and curling festival.

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 National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinecollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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#WakeUpWednesday

Sources: <https://www.bbc.co.uk/news/health-50478806> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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