



## Robert Miles Junior School Newsletter – 23<sup>rd</sup> May 2025

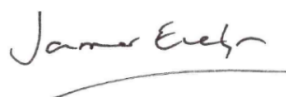


Dear Parents,

So much of this week has been spent outdoors enjoying the special week that is Healthy Lifestyles Week. A huge thank you to Mr Jennings who has spent a significant amount of time and energy organising everything and making sure it has all run smoothly. The purpose of Healthy Lifestyles Week is not only about promoting healthy lifestyles and options but also giving children experiences of sports and activities that they may not have done before. We are also really grateful to the many organisations and companies that have supported us this week in particular, Bingham Cricket Club, who provided a whole school cricket skills session this morning! Details of how to sign your child up for a free cricket session are in the poster below.

All of this brings the half term to an end. Wishing all families an enjoyable half term week. **School reopens on Tuesday 3<sup>rd</sup> June at the usual time.**

Best Wishes



James Evelyn  
Headteacher, Robert Miles Junior School

**CRICKET AT BINGHAM CC**

We hope you enjoyed your morning of cricket this week. We'd like to invite your child or you to a free training session at Bingham Cricket Club!

Dates/times are:

- Girls (all years) Sat 9-10am
- Boys yr 3/4 Thurs 6-7:15pm
- Boys yr 5/6 Tues 5:45-7:15pm
- Open Training Weds 6-dusk
- Women's Training Tues 7-8:15pm




You must register your place to qualify for this offer. Email: [binghamcc@hotmail.co.uk](mailto:binghamcc@hotmail.co.uk) to book your place!

### 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	98.5%
3J	95.7%
4H	91.7%
4M	97.6%
5AC	96.9%
5G	99.4%
6L	92.9%
6M	97.2%
<b>All</b>	<b>96.2%</b>



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

### Summer Term Dates

2 <sup>nd</sup> June	Inset Day
6 <sup>th</sup> June	Friends of RMJS Father's Day Gift Shop
13 <sup>th</sup> June	RMJS 60 <sup>th</sup> Anniversary Celebrations
16 <sup>th</sup> & 17 <sup>th</sup> June	Y4 York Residential
20 <sup>th</sup> June	Parent SEND Coffee Morning
25 <sup>th</sup> June	Sports Day
27 <sup>th</sup> June	Reserve Sports Day
3 <sup>rd</sup> July	School Disco
4 <sup>th</sup> July	Y6 French Breakfast
11 <sup>th</sup> July	Summer BBQ
14 <sup>th</sup> July	Y6 Toot Hill Transition Day
15 <sup>th</sup> – 17 <sup>th</sup> July	Y6 Performance (all evening shows)
22 <sup>nd</sup> July	Last Day of Term

## House Points

Jupiter	1,031
Mercury	1,093
Neptune	948
Saturn	1,013

Children are earning House Points each and every day for showing the REACH values, making good choices and doing their very best. These are our final totals for Summer 1 – well done to Mercury House who have earned a non-uniform day (on the first day after half term.)



## \*\*\* Healthy Lifestyles Week \*\*\*



## 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:** Lottie, 3J

**Biggest improvement in accuracy:** Noah, 4H

**Biggest improvement in speed:** Florrie, 4H



## \*\* Free Tickets to Trent Bridge \*\*

As part of Healthy Lifestyles Week, we were joined on Tuesday in assembly by Nottinghamshire County Cricket Club player, Connor McKerr, who talked about his experience as a professional cricketer. One class were fortunate to have Conor join them for their PE session!



The cricket club has very kindly shared with us a special promotion for Robert Miles Junior School families. They are offering a free child and free adult ticket to a 'Vitality Blast' match at Trent Bridge on Friday 30th May – a perfect half term activity. Book tickets through the link below using the promotional code RMJUNIORSCHOOL2025. More information in the poster and in this [link](#).

# FREE TICKETS

**CLAIM YOUR FREE ADULT & CHILD TICKET**

VISIT [TICKETS.TRENTBRIDGE.CO.UK](https://tickets.trentbridge.co.uk) AND ENTER CODE **RMJUNIORSCHOOL2025**



**THE BLAZE v BEARS & OUTLAWS v BEARS**

**FRIDAY 30 MAY**

ADDITIONAL ADULT TICKETS £22, ADDITIONAL KIDS TICKETS £1  
GROUP BOOKING DISCOUNTS AVAILABLE







## Savate for parents and children

As many of you will be aware, Mr Dexter runs a Savate Self Defence class for children every Thursday before school. The children love it and make great progress passing their assessments and achieving ever higher standards (earning new belts.)

The good news is that Mr Dexter is going to run an additional club every Friday evening here at school from 6.30pm to 7.30pm for children (aged 8 and higher) and adults. See the poster for more details.



**BUGATSI**  
Canna e Bastone  
"SAVATE"

**SAVATE**

Combattimento di Strada  
Canna e Bastone

**Friday Evening's**  
**6.30 - 7.30**  
**STARTS .. JUNE 6th**

## SELF DEFENCE

**Boxe Française..Combattimento di Strada**

**Canna e Bastone**

**BUGATSI Bastone**


Cane and Stick, fencing and self defence  
Solo and partner training,  
Dynamic..Elegant..Effective

Want to try something different, opportunity to compete, get fit and gain the ability to defend yourself.


**Regular Charity Seminars and workshops.**

Age 8-14 ..... Free  
Age 14 / Adult ..... £5

This class / club is non-profit with all payments being re-invested in equipment and costs.




IMAA



IMAA

**ROBERT MILES JUNIOR SCHOOL**  
**BINGHAM**  
**NOTTINGHAM**



## Year 6 at Yorkshire Wildlife Park

Year 6 had the most fabulous day out yesterday, enjoying the animals at the wildlife park. The workshop we did on Animal Adaptations consolidated their knowledge from our recent topic on Evolution and Inheritance and actually proved just how much they have learnt. The children were an absolute pleasure to be with and conducted themselves beautifully, even getting some compliments from staff with other schools and the ladies in the gift shop. Thank you to all of our wonderful helpers - we could not have done it without you.



## 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.



**BELVOIR CASTLE**

**20% OFF**  
Castle Tickets & Adventure Playground Tickets  
**Book Online & use "SCHOOL20" at checkout**  
Valid until 1<sup>st</sup> June

**Belvoir Animal Park**  
Open Every Day in May Half Term

**BOOK TICKETS HERE**



**HW CHILDRENS**  
Create & Inspire ART & CRAFT CLUB

Classes for children age 6 - 12 run by qualified teacher with a passion for Arts and crafts. Providing children with a space to explore their own creativity and learn new skills  
**FRIDAYS 4.30pm - 5.30pm.**  
**New Class starting Friday 6<sup>th</sup> June - Friday 11<sup>th</sup> July at Long Acre Arts Centre Bingham (No session 20<sup>th</sup> June)**

**£8 per session payable in a half term block includes all materials**



Contact Hannah for more information.  
07852920239  
hello@hwcreateandinspire.co.uk

Enhanced DBS.

## Weekly Menu w/c 2<sup>nd</sup> June 2025

### Tuesday

- Red Tractor beef pasta Bolognese and garlic bread with a choice of vegetables or mixed fresh salad.
- Vegetarian Bolognese with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Shortbread.

### Wednesday

- Roast Gammon with gravy, Yorkshire pudding and roast potatoes with a choice of vegetables or mixed fresh salad.
- Quorn grill with gravy, Yorkshire pudding and roast potatoes with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Hidden fruit chocolate brownie.

### Thursday

- Wholemeal Margherita pizza and tomato pasta salad with a choice of vegetables or mixed fresh salad.
- Cheesy bean pitta with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Flapjack.

### 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.
- Jelly.

### Upcoming Dates w/c 2<sup>nd</sup> June 2025

#### **Monday 2nd June 2025**

- School Inset Day. School closed to children.

#### **Tuesday 3rd June 2025**

- Girls cricket club with Mr Maylard-Mason for selected children 08.15am to 08.55am. Please remember to bring a PE kit a drink and any inhalers
- Choir after school Rehearsal 3.30pm to 4.45pm
- Yr 6 – Belvoir Transition Day

#### **Wednesday 4th June 2025**

- Honours Assembly.
- No Bible Explorers.
- Yr 2 Children Walk Around

#### **Thursday 5th June 2025**

- Martial Arts club with Mr Dexter 08.00am to 08.45am in the hall
- Year 3 swimming. Please ensure you remember your swimming kit (including towel and a bag to put wet items in) and any inhalers required.

#### **Friday 6th June 2025**

- Friends of RMJS's Superman Gift Shop 1.30 to 3.30pm
- Equal Trust Frisbee Tournament

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 [nationalonline-safety.com](https://nationalonline-safety.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.



**National Online Safety®**

#WakeUpWednesday

Sources: <https://www.bbc.com/news/round-1047806> | <https://www.childrens.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/bosnia-how-talk-your-children-about-conflict-and-war>



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