

Robert Miles Junior School Newsletter – 2nd May 2025



Dear Parents,

I hope you have all had a good week and enjoyed the beautiful weather. School has certainly been warm and the children have enjoyed playtimes out on the playground and field.



This coming Thursday is 8th May when we celebrate VE Day to commemorate the end of World War 2 in Europe. I will be doing an assembly to explain more to the children about the significance of the day and we are also going to have an optional non-uniform day where children are welcome to come to school in red, white and blue (no football kits) to mark the occasion.

Enjoy the bank holiday weekend and see you all on Tuesday morning at the usual time.

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

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	97.8%
3J	98.6%
4H	99.3%
4M	97.2%
5AC	95.3%
5G	98.2%
6L	98.7%
6M	96.9%
All	97.7%

Congratulations to
4H for having the
best attendance
this week!



House Points

Jupiter	301
Mercury	325
Neptune	365
Saturn	271

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.

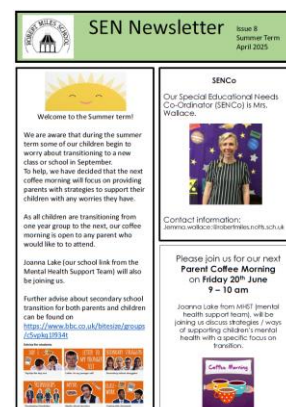


April SEND Newsletter

The SEND Newsletter is now on the website in the 'Inclusion' section.

The next parent meeting is on Friday 20th June at 9am where Joanna Lake, from Notts MHST, will be discussing strategies to support children's mental health with a specific focus on school transition.

If you would like to speak to Jemma about this or any other aspect of inclusion please contact her either on the school number or at jemma.wallace@robertmiles.notts.sch.uk.



Friends of RMJS



A reminder that the Friends of RMJS Superman Shop is coming up!

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.



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	Nate Miller & Kayden Wong
3B	Lucas Brown & Rory Humphreys
4M	Jake Marley & Natalia Kowalik
4H	Scarlett Bruce & Willow Hardy
5G	Micah Sheung & Molly Clayton
5AC	Edward Hitchcox & Angelica Scott
6M	Morgan McGuinness-Smith &
6L	Aden Li & Max Wlightman

Wednesday

- Roast chicken with gravy, stuffing and mash potato or 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.
- Strawberry jelly.

Thursday

- Wholemeal margherita pizza and pasta salad with a choice of vegetables or mixed fresh salad.
- Macaroni cheese with a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Vanilla cookie.

Friday

- Fish fingers and chips with a choice of vegetables or mixed fresh salad.
- Cheese flan with chips, ketchup and a choice of vegetables or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Iced sponge cake with sprinkles.

Upcoming Dates w/c 5th May 2025

Monday 5th May 2025

- Bank Holiday

Tuesday 6th May 2025

- Year 3 & 4 girls cricket club, 8.15-8.55am. Children to wear PE kit, bring a drink and any inhalers they use.
- Year 6 reading booster sessions 3.30-4.30pm, children to bring in a small snack.
- Selected year 4 children attending outdoor adventure at Rushcliffe Country Park 4-5.30pm. Children to have their PE kit, a drink, snack and any inhalers they may use.

Wednesday 7th May 2025

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

Thursday 8th May 2025

- Martial arts club, 8 – 8.45am. Cancelled next week.
- 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 9th May 2025

- No afterschool activities.

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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound plings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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#WakeUpWednesday

Source: <https://www.bbc.co.uk/news/technology-53204805>
<https://sproutsocial.com/insights/social-media-usage-trends/>



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