

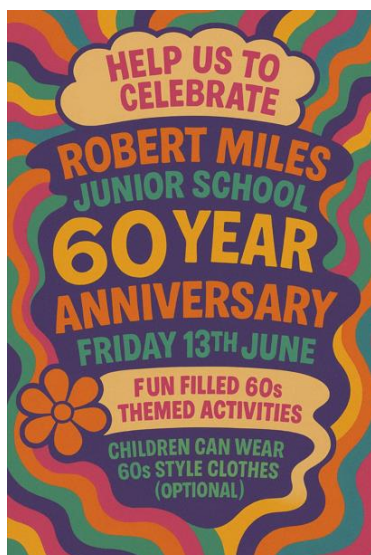
Robert Miles Junior School Newsletter – 9th May 2025

Dear Parents,

Next week is SATs Week with all Year 6 children in primary schools across the country sitting assessments before they move onto secondary school. The children have been working extremely hard ahead of these assessments and it is their chance to shine. Our message to them, as it always is, is to try not to worry and do their best. As is the tradition, we will be running a 'SATs Breakfast' for Year 6s and they are welcome to come in early for breakfast with their friends.


The week after next is the annual 'Healthy Lifestyles Week'. I know Mr Jennings has been busy organising a range of activities and inviting in lots of external providers to give the children a 'healthy' and hopefully memorable week. Look out next week for more details.

And, as you may be aware, 2025 is the 60th anniversary of our school – an important date that we need to mark. On Friday 13th June we will be celebrating this important milestone with another day of fun and memorable activities.



Lots to look forward to! Have a great weekend.

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
13 th June	RMJS 60 th Anniversary Celebrations
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	100%
3J	96.8%
4H	98.7%
4M	97.8%
5AC	96.1%
5G	98.9%
6L	97.2%
6M	94.9%
All	97.5%

Congratulations to 3B for having the best attendance this week!



House Points

Jupiter	435
Mercury	478
Neptune	457
Saturn	410

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.



Sports Update

Year 4 OAA Our Year 4 pupils had an incredible time at Rushcliffe Country Park this week, taking part in a fun-filled outdoor adventure activities session. The day was all about building teamwork, and the children rose to the challenge brilliantly—supporting one another, solving problems together, and showing fantastic enthusiasm throughout. We're so proud of how they worked as a team and represented the school with such positivity and energy!

Spring Football Tournaments Over the past couple of weekends, our girls' and boys' football teams proudly represented our school at the Rushcliffe Spring Tournaments, held at St Peter's Ruddington. Both teams showed outstanding commitment, energy, and sportsmanship as they competed against other local schools. They played some fantastic football—winning games in their group stages and demonstrating excellent teamwork, resilience, and support for one another. Their positive attitude and determination were clear to see, and they should be incredibly proud of how they conducted themselves on and off the pitch. A huge well done to all the players for representing our school with such enthusiasm and pride!

KS2 Boccia & Kurling (SEN) Pupils from Key Stage 2 recently took part in a fantastic Boccia and Kurling event at Nottingham University, and it was a truly memorable day for everyone involved. The event celebrated inclusivity, with every child given the opportunity to take part, shine, and contribute to their team's success. Our pupils competed with enthusiasm and a wonderful sense of sportsmanship, showing support and encouragement for one another throughout. The atmosphere was full of team spirit, with every effort praised and every achievement celebrated. We were thrilled to see their hard work and positivity rewarded, with brilliant performances in both Boccia and Kurling competitions. A big well done to all who took part—you represented our school with pride and warmth!



Times Tables Rock Stars

Times Tables Rockstars

Congratulations to the following children who have topped the charts for their TTRS work this week:

Most correct answers: Cassie, 4H

Most coins earned: Cassie, 4H

Biggest improvement in accuracy: Logan, 3J

Biggest improvement in speed: Nate, 3J

Equals Trust Science & Technology Competition

Congratulations to Daisy and Isla, who went to the Equals Trust Science and Technology Competition held at Heymann School in West Bridgford and won the prize for the most aesthetically designed flying machine.



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	Hailey Chan & Violet Hall
3B	Hedia Tang & Melissa Towers
4M	Hoi Yui Lam & Albie Gascoigne
4H	Flynn Hall & Mia Ruggles
5G	Henry Daibell & Oakley Bostock-Keen
5AC	Alston Liu & Halia Chan
6M	Ava Rose Dexter
6L	Callum Withers

Water Safety

Parents may have heard about the terrible tragedy at the Colwick Lakes a couple of weeks ago.

Water Safety is a crucial life skill that children need to learn and we recognise our role in supporting with this. This is why, in mid June, we have the local authority coming in to run an assembly and sessions with the children in drowning prevention and CPR.

If you would like to find out more about water safety and life saving, you may find the Royal Life Saving Society UK a helpful source of information. Their website is at: www.rlss.org.uk.

ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings. Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family. Swim at a lifeguarded venue.



In an emergency:

CALL 999

If you are at the coast, call 999 and ask for the Coastguard. Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.



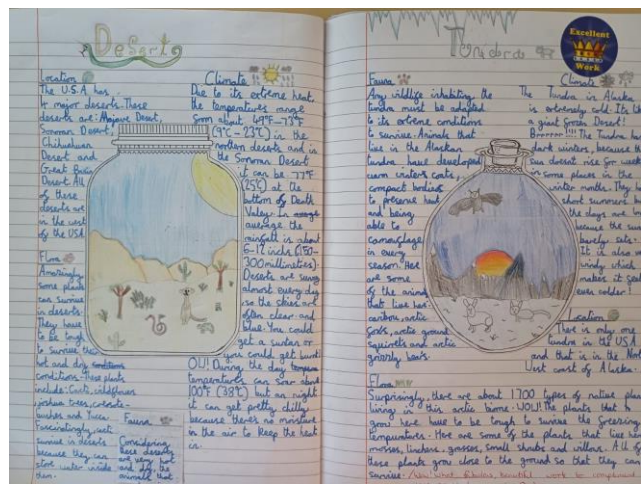
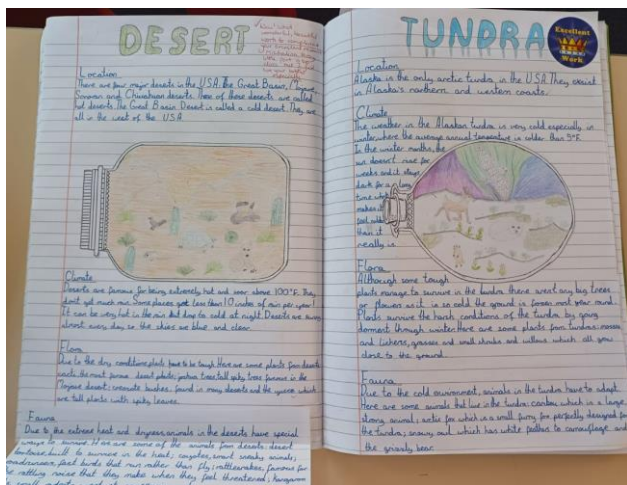
Enjoy Water **Safely**

Learn basic lifesaving and CPR skills. Visit www.rlss.org.uk

Excellent work in the Spotlight



Just take a look at these beautiful pieces of work Year 6 have produced recently. During their geography topic on USA, the children have been learning about the varied biomes of this vast country. Focusing on the particular extremes of the Alaskan tundra and the desert biomes, they carefully researched the climate, flora and fauna of each and presented their findings through writing and pictures in their 'biomes in a bottle'. The curiosity to find out more and the pride in their final, eye-catching pieces was wonderful to see.



Weekly Menu w/c 12th May 2025

Monday

- Red Tractor Pork Sausage roll and home-baked potato wedges with a choice of vegetables or mixed fresh salad.
- Cheese and onion pastry roll and home-baked potato wedges with a choice of vegetables or mix fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Banana cake and custard.

Tuesday

- 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 12th May 2025

Monday 12th May 2025

- KS2 SATs week.
- SATs breakfast for year 6 only 8.00-8.40am, arrive any time, no need to book.

- 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 13th 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.
- SATs breakfast for year 6 only 8.00-8.40am, arrive any time, no need to book.
- Year 3 football match against Carnarvon School at 3pm at RMJS.
- Year 4 football match against Carnarvon School at 4pm at RMJS.

Wednesday 14th May 2025

- SATs breakfast for year 6 only 8.00-8.40am, arrive any time, no need to book.
- Bible Explorers 12.45pm Year 6 shared area.
- Selected year 4 children to attend the cricket festival at Plumtree 4-5.30pm. Children need to have their PE kit, a drink and a snack with them.

Thursday 15th May 2025

- No martial arts club.
- SATs breakfast for year 6 only 8.00-8.40am, arrive any time, no need to book.
- 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 16th May 2025

- NO SATs breakfast.
- 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.

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 visited 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 GROUP CHATS

On messaging apps, social media and online games, group chats are among the most popular ways that young people engage with their peers online. Involving three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they can be great for connecting with others, there are several risks posed by these tools.

WHAT ARE THE RISKS?

BULLYING

Teens are often trying to find their place in their social group. Unfortunately, group chats can sometimes lend themselves to unkind comments being shared freely, putting people down to make their peers laugh – often creating a vicious circle that encourages others to join in. Being bullied so publicly – in front of friends and acquaintances – can also amplify the hurt, embarrassment and anxiety that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: for instance, starting a new group, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one person doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss events that exclude them – for example, sharing photos from a day out that they didn't attend.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by a child if they are part of that group, whether they actively engage in it or not. Some apps have features that cause messages to disappear after they're viewed, so children may be unable to report something they've seen, as it can only be viewed once or for a short time.

SHARING GROUP CONTENT

Group chats can feel more private and protected, allowing children to share inside jokes and video calls with a smaller group of friends. It's important to remember that while the chat's content is private between those in the group, individual users can easily share material with others outside of the group, or screenshot what's been posted. The risk of something a child intended as private becoming public is higher if there are strangers in the chat.

UNKNOWN MEMBERS

Within larger group chats, it's more likely for children to communicate with people they don't know. These strangers may be friends of the host, but not necessarily friendly towards everyone present. It's wise for young people to avoid sharing personal details and remember that they have no control over what others do with the material they send into the chat.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications they tend to generate. Every time someone sends a message, each member's device will be 'pinged' with an alert. This could result in hundreds of notifications a day. This is often highly distracting, and young people's fear of missing out (FOMO) can cause increased screen time as they try to keep up with the conversation.

74

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for young people to compete for social status. This could cause them to do or say things on impulse which could upset others. Help children consider how people might feel if they behave in this way. If the child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Ensure children understand the importance of not revealing identifiable details like their address, their school, or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their identity to gain a child's trust and serve their own ends – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure the child understands why they shouldn't add people they don't know to a group chat – and why they should never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If a child is in a chat where inappropriate content is being shared, advise them to block whoever sent the material, report that person to the host app or platform and exit the group. If any of this content could put a minor at risk, contact the police. Emphasise that it's OK for children to simply leave any group chat that makes them feel uncomfortable.

SILENCE NOTIFICATIONS

Having a device bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of the group chat while disabling notifications – and that it would be healthier for them to do so, avoiding a situation where they could feel pressured to respond.

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.

#WakeUpWednesday®

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Sources: <https://www.bbc.com/news/health-56888888> | <https://www.bbc.com/news/health-56888888> | <https://www.bbc.com/news/health-56888888> | <https://www.bbc.com/news/health-56888888>

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