



Robert Miles Junior School Newsletter – 20th June 2025



Sports Day – Next Week!

Sports Day is coming up next week on Wednesday 25th June. We are looking forward to welcoming all of you to come along and watch. Key points for parents:

- Children should come to school in their PE kit wearing a t-shirt in their house colour
- We are expecting warm weather. Please apply suncream (children will be outside most of the day) and send your child into school with a hat and a bottle of water
- Parents should arrive at 1pm – please queue up outside the gates before being invited to come down and join us on the field
- Children go back to their classes at the end so they can be released safely in the usual way.
- Parents may take photos but these should not be put on social media for privacy reasons
- The Friends of RMJS will be selling drinks. Please bring cash!

Dear Parents,

We are well and truly into the busy summer period now with lots of events taking place and this included the Rushcliffe District Cricket Finals on Wednesday where our brilliant Girls Team were crowned Champions! A huge well done to them – it was wonderful to hear from Mr Maylard-Mason about so many inspirational performances right through what is clearly a brilliant team. More information further down the Newsletter. Keep an eye out for the Nottinghamshire Finals coming up in a couple of weeks.

This week also saw the Year 4s head off to York for their residential. The city was bathed in sunshine and the children had a wonderful time learning more about the Vikings and the history of the city. Residentials take a significant amount of organising so a huge thank you to Miss Horsfield, Mr Miller and Mrs King for all their hard work ensuring everything ran smoothly.

The outlook remains warm and sunny so please take care in the sunshine. Children will need to keep coming to school with suncream applied along with a hat and water bottle.

Have a great weekend.

Best Wishes

James Evelyn
Headteacher, Robert Miles Junior School

Summer Term Dates

| | |
|--|------------------------------------|
| 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 |
| 15 th – 17 th July | Y6 Performance (all evening shows) |
| 22 nd July | Last Day of Term |
| 22 nd July | Year 6 Leavers Assembly (2pm) |

School Attendance

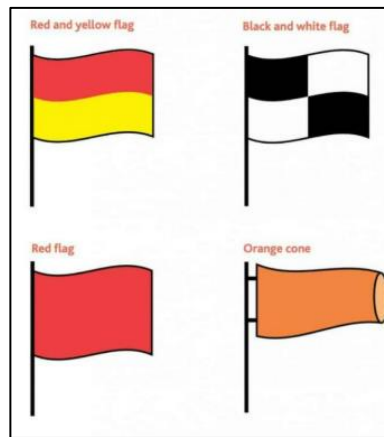
Excellent attendance is vital to success at school. We track attendance closely and celebrate excellent attendance. Our target is for each child to have an attendance figure of at least 95%.

| | |
|------------|--------------|
| 3B | 99.6% |
| 3J | 97.8% |
| 4H | 96.0% |
| 4M | 96.6% |
| 5AC | 96.9% |
| 5G | 98.5% |
| 6L | 97.4% |
| 6M | 98.1% |
| All | 97.6% |



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

Drowning Prevention & CPR



Do you know what each of these flags at the beach mean? Hopefully your child now does! This week is Drowning Prevention Week and we were joined on Wednesday by some of the team at Bingham Arena to deliver an assembly about how to stay safe around water. They discussed the different flags you see at the beach, what to do if you are struggling in water and general advice around water safety.

During the afternoon, they then delivered CPR training to our Year 6s. These were such fantastic sessions, delivered in a really practical way and the children fully engaged with them.

You can find your nearest defibrillator here: <https://www.defibfinder.uk/>

Beach Flags: <https://rnli.org/safety/beach-safety/flags-and-signs>



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: Cassie, 4H

Most coins earned: Cassie, 4H

Biggest improvement in accuracy: Lucy 3B

Biggest improvement in speed: Poppy, 4H

House Points

| | |
|---------|-----|
| Jupiter | 647 |
| Mercury | 719 |
| Neptune | 711 |
| Saturn | 598 |

Children are earning House Points each and every day for showing the REACH values, making good choices and doing their very best. These are the latest totals for this term.



Rushcliffe Cricket CHAMPIONS!

Robert Miles Junior School Girls Cricket team are Rushcliffe District Champions!

Our girls travelled to Radcliffe on Trent Cricket Club where they beat schools from Lady Bay, Costock, Abbey Road and Heymann before a final against Nottingham High School. The girls showcased some great running between the wickets and bowled superbly to win a nail-biting match. It's no small achievement to beat a private school at one of their focus sports, and this is the first time RMJS has won this tournament! They will now go to the Nottinghamshire County Finals in two weeks time as Rushcliffe Champions! Well done girls, you were amazing!



Our boys team also played in the tournament, which was of an incredibly high standard, and although they lost their matches will have learned lots by playing against teams that all had county players.

Friends of Robert Miles



We raised a brilliant £339.91 at the recent Super-man Shop! Thank you to all the families who bought a gift and helped contribute towards this.

Some of the 'Friends' money has been spent subsidising the theme days that take place during the year – most recently the Roman Day for Year 3 which took place this week. These are expensive days but we know the children love them!



Sports Update

RMJS Boys vs Greythorn

A huge congratulations to our brilliant boys' football team, who travelled to Greythorn for an exciting double header league fixture! The first match saw us narrowly edged out 1-0 after an unintentional goal from the opposition, but our boys kept their heads high and showed great character. In the second game, they came out with renewed focus, determination, and a real sense of purpose. From the first whistle, we dominated play, displaying excellent passing, sharp movement, and unwavering teamwork. The 4-1 victory was not only well-deserved, but also included some absolutely unbelievable strikes into the back of the net—goals that any team would be proud of! The boys' attitude, skill, and sportsmanship were outstanding throughout the afternoon, and they represented the school with pride. A fantastic performance all round—well done, team!



Year 4 – York Residential

Year 4 had a fantastic experience on their residential trip to York, packed with excitement and learning from start to finish. Our first day was all about diving into York's rich history. We explored the iconic city walls, visited some of the city's most famous landmarks such as the Minster and the Shambles, and got hands-on with history at both the DIG and Jorvik centres. The children tried their hand at excavating, learned about Viking life and weaponry, and even rode through a lifelike Viking Street, complete with the authentic sights and smells of the time.

Everyone was full of praise for the York Youth Hostel, which impressed us with its friendly service, delicious meals, spotless dormitories, and cosy beds. After a busy day of sightseeing and walking, it was great to see the children unwind and enjoy an evening of games before settling quickly and calmly to bed.



Tuesday began with a hearty breakfast that was a big hit with the children. The focus of the day was rivers, and we kicked things off with a relaxing river cruise on the Ouse, complete with expert commentary. Later, we enjoyed a scenic picnic in the York Museum Gardens, where the children played together happily in the sunshine. Staff were especially pleased with how kindly and cooperatively the children interacted with one another.

Still enjoying the sunshine and chasing the shade, we took cover by the riverbank and carried out some insightful fieldwork, learning about river use and safety. After one last riverside walk, the children boarded the coach back to Bingham, tired but happy, with big smiles and memories to treasure.

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 leaflets.



Weekly Menu w/c 23rd June 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

- 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 23rd June 2025

Monday 23rd June 2025

- Film club 3.30 - 5.15pm. The film showing this week is UP. There is a £2 compulsory charge for orange squash and biscuits at this Club. Please use our online payment system to pay for this.
PLEASE NOTE: THIS IS THE LAST FILM CLUB THIS TERM

Tuesday 24th June 2025

- Girls cricket club with Mr Maylard-Mason for selected children 08.15am to 08.55am.
- Choir after school Rehearsal 3.30pm to 4.45pm

Wednesday 25th June 2025

- Sports Day: 1pm to 3.30pm Children to wear coloured T-shirt for their house, usual PE shorts and trainers. **Caps and water bottles essential. Suncream applied before school.**
- No Bible explorers.

Thursday 26th June 2025

- Honours Assembly – changed from Wednesday for one week only due to Sports Day
- Martial arts club with Mr Dexter 08.00am to 08.45am in the hall
- Year 3 swimming. Please remember your swimming kit (including towel and a bag to put wet items in) and any inhalers required.
- Rounders Club –3.30pm to 4.30pm. Please bring a drink and any inhalers needed. (club full)

Friday 27th June 2025

- Reserve Sports Day

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.

FIND OUT WHAT YOUR CHILD KNOWS ¹

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.

RIGHT TIME, RIGHT PLACE ²

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.

KEEP IT AGE APPROPRIATE ³

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.

EMPHASISE HOPE ⁴

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.

MONITOR REACTIONS ⁵

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.

CONSIDER YOUR OWN EMOTIONS ⁶

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.

SET LIMITS ⁷

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.

TAKE THINGS SLOWLY ⁸

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.

ENCOURAGE QUESTIONS ⁹

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.

FIND A BALANCE ¹⁰

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.

BUILD RESILIENCE ¹¹

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.

IDENTIFY HELP ¹²

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-5047806> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/powering-up-tell-your-children-about-conflict-and-war>



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