

Robert Miles Junior School Newsletter – 16th January 2026

Dear Parents,

I have spent a fair amount of time this week teaching in different classes – Year 3, 4 and 6 – and what a pleasure it has been. One of the definite joys of my role is being able to see learning across the school and see so much excellent practice in all classrooms.

Last week, we hosted two secondary trainees who were with us for their primary experience days. They enjoyed their time with us and even let slip that they might prefer teaching in a primary school! One point they kept stressing was how calm the classrooms are and how the teachers could just get on and teach. My response was that this is true but that they needed to watch the teachers closely because they make it look easy when actually they are managing this all the time through how they communicate, their clear explanations and the tone which they use. Whenever I am teaching, I am always reminded of this and just how important it is.

Parents Evening As you can see on the right, we have now confirmed the timings for spring term Parents Evenings:

- 11th February: Year 6
- 16th & 18th March: Years 3, 4 and 5

Details for booking slots will be shared a little nearer the time.

Careers Thank you to the parents who got in touch and offered to come in and talk to the children about their jobs – I will be in touch soon to confirm the exact times. **If any other parents would like to come in and talk about their careers, please look down the newsletter for more information and get in touch.**

Have a great weekend.

Best Wishes



James Evelyn
Headteacher, Robert Miles Junior School

Spring Term Dates

16 th January	Young Voices Singing Event
23 rd January	Break the Rules Fundraiser
30 th January	SEND Parent Coffee Morning
10 th February	Year 4 Bikeability
11 th February	Reading Café
11 th February	Year 6 Parents Evening
w/c 16 th Feb	Half Term
26 th Feb	Scholastic Book Fair (for 5 days)
16 th & 18 th Mar	Y3, Y4 & Y5 Parents Evening

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	97.9%
4H	97.8%
4M	96.5%
5AC	98.9%
5G	96.0%
6L	96.7%
6TM	97.2%
All	97.4%

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



House Points

Jupiter	188
Mercury	152
Neptune	158
Saturn	159

These are the House Points totals so far for the spring term! A huge well done to every child for every House Point earned.



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	Scarlett Meakin & Eli Ashton
3B	Marcella Leung & Anna Hrstun
4M	Oscar Bowers & Aurora Tonelli
4H	Layla Smith & Fraser Nursey
5G	Willow Hardy & Cassie Yip
5AC	Elias Malcolm & Felix Russell
6TM	Jude Maylard-Mason & Ella Talbot
6L	Elise Thompson & Caleb Sanders

Excellent work in the Spotlight



Tasked with writing a narrative based upon the First World War poem, Dulce Et Decorum Est, the year 6

children have shown what incredibly talented writers they are. Not an easy piece to write at all but you will see from Jude's work how he writes with such passion and shows great empathy for the soldiers. It really does give the reader a flavour of how horrific life was for these brave, young men.

[Mr Evelyn: There is something wonderful about children's writing and every now and again you see some that stops you in your tracks. Mrs Tang and Mrs Melhuish were keen for Jude to read his writing out in Honours Assembly this week and they were right to insist on this. I hope the parents at Honours enjoyed it; I certainly did.]

Out of the blue, an ear-shattering, scream filled the air: "Gas! Gas! Come on boys!" Enveloped by fear, I groped around for my gas suit. If even for a split second that any man did not have his mask on, he would be dead in the blink of an eye. Live! This was a matter of life or death, and I did not want to take my chances. My clammy hands jiggled the cords of the mask as panic seeped into my legs and arms. The malice of emerald serpentine throttled me like a furious hand. Click! Panic over as the cords clicked in to their slots. Inhale, exhale. I inhale, exhale.

But a new voice was yelling out. A man did not succeed with his gas mask. I could hear his cursed screams as he desperately attempted to keep alive. Then he turned. His weary eyes begged me to keep him alive. Depression became terror as I found out that it was Albert. As gas seeped into his lungs, all I could do was hold him and watch him die. My friend Albert. He was only 16.

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: Isabelle, 4H

Most coins earnt: Kylo, 3J

Biggest improvement in accuracy: Dev, 3B

Biggest improvement in speed: Teddy, 3B

*** Careers – Parents Needed ***

Our PSHE topic this term is 'Dreams and Goals' and includes a focus on careers. We would love to add some extra interest to our teaching by inviting parents to come in and talk to the children about their jobs – what your job involves / what you like about it / the training involved / what kind of person it would suit etc.



If you are interested in coming in to speak to children either in class (around 30 mins) or in assembly (15 to 20 mins), please let us know. A teacher will be with you throughout to support and prompt discussion. We are planning to run these sessions on 3rd February and 5th February so please let us know which date works best and preferred times. If these times do not work, please let me know as I am sure we can look at other options. Above all, we want the children to find out as much as possible about different career paths.

Friends of RMJS



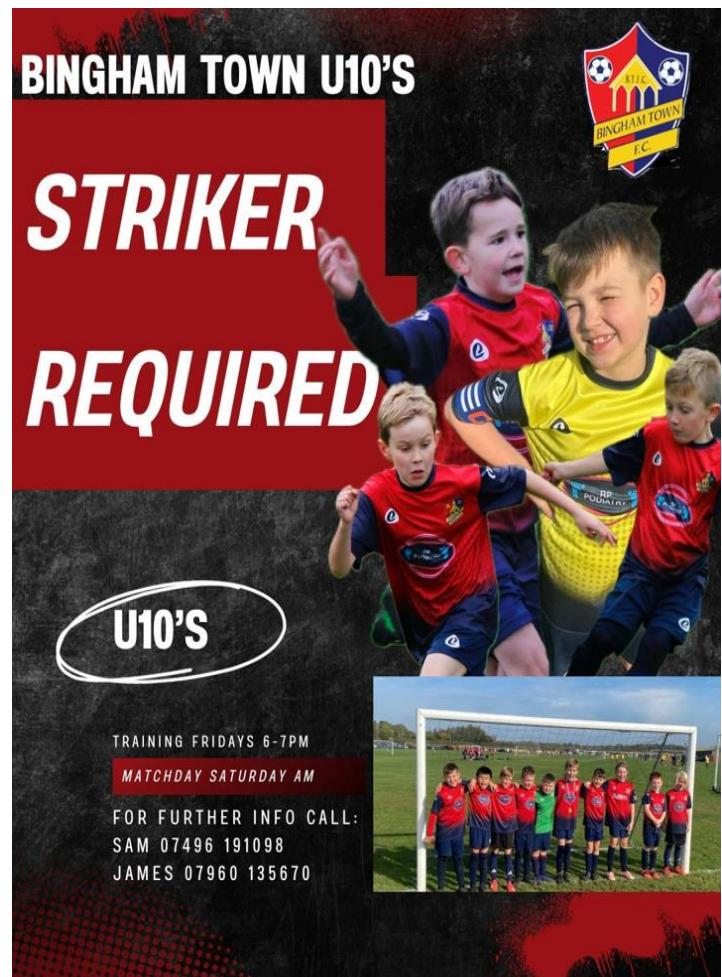
The next Friends of RMJS event is 'Break the Rules' Day on Friday 23rd January.

This event is raising money specifically for the Trim Trail appeal. If you want your child to take part, you can pay by cash or on Arbor.

Have a look at the poster for more details!

Local 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 19th January 2026

Monday

- Pork sausage roll with home baked potato wedges with a choice of vegetables.
- Cheese and onion pastry roll with home baked potato wedges with a choice of vegetables.
- Jacket potato with a choice of cheesy beans, tuna mayo or cheese or beans.
- Vanilla shortbread & chocolate sauce.

Tuesday

- Beef pasta bolognese and garlic bread
- Lentil fritter taco with corn tortilla, tomato sauce and sunny rice with mixed salad or broccoli.
- Jacket potato with a choice of cheesy beans, tuna mayo or cheese or beans.
- Chocolate & pear crumble & custard.

Wednesday

- Roast chicken with gravy, stuffing, mash or roast potatoes with a choice of vegetables.
- Quorn grill with gravy, stuffing and roast potatoes with a choice of vegetables.
- Jacket potato with a choice of cheesy beans, tuna mayo or cheese or beans.
- Strawberry jelly.

Thursday

- Wholemeal tomato and cheese pizza with home baked potato wedges with a choice of vegetables.
- Vegetable sausage in a bun with home-baked potato wedges with a choice of vegetables.
- Jacket potato with a choice of cheesy beans, tuna mayo or cheese or beans.
- Flapjack.

Friday

- Fish fingers and chips with a choice of vegetables.
- Jacket potato & mild vegetable chilli with a choice of vegetables.
- Jacket potato with cheesy beans, tuna mayo cheese, salmon mayo or beans.
- Vanilla ice cream.

Upcoming Dates w/c 19th January 2026

Monday 19th January 2026

- Dodgeball Club for years 3 & 4. 08.15-8.55am. (Class full) Children need to bring their PE kit, a drink and any inhalers they may use.
- Art Club 3.30- 4.30pm There is a £2.00 compulsory charge for art supplies. Please use our online payment system to pay for this. Payment needs to be made in advance.

Tuesday 20th January 2026

No activities

Wednesday 21st January 2026

- Honours Assembly
- Girls Futsal Club years 4 & 5. 3.30pm - 4.30pm. (Class full) Children need to bring their PE kit, a drink and any inhalers they may use. The club will be in the school hall.

Thursday 22nd January 2026

- Martial arts club (with Mr Dexter) for years 4,5 and 6. 08.00am to 08.45am.
- Year 3 swimming. Please remember your swimming kit (including towel and a bag to put wet items in) and any inhalers required.

Friday 23rd January 2026

- Break the Rules Day. Information regarding this has been sent out.
- Indoor athletics club for years 5 & 6. 08.15 - 08.55am. (Class full) Children need to bring their PE kit, a drink and any inhalers they may use.
- Cross-country Club for years 5 and 6. As this is a lunchtime club the children must bring a packed lunch. Children need their PE kit plus extra layers in case it is cold or raining a carrier bag and any inhalers required

A reminder that all children need to be collected from their afterschool clubs by family member/friend who are over the age of 16.

Online Safety

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 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 delivered 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 DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

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