

## ★ Robert Miles Junior School Newsletter – 30<sup>th</sup> January 2026 ★

Dear Parents,

Last Friday was fun as we had our first ever 'Break the Rules Day'. I cannot recall a day at any school I have worked in where the children wore make up, jewellery and nail varnish without consequence! As well as the day being really fun, it raised a brilliant £805.16 towards the Trim Trail.

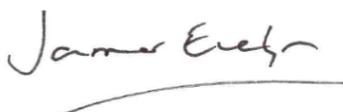
I am delighted that our Trim Trail fundraiser has now reached £4,000 which is fantastic. **A huge thank you to everyone who has donated so generously.**

Back in the autumn, we used the Robin Hood Half Marathon as a fundraiser for people participating. We thought it would be nice to use the upcoming Nottingham 10k for another one to help us on our way to the Trim Trail target,



If you are taking part and would like to use the race to raise money for the Trim Trail, please let me know and I will happily add your information to the Go Fund Me page. The fundraising page can be found [here](#).

Best Wishes



James Evelyn  
Headteacher, Robert Miles Junior School

### Spring Term Dates

10 <sup>th</sup> February	Year 4 Bikeability
11 <sup>th</sup> February	Reading Café
11 <sup>th</sup> February	Year 6 Parents Evening
w/c 16 <sup>th</sup> Feb	Half Term
26 <sup>th</sup> Feb	Scholastic Book Fair (for 5 days)
9 <sup>th</sup> March	Wonderful Women Gift Shop
16 <sup>th</sup> & 18 <sup>th</sup> 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	96.6%
4H	94.8%
4M	98.6%
5AC	99.0%
5G	94.0%
6L	92.7%
6TM	95.9%
<b>All</b>	<b>96.2%</b>



Congratulations to 5AC for having the best attendance this 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:** Bobbie, 3J

**Most coins earned:** Eli, 3J

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

**Biggest improvement in speed:** Tiana, 3B

## 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	Bobby Heap & Andre Ng
3B	Emily Maslen-Silva & Grace Gerowski
4M	Brody Wightman & Edie Tyers
4H	Hailey Chan & Kira Gibbs
5G	Flynn Hall & Verity Gilfillan
5AC	Rebekah Fisher & Keona Urugh-Stone
6TM	Marcus Ko & Henry Tweddle
6L	Evie Herrick & Oakley Bostock-Keen

## Sports Update

Our Girls Futsal team enjoyed an unbeaten night at the Rushcliffe Futsal Festival on Thursday. Starting off against an older and physically much bigger team in Gamston Pierrpont School, the girls fought hard, defended well and unfortunately conceded a late goal. Not to be deterred, with just 30 seconds left they stormed up the pitch and Ruby scored a very late equalizer!

Next up were Archbishop Cranmer and this time it was a 6-0 masterclass of passing and finishing as all the girls played brilliantly.

Last of all the girls took on Bunny school and this time their possession did not deliver as many goals but some skillful movement around the Bunny goal earned the girls a brilliant 3-1 win.

Great work girls, played with smiles on faces and RMJS manners and sportsmanship on show!



## House Points

Jupiter	520
Mercury	488
Neptune	548
Saturn	533

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

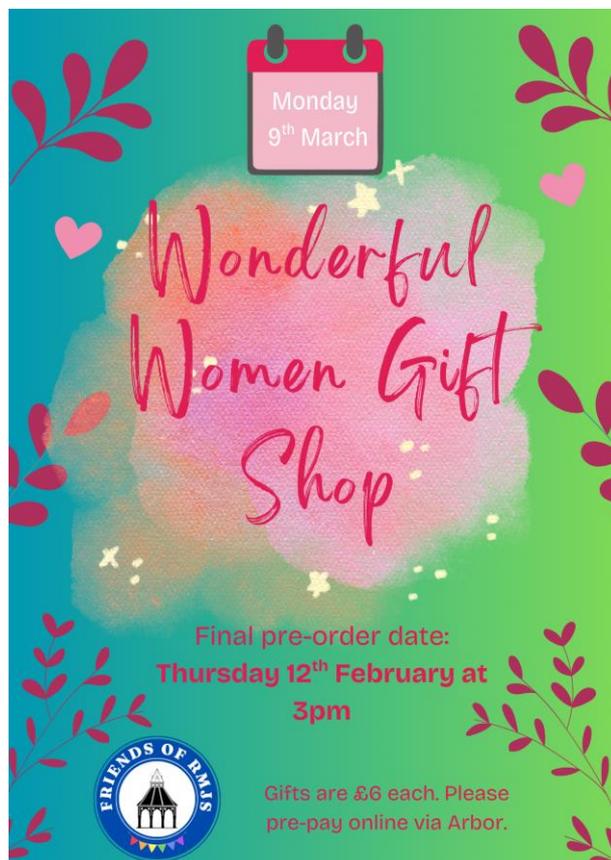


## Friends of RMJS

On Monday 9<sup>th</sup> March, the Friends of RMJS will be holding a 'Wonderful Women' gift shop ahead of this year's Mother's Day. It is a lovely way for your child/children to pick a gift (or gifts) for someone that is special to them, such as their mum, grandma, sister or aunty.



Please look out for the letter coming home on Monday with more information!



## Weekly Menu w/c 2<sup>nd</sup> February 2026

### Monday

- Beef burger with home baked potato wedges with a choice of vegetables.
- Vegetable burger with home baked potato wedges with a choice of vegetables.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Chocolate oaty slice.

### Tuesday

- Mild chicken curry served with mixed rice with a choice of vegetables.
- Spinach and sweet potato curry with mixed rice and a choice of vegetables.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Syrup sponge pudding with custard.

### Wednesday

- Roast gammon 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 or mixed fresh salad.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Apple and cinnamon rolls.

## Thursday

- Margherita pizza with home baked potato wedges with a choice of vegetables.
- Sweet and sour vegetables and sunny rice with a choice of vegetables.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Vanilla cookie and fruit slices.

## Friday

- Fish fingers and chips with a choice of vegetables.
- Crispy vegetable fingers and chips with a choice of vegetables.
- Jacket potato with a choice of baked beans, cheese or tuna.
- Iced sponge cake with sprinkles.

## Upcoming Dates w/c 2<sup>nd</sup> February 2026

### Monday 2nd February 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 3rd February 2026

- EQT choir rehearsal 3.30 - 4.45 pm

### Wednesday 4th February 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 5th February 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 6th February 2026

- 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.*

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](http://nationalcollege.com).

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

