

★ Robert Miles Junior School Newsletter – 13<sup>th</sup> February 2026 ★

### Chinese New Year

On Wednesday 25th February we will be celebrating Chinese New Year with a day of events and activities to mark this important occasion. Children should come to school either in traditional Chinese clothes or in their normal school uniform but with any red accessories they wish to wear (no football clothing.)

There will also be a special Chinese New Year lunch which can be ordered in the usual way with a vegetarian option available. (If your child has specific dietary requirements and you have not filled in the Taylor Shaw alternative menu, please bring a packed lunch on this day.)



Dear Parents,

Six weeks on from the Christmas holidays and it is half term. Every term in school is busy and seems to go by in a flash and we now have a quick breather before what is a shorter second half of the term.

The big challenge this half term has been the relentless rain – indoor playtimes have increased in frequency and are always the least preferred option as we know the benefits of getting out in the fresh air. The children have approached this challenge with their usual positive mindset and just got on with it. Well done to them all!

The rain relented a bit this week to allow the Year 4s to take part in cycle training sessions with Bikeability which was fun to watch. Training in damp conditions is surely even more beneficial!



In case you missed it, Miss Wallace has published her half termly SEND newsletter – please have a look [here](#). One date for the diary is a coffee morning on 20<sup>th</sup> May with the Toot Hill SENCO which some parents may want to attend.

Wishing you all an enjoyable half term week.

Best Wishes

James Evelyn  
Headteacher, Robert Miles Junior School

#### Spring Term Dates

- 25<sup>th</sup> Feb Chinese New Year Celebration
  - 27<sup>th</sup> Feb Scholastic Book Fair (to 3<sup>rd</sup> Mar)
  - 5<sup>th</sup> March World Book Day (wear pyjamas!)
  - 9<sup>th</sup> March Wonderful Women Gift Shop
  - 19<sup>th</sup> March Y4 Lion Learners Day
  - 16<sup>th</sup> & 18<sup>th</sup> Mar Y3, Y4 & Y5 Parents Evening
- More Spring 2 dates to follow at the start of next 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	95.3%
3J	94.7%
4H	97.8%
4M	98.2%
5AC	94.7%
5G	92.0%
6L	95.8%
6TM	97.8%
<b>All</b>	<b>95.8%</b>



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

#### Reading Café

The Reading Café returned this week providing a relaxing, book-based start to the day. It was lovely to feel the buzz in the hall as children and adults enjoyed getting into a good book



**\*\*\* Egg Brake \*\*\***

We are looking forward to seeing all the entries for our annual Science and Technology Competition after half term. We know, from assembly this morning, that there are already lots of children planning to enter.



Just a reminder, if you would like to try out a buggy on the school floor to calibrate it, you are welcome to come into school **on Wednesday 25th February between 8.15 and 9.00 am.**



The competition will take place the following week, with the heats on **Wednesday 4th March.**

**Vale of Belvoir Rotary Club**



**Junior Art competition**

Deadline - Friday 20<sup>th</sup> March 2026  
Year 4 shared area

**Theme:** 'My community'

Your artwork could include some of these ideas:



My school, My neighbours, My street, My shops, My clubs, My garden  
My family, My park, My church, My library, My market, My friends

**Rules:**

- One entry per person
- No bigger than A2 size
- No framed work allowed
- On the back you **must** write:
  - o Name
  - o Year group
  - o Date of birth
  - o Home phone number

**Prizes:**

1. Overall competition winner will earn £50 Amazon voucher.
2. One upper school (Y5 +6) prize and one Lower school prize (Y3 +4) will each earn a £25 Amazon voucher.

Winning artwork will be displayed in Bingham library

*NB. We will be taking part with other local schools.*

**House Points**

Jupiter	1,060
Mercury	1,232
Neptune	<b>1,238</b>
Saturn	1,174

These are the final House Points totals for Spring 1. Well done to Neptune House who, by a margin of only 6, accumulated the most House Points. The children enjoyed a well deserved non uniform day today!



**Online Safety**

Tuesday was Safer Internet Day and we spoke in assembly about screen time – what is an appropriate amount of time, whether using a phone is a hobby and how we can tell if we have had too much screen time. We also shared some 'top tips' for managing screen time – in the box on the right.

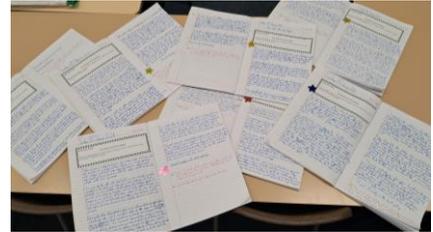
The Department for Education has launched a new website to support families and encourage regular conversations about what they're seeing online, asking simple questions, like "who shared this" and "why?". The website can be found [here](#).

- 1 Buddy up with friends and family to manage screen time together. You could agree to set times when you won't use devices or even try a digital detox together.
- 2 Turn off notifications and other features you spot which are designed to draw you back to your device.
- 3 Set a schedule. If you have something important to do, then give yourself a timetable for when you're going to check your phone or other devices.
- 4 Get an alarm clock and leave your devices to charge in another room overnight. This way your devices won't be a distraction from getting a good night's sleep!
- 5 If being online is your favourite thing in the world, try and find something offline which brings you just as much joy. It'll make finding a healthy balance much easier.

## Excellent Work in the Spotlight



It is the turn of some wonderful 3B writers to step forward into the spotlight. The children have been writing fables and Mr Evelyn had the absolute pleasure of a visit from Freddy, Violet, Dev, Hester, Emily, Chloe and Alexandra who shared their wonderful work. Well structured, well punctuated, engaging and well presented – an absolute pleasure to read. Here are Hester and Freddy's!



February 2026

The Witch and the Dragon

Write a fable about a witch and a dragon which shows the moral, 'honesty is the best policy'.

There was once an old, cranky, grumpy witch who lived in a cramped, gloomy, dark forest. Every day, she would search for poisonous eyeballs in the gnarled, gnarled trees. To her, such a tedious, boring task. Days after days, she would walk, collect and come. All she really wanted to do was play with her other nasty, horrible witch, Griftle.

One rainy day, the witch got sick with the soggy basket in her back set off from her old home. She hung her head and fell into a slumber. Her witch friends had started a game of eyeball and she desperately wanted to join in. She <sup>wasn't</sup> far along the steep path when she spotted a comfortable place to rest. She yawned, she yawned and she <sup>wasn't</sup> asleep.

Suddenly, the sight of an <sup>old</sup> <sup>man's</sup> head gave her an extreme idea. "Dragon! Help me! Dragon!" yelled the witch, cackling with delight. Frantically, brave local wizards came running to help. However, there was no dragon to be seen. The witch just stood there giggling quietly to herself. Unbeknownst, several angry, shocked hunters flew angrily back to their cave.

A month later, the happy witch was collecting eyeballs when an idea jumped into her mean head. "Dragon! Help me! Dragon!" screamed the witch, screaming with tremendous happiness. As quick as lightning, the local wizards came flying to help. Once again, there was no dragon to be seen. The witch just stood there laughing, meanly to herself, twisted, twisted and she outaged the helpful wizards flew back to the gloomy cave.

The very next day, the old witch was picking berries when she saw a majestic, shaggy, green, dragon's dragon, swooping through the trees. "Dragon! Help me! Dragon! A real dragon!" she screamed. Unbeknownst, the wizard

with was bent to a crisp and she was never seen again!

Moral: Honesty is the best policy.

(110) This is a super fable which matches the moral! ☺  
You helped me to understand the characters and used dialogue well.

Tuesday 10<sup>th</sup> February 2026

Hot Task

February 2026

The Witch and the Dragon

Write a fable about a witch and a dragon which shows the moral, 'honesty is the best policy'.

There was once a wicked but cranky witch who lived in a small, dark cave in a deep, dark, gloomy forest. Every day, she had to trudge for hours to collect poisonous berries, slugs and frogs for her potions. All she really wanted to do was to rest on her comfy, rocking chair in the cave and she is really too so she always use her potions to turn people into frogs and she doesn't do it on her friends - swinging in.

One sweltering hot day, the witch, with an empty basket, swung her broom set off from the cave. She hung her head down and flew slowly on her broomstick across the muddy floor. Her friends had started to play tag on their broom and she really really wanted to play too. Flying anxiously, she wasn't far along the path when she spotted a comfortable place to rest for a while in a <sup>shape of an</sup> enormous, steady tree stump. Excitedly, she fell off her broom, stuck and onto the tree stump she was really happy to sit down. She yawned, she yawned, she yawned and she stood up angrily because it wasn't comfy.

Suddenly, a sight of another cave in a shape of a dragon's head gave her an <sup>insane</sup> idea! "Dragon! Help me! Dragon!" yelled the sneaky, old witch, collapsing like she is an old gentleman. Frantically, brave, powerful wizards, armed with magical, powerful wands, came flying dramatically to help, but there was no dragon to be seen. The witch just rolled her eyes and rolling on the floor at the shocked wizard and bewitched the furious wizards flew quickly back to

their practise station and thought they will never get tricked ever again.

A few months later, the sleepy witch was sweeping the floor with her broom, tiredly trying to be unbothered but the problem was that she is bored but then another silly idea popped up. "Dragon! Dragon! Please help!" she exclaimed loudly while chuckling secretly to herself and being her broom around before the wizards even came. As quick as lightning, the wizards flew confusingly to help once again there were no dragons, dragons and the wizards looked around being confused and angry. The same time they are starting to know they are tricked! But not yet!

The very next morning, a real dragon appeared out of the blue, cloudy sky and sat at the end with one huge fire-breath. The witch was never to be seen again and in the middle she said "Help me! Dragon! A real dragon!" but there was no wizards or witches or woodcutters to save her the end. (Naughty person had died)! YAY! (S he is going to tell too because the wizard sent her to hell not the dragon - especially doing those things that's why she's sent to hell.

Moral: Honesty is the best policy.

(110) This is a super fable to show the moral. You helped me understand the characters. Good use of dialogue too. Just double check speech punctuation - nearly all correct. ☺

## Year 5 Egyptian Day

Year 5 took an extraordinary journey back in time to the Ancient Egyptians on Thursday! In the morning the children used their archaeology skills to piece together artefacts, and history, making careful observations and informed interpretations: "It helps your building skills and your creativity and your teamwork"



said Flynn. Alongside this the children brought Ancient Egypt back to life through an immersive drama where they saw what it would be like to live as a child over 4000 years ago.

In the afternoon the creativity continued with everyone using clay, getting to experience making canopic jar heads (and mess) as if they were next to the River Nile. No Egyptian day would be complete without hieroglyphs and papyrus and the children all now have something to remember this very special day.

What do you like about Ancient Egyptian day? "I like dressing up." Lauren. "I like everything!" Florrie

## 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	Joel Davies-Doyle & Frankie Witham
3B	Harry Meats & Priya Burrell
4M	Darius Duminica & Lucy Norton
4H	Kayden Wong & Alisa Chan
5G	Scarlett Bruce & Allyssia-Faith Robinson
5AC	Liam Harker & Giles Lo
6TM	George Taylor & Isabelle Wong
6L	Christian Ignatoff & Micah Sheung

## Fundraising

**Fundraising** We have hit the £4,000 mark as we aim towards raising the money needed for a new Trim Trail. If you are able to support or donate to this target, you can access the 'Go Fund Me' page via the QR code above. If you are taking part in the upcoming Nottingham 10k and want to raise money for this appeal, please let us know and we can include some text on the fundraising page.



**Times Tables Rockstars**

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

**Most correct answers:** Eli, 3J

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

**Biggest improvement in accuracy:** JJ 3B

**Biggest improvement in speed:** Annie, 3J

Weekly Menu w/c 23<sup>rd</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.

### **Monday 23<sup>rd</sup> February**

- 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. This class is full. 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 24<sup>th</sup> February 2026**

- EQT choir rehearsal 3.30 - 4.45 pm

### **Wednesday 25<sup>th</sup> February 2026**

- Chinese New Year celebrations
- Honours Assembly
- Swimming Gala 08:45 at Hucknall Leisure Centre. Selected children. Please bring swimming costume/trunks and cap, 2 towels, water bottle, snacks and any medication required.
- 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 26<sup>th</sup> February 2026**

- Martial arts club (with Mr Dexter) for years 4,5 and 6. 08.00am to 08.45am.
- Book Fair

### **Friday 27<sup>th</sup> 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.
- Book Fair
- 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.

