



★ Robert Miles Junior School Newsletter – 20th March 2026 ★

World Down Syndrome Day

This Monday, we are marking World Down Syndrome Day. Children are encouraged to 'rock their socks' and wear odd socks to raise awareness and show support recognising our uniqueness and differences.



Dear Parents,

This week has been Parents Evening for parents of children in years 3, 4 and 5. I hope you found the meetings to be useful and enjoyed looking through books and hearing all about how your child is getting on.

On Monday, we were joined in the afternoon by former RMJS Headteacher, Peter Smith. It was lovely to meet him and to hear all about his experience of running our lovely school. It was the first time he had returned to the school and I know he enjoyed looking round and seeing some of the staff members who were working at the school when he was here. Thank you to Mrs Chamberlain who showed him round along with his daughter and her husband.



Next week is the final week of the spring term with a couple of events taking place – the Equals Trust Singing Event on Wednesday and the traditional RMJS Egg Rolling Competition. More details further down.

Have a great weekend.

Best Wishes

James Evelyn
Headteacher, Robert Miles Junior School

Upcoming Dates

- 25th March Albert Hall Singing Event
- 25th / 26th Mar Bring in hard-boiled egg!**
- 27th March Easter Egg Rolling Final
- 27th March Last Day of Term

Summer Term

- 13th April Inset Day – School Closed
- 14th April First Day of Term
- 20th/21st April Year 5 Bikeability
- 24th April Equals Trust Sci Tech Final
- 4th May Bank Holiday
- 7th May Year 5 Toot Hill Information Evening for Parents (4.30pm)
- w/c 11th May KS2 SATs Week
- w/c 18th May Healthy Lifestyles Week
- w/c 25th May Half Term
- 19th June Summer BBQ
- 24th June Sports Day

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	96.9%
3J	95.2%
4H	99.3%
4M	94.6%
5AC	99.7%
5G	99.3%
6L	88.8%
6TM	95.0%
All	95.9%



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

House Points

Jupiter	448
Mercury	498
Neptune	470
Saturn	484

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



Lion Learners

On Thursday, Year 4 enjoyed an exciting in school visit from Lion Learners. The children had the chance to meet a wonderful variety of animals, including guinea pigs, tortoises, geckos, a skink, a snake and even a tarantula! They learned fascinating facts about each creature and, for those who wished, there were opportunities to gently hold some of them too. The session linked perfectly to their Geography and Science topics, helping them connect their classroom learning to real world experiences. It was a memorable and engaging workshop for everyone involved!



Honours Assembly

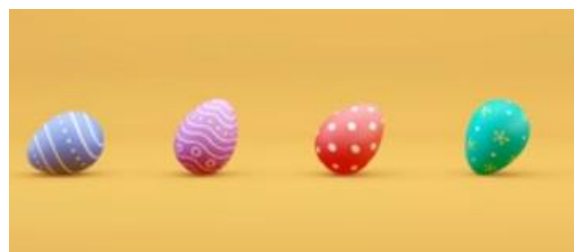
Congratulations to these children whose success was celebrated at Honours Assembly this week and some of their work was shared with all the children in the school.

3J	Theo Newman & Annie O'Connor
3B	Quinn Law & Chester Gillespie
4M	Rosie Carrier & Aiden Ho
4H	Lottie McCormick & Freddie Green
5G	Dexter Walters & Koey Yiu
5AC	Vivienne Ofosu & Ellis Chambers
6TM	Nancie Thomson & Oliver Brown
6L	Lydia Loft & Jacob Carter, Billy Cheng & Oakley Bostock-Keen

RMJS Easter Egg Rolling Competition

With the Easter holidays fast-approaching it is that time of year when we dust off the egg-traordinary RMJS Egg Rolling Competition. Please can all children bring in a hard-boiled egg (boiled for about 12 minutes!) in a small container into school on Wednesday for our class heats which will take place, on the playground, during Wednesday and Thursday. (Please make sure the egg is easily identifiable to your child.)

This is where a wooden egg 'target' is placed on the playground and all children have the chance to roll their eggs towards the target. The 2 winning children from each class, whose eggs end up closest to the target, will then go through to our grand final on Friday. In front of an egg-cited audience of school children, the 16 finalists will roll eggs again to find out who our egg-cellent, egg-rolling champion of 2026 is! The first, second and third place winners will then receive a delicious chocolate treat to take home. Good luck and get practising!



South Nottinghamshire Academy Dance Festival

We are very proud of the girls who took part in the dance festival at SNA. We have attended this event for the past three years, and each time our pupils have represented RMJS superbly. This year was no exception, with the girls giving their all with every dance move. They showed great effort and enthusiasm throughout the entire event. It was lovely to see them working alongside pupils from other schools, building confidence and teamwork. They listened carefully and followed the dancer's instructions extremely well. Girls, you did amazing!

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: Daisy, 4H

Most coins earned: Eli, 3J

Biggest improvement in accuracy: Joel, 3J

Biggest improvement in speed: Torres, 3B

Weekly Menu w/c 23rd March 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.

Tuesday

- Beef Bolognese with pasta and garlic bread.
- Veggie Bolognese with pasta and garlic bread.
- 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.
- Cookie.

Monday 23rd March

- World Down Syndrome Day. Children are encouraged to 'rock their socks' and wear odd socks to raise awareness and show support recognising our uniqueness and differences.
- 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 24th March 2026

- EQT choir rehearsal 3.30 - 4.45 pm
- Booster sessions 3.30pm - 4.30pm. All children involved are aware.
- Football match RMJS v Greythorn. 3.45pm –4.30pm. Children need to bring their PE kit, a drink and any inhalers they may use.

Wednesday 25th March 2026

- EQT – Albert Hall. Please arrive at school at **08.30am** and meet in the school hall. Children will need to wear their school uniform and black shoes. Please bring 2 packed lunches for the day, water and any medication required.
- **Bring Hard Boiled Egg in for the Easter Egg Rolling Competition**
- No 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.
- Booster sessions 3.30pm - 4.30pm. All children involved are aware.

Thursday 26th March 2026

- Martial arts club (with Mr Dexter) for years 4,5 and 6. 08.00am to 08.45am.
- Booster sessions 3.30pm - 4.30pm. All children involved are aware.

Friday 27th March 2026

- Indoor athletics club for years 5. 08.15 - 08.55am. (Spaces available) 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
- Easter Egg Rolling Competition Final

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.

What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching comes a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

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.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2026