



★ Robert Miles Junior School Newsletter – 12<sup>th</sup> June 2026 ★

**\*\*\* School Play Sewing Helpers Needed \*\*\***

If there are any parents/carers/family members who have any time and sewing skills to spare over the next three weeks, please contact the office or Miss Lanagan. Any help with sewing costumes would be greatly appreciated.

Dear Parents,

With the torrential rain we have had of late, you would barely know that we are now well into the second half of the summer term. Fingers crossed that the weather improves for the annual Summer BBQ which is now just one week away!

**Online Safety** I wrote to parents earlier this week to share information about concerning online behaviour that has emerged in the past few weeks. Sadly, more examples have come to light. If you are concerned about your child’s online behaviour and need help, please get in touch or use [this website](#) for advice.

**Parent Communication** Sadly, there have been some instances recently of parents speaking aggressively towards staff members which is not acceptable. I work with a great team of colleagues who work hard to do their best for your children. Whilst I understand that parents can be unhappy about school matters from time to time, I strongly believe that staff should not have to tolerate any aggressive behaviour. The Equals Trust has a policy to provide clarity around parental communication and conduct which can be found [here](#). Thank you for your understanding.

Have a great weekend.

Best Wishes

James Evelyn  
Headteacher, Robert Miles Junior School

**Summer Term Dates**

- 15<sup>th</sup> June 'Marvellous Men' Gift Shop
- 16<sup>th</sup> June Year 3 Roman Day
- 17<sup>th</sup> June School Photos
- 19<sup>th</sup> June Summer BBQ
- 24<sup>th</sup> June Sports Day (26<sup>th</sup> June Reserve Day)
- 1<sup>st</sup> July School Disco
- 7<sup>th</sup>/ 8<sup>th</sup>/13<sup>th</sup> July Year 6 Production
- 9<sup>th</sup> July Toot Hill Y6 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	97.3%
3J	98.9%
4H	99.6%
4M	98.2%
5AC	98.7%
5G	97.0%
6L	96.9%
6TM	97.1%
<b>All</b>	<b>97.9%</b>



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

**Rotakids Art Competition**

Huge congratulations to four children from RMJS who are currently having their artwork displayed at Bingham Library. All four children entered the Rotakids competition to design a poster about our community. Their designs are fun, vibrant and of a high standard. Particular congratulations must go to Keona (5AC) who won the Y5/6 category. Caleb (6L) and Mica (6TM) were highly commended. In Year 3/4, well done to Henry (4H) and Amarah (4H) who were also highly commended! The display at the library is due to end any day now so please head down there as soon as possible if you want to look at their excellent work.



## 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 medicines, and even rode through a lifelike Viking Street, complete with the authentic sights and smells of the time!



Back at the hostel, we had 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. Making dorm posters was a highlight to end the day.



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 gathered on the riverbank and conducted our river fieldwork in our small groups, learning about river use and safety, before enjoying a picnic at the railway museum. This surprise visit to the museum, to dodge the rain, was thoroughly enjoyed, where children were able to look at their fantastic train collection – including a selection of royal carriages!



Staff were especially pleased with how kindly and cooperatively the children interacted with one another on the whole trip. After one last walk back to the bus, the children boarded the coach back to Bingham, tired but happy, with big smiles and memories to treasure.

*[Mr Evelyn: A huge thank you to Miss Horsfield, Mr Miller and Mrs King for organising the residential. A huge amount of time and thought went into it and it all ran extremely smoothly.]*

## 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	Alice Iwanejko & Andre Ng
3B	Betsy Wroblewski & Teddy Wightman
4M	Edie Towers & Brody Wightman
4H	Kira Gibbs & Henry Mawer
5G	Poppy Smith & Kya Wong
5AC	Alya Cheung & Elias Malcolm
6TM	Llewyn-Rayn Wild & Jacob Spalding
6L	Phoebe Forster & Ava Parker

## House Points

Jupiter	32
Mercury	61
Neptune	84
Saturn	60

Children are showing our REACH Values every day. They are also earning House Points as they work towards earning a non uniform day at the end of term.

Here are the latest totals!



## Wheelchair Basketball

Year 4 enjoyed a wheelchair basketball experience on Thursday. Using their donated money from the Friends of RMJS, the children learnt key wheelchair basketball skills to music.

They learnt how to move forwards, backwards and even how to pivot left and right. The children played various games to improve their confidence and speed in the wheelchair. It was a very enjoyable experience, and the children didn't want the session to end.

Thank you to Dan from Express Coaching and the Friends of RMJS for this amazing experience! We had great fun!



## 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:** Theo, 3J

**Most coins earned:** Hailey 4H

**Biggest improvement in accuracy:** Scarlett, 3J

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

**Congratulations to our newest Rock Legends:** Freddy, 3B



## Upcoming Dates w/c 15<sup>th</sup> June 2026

### Monday 15<sup>th</sup> June 2026

- 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.
- Friends of Robert Miles Superman gift shop. Children who have paid for a gift will choose their presents within school time.
- Girls Can Code Game Creator Day at Nottingham Trent University. 09.30 - 3.45 Selected children. Please bring a packed lunch, drink, snacks and inhaler if needed.

### Tuesday 16<sup>th</sup> June 2026

- Year 3 Roman Day

### **Wednesday 17<sup>th</sup> June 2026**

- Class Photos
- 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
- School Production choir rehearsals 15:30 – 16:45

### **Thursday 18<sup>th</sup> June 2026**

- Rushcliffe Cricket Tournament – all children involved have been notified.
- Martial arts club (with Mr Dexter) for years 4,5 and 6. 08.00am to 08.45am.
- Rounders Club Yr 5 & 6 Selected children. 15.30 - 16.30. Please ensure your child has their PE kit, a water bottle and any inhalers they use

### **Friday 19<sup>th</sup> June 2026**

- BBQ. School BBQ 630 -9pm. Free entry. Please remember your tokens if you have pre-ordered food.  
**Please bring change for the games. All children MUST be accompanied by an adult. Adults are responsible for their children at all times.**

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

## Weekly Menu w/c 15<sup>th</sup> June 2026

### **Monday**

- Sausage in a Roll with Tomato Pasta Salad with Coleslaw & Garden Peas
- Pasta Spirals in Tomato Sauce topped with Cheese and a slice of Garlic Bread with Coleslaw & Garden Peas
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Chocolate Fudge Cake

### **Tuesday**

- Mild Beef & Bean Chilli & Yellow Rice and Vegetable Sticks or Sweetcorn
- Macaroni Cheese with vegetables or Salad and Vegetable Sticks or Sweetcorn
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Apple & Cinnamon Rolls

### **Wednesday**

- Roast Chicken, Stuffing and roast potatoes with Seasonal Greens & Carrots
- Vegetable & Lentil Loaf with Roast Potatoes, Stuffing & Gravy with Seasonal Greens & Carrots
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Strawberry Jelly.

### **Thursday**

- Sweetcorn Pizza with Pasta Salad & Broccoli, Carrots & Cauliflower or Mixed Salad
- Pitta Bread filled with Vegetable Arrabbiata Sauce with Vegetable Sticks & Broccoli, Carrots & Cauliflower or Mixed Salad
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Fruit Slices & Vanilla Cookie

### **Friday**

- Fish Fingers & Chips with Garden Peas or Baked Beans
- Baked Cheese Omelette & Chips with Garden Peas or Baked Beans
- Jacket potato with Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Vanilla or Chocolate Ice Cream

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](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

## Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>