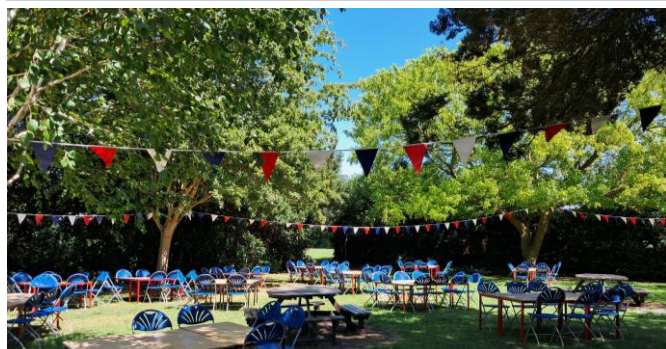


Robert Miles Junior School Newsletter – 26th June 2026



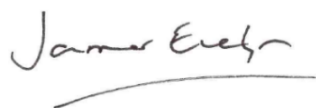
Dear Parents,

It was lovely welcoming parents and families to our annual Summer BBQ last Friday. It was a beautiful evening and a great atmosphere. Thank you so much to everyone who helped organise everything – staff and parents – and in particular, Mrs Clayton, Mrs Dodd and Mr Dexter.

This week has been very hot and we have done our best to keep everyone as comfortable as possible – relaxing the school uniform, staying in the shade outside and generally taking it a bit easier. The children have been brilliant and I thank them and the staff for doing their very best when it is really uncomfortable.

SENCO Drop In Our Special Educational Needs Co-ordinator (SENCo), Mrs Wallace, is holding a summer term drop-in session for parents on Monday 13th July. Appointments are between 8:40am and 12:00pm. These can be arranged in person, via telephone, or through Microsoft Teams. The sessions are an opportunity for you to discuss any queries or concerns you may have regarding your child's needs including transition arrangements for the next academic year, support over the summer holidays, or any general concerns you would like to talk through. If you would like an appointment, please contact the office.

Have a great weekend.



James Evelyn
Headteacher, Robert Miles Junior School

Summer Term Dates

1 st July	School Disco
7 th / 8 th /13 th July	Year 6 Production
9 th July	Toot Hill Y6 Parents Evening
10 th July	Sports Day – NEW DATE
13 th July	SENCo Drop In
15 th July	Y6 Trip to Wollaton Park
17 th July	Y6 Leavers Assembly (2.30pm)

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	93.4%
3J	96.9%
4H	94.3%
4M	94.6%
5AC	95.7%
5G	92.4%
6L	91.8%
6TM	95.8%
All	94.3%



Congratulations to 3J for having the best attendance this week!

*** DISCO – Parent Volunteers Needed! ***

We still need parent volunteers to help with the School Disco next Wednesday. If you are able to help, please complete the form [here](#).

House Points

Jupiter	595
Mercury	615
Neptune	677
Saturn	628

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!

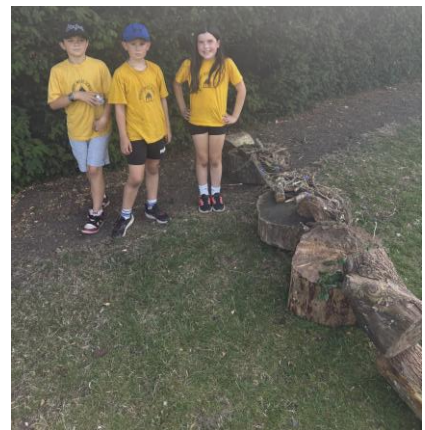


Hot Weather PE

In the hot weather we have concentrated on OAA (Outdoor Adventurous Activities) to ensure children can still stay active and enjoy PE, whilst still learning essential skills in line with the curriculum and RMJS REACH values.

This week the children were tasked with building a bridge capable of supporting a weight using only natural materials they could find on the school field.

They had to do this in groups of 3 or 4, and had to plan, gather, build and show their own bridges!



*** School Disco ***

Looking forward to welcoming children to the School Disco next Wednesday. The Disco starts at 6pm. The Friends of RMJS are running a shop selling all those 'Disco Essentials'. Children should bring change with them to the disco.



Hair feathers



Inflatables



Squishies

Tattoos,
flower
crowns,
headbands,
props &
more...

School disco
SHOP

**EVERYTHING
£1.50
OR LESS**

Wednesday 1st July 6pm-7.30pm



Glasses



Novelty ties



LED glow sticks

RAISING MONEY FOR THE SCHOOL!

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 earnt: Hailey, 4H

Biggest improvement in accuracy: Luna, 3B

Biggest improvement in speed: Lottie, 3J

A huge congratulation to our newest Rock Legend: Edie, 3J



Local Information

Year 5 were buzzing like a hive of bees this week creating not one but two creative masterpieces with the help of Inspire Libraries' Summer Reading Project - Offbeat. On Monday we were treated to a published children's author coming in and we all wrote our own epic stories inspired by summery music and then on Wednesday the whole year group came into the hall, took our shoes off and created a fantastical mural inspired again by music. Children were delighted by the experience 'this is great!' ringing out again and again and some of the work they have produced will end up on display in Beeston Library this July. There will also be sessions available in Bingham Library so watch out for these being advertised soon. A brilliant session and the perfect way to keep cool, if not quite calm, in the heat.



Upcoming Dates w/c 29th June 2026

Monday 29th 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.

Tuesday 30th June 2026

- No activities

Wednesday 1st July 2026

- Reading cafe in school hall. 08.15 - 08.45am
- Boccia event – Selected children taking part.
- 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 Disco 6pm – 7.30pm. Tickets are £2.00 pay on door. Tuck shop and Friends of Robert Miles stall so bring some money.

Thursday 2nd July 2026

- 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 3rd July 2026

- No activities

Weekly Menu w/c 29th June 2026

Monday

- Burger with Potato Wedges, Sweetcorn & Garden Peas
- Macaroni Cheese with Vegetable or Salad, Sweetcorn & Garden Peas
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Chocolate Cookie

Tuesday

- Sweet & Sour Chicken with Yellow Rice, Broccoli, Cauliflower & Carrots
- Pasta Twists in a Tomato & Basil Sauce, Broccoli, Cauliflower & Carrots
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Pineapple Upside Down Cake & Custard

Wednesday

- Roast Chicken, Gravy, Stuffing & Roast Potatoes, Seasonal Greens, Carrots & Salad
- Roasted Butternut & Lentil Loaf with Roast Potatoes , Seasonal Greens & Carrots
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Orange Jelly

Thursday

- Margherita Pizza with Pasta Salad, Broccoli, Sweetcorn & Coleslaw
- Pasta & Cauliflower Cheese Bake with Broccoli, Sweetcorn & Coleslaw
- Jacket potato with a choice of Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Chocolate & Apple Cake

Friday

- Fish Fingers & Chips with Garden Peas & Baked Beans
- Baked Cheese Omelette with Chips & Ketchup, Garden Peas & Baked Beans
- Jacket potato with Cheesy Beans, Tuna Mayo or Cheese or Beans.
- Iced Sponge Cake with Sprinkles

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.

What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



#WakeUpWednesday

The National College

See full reference list on our website

X @wake_up_weds
f /www.thenationalcollege
ig @wake.up.wednesday
yt @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: 15.04.2026