



Robert Miles Junior School Newsletter – 17th July 2026



Dear Parents,

How can it be possible that the term and school year are already at an end! The end of term means the time has come for our Year 6s to move on to their new schools. You will have seen at the recent performances just how fantastic they are – talented, respectful and hard working. We know they are ready for the next stage in their education and wish them all the very best.

Staff We are also saying goodbye to a number of staff members this term. Unbelievably, Mrs Chamberlain has been at the school since 1991! An extraordinary length of time. Her impact over so many years is enormous with so many children (some of whom are now parents!) benefiting from her wisdom, kindness and compassion. Our hands on, engaging Science curriculum, which she created, is just one part of her legacy and it was a pleasure to be able to present the first RMJS Chamberlain Scientist of the Year award earlier today. She has more than earned her retirement and I wish her every happiness.

We are also saying goodbye to Mr Miller who is leaving us to join a school over in Arnold. Again, we are hugely grateful for his hard work, kindness and commitment in his time with us. Also leaving us is Mrs Tsang who has worked in Year 3 for the past few years and I know is an essential part of such a strong team and also supported many of our Cantonese speaking families. Finally, it was Mrs Turns' last day with us today as a lunchtime supervisor. She is also heading off for her well earned retirement having been with us since 2004. An amazing length of time and we are once again enormously



*** Trim Trail Fundraiser ***

A huge thank you to every single child, parent, family member and everyone else for supporting us with our Trim Trail Fundraising Appeal. We are delighted to announce that we have now reached a brilliant **£10,004**.



We are not far off our target of £15k. If you would like to donate, please click on the link [here](#). In September, we are again going to use the Robin Hood Half Marathon as a fundraising event to help us close in on the target.

grateful for her contribution; the dinner hall won't quite sound the same again!

A reminder below of classes for next school year. We are welcoming a new teacher, Ms Tindsley, into Year 5. She was here yesterday to meet the children and get to know a little more about our school.

2025/26 Class	New Teacher(s)	New Class
Infant School Year 2s	Mrs Broster	3B
3B	Mr Jennings	4J
3J	Miss Horsfield	4H
4M	Mrs Alcock and Ms Tindsley	5AT
4H	Miss Garbett	5G
5G	Miss Lanagan	6L
5AC	Mrs Melhuish & Mrs Tang	6TM

Thank you to all of our families for their support of the school. Have a wonderful, relaxing summer with friends and family. I look forward to seeing everyone at the start of next term on Wednesday 2nd September and will be in touch at the start of that week with new school year information and any changes you need to be aware of.

Best Wishes



James Evelyn
Headteacher, Robert Miles Junior School

Year 5 News

Year 5 were the luckiest of ducks last week as they enjoyed working with both of our sister schools – Toot Hill Secondary and Robert Miles Infants School! First of all on Tuesday, 30 of our year 5s went to the Infant School Sports Day to help with the stations and it was wonderful to see how well they supported the younger pupils and how fondly the staff remembered our children. It was a joy to see how sensible (and tall!) our children were and hopefully in September all our new year 3s will recognise some friendly faces. Then on Thursday we were able to host the 'big kids' from Toot Hill coming down for a language session. Again, our year 5s were absolutely brilliant (and small!) and I can see there are some budding linguists.



Chinese Painting & Calligraphy Exhibition



NOTTINGHAMSHIRE
through 異鄉同源
Chinese brush
諾郡中國書畫藝術交流展
Chinese Painting and Calligraphy Exhibition

長野街
LONG ACRE, BINGHAM

Featured work by:
Dr. Jeffrey Tsz-wun KWONG, Jin WU, Ping-kin SO
25-26 July 2026
Venue: Long Acre Arts, Bingham
Time: 10am - 4pm

Organised by: NBH Studio CIC | Venue Sponsor: The Jan Parnham Trust (Long Acre Arts) | Academic Advisor: Word Heart Studio

LONG ACRE ARTS



Monday

- Bank Holiday

Tuesday

- Inset Day

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.

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.

10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog series, or designing posters for a community garden.

5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES

Rather than simply saying, "Put your phone away", turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

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#WakeUpWednesday

The National College