



Robert Miles Junior School Newsletter – 16th October 2026



Dear Parents,

A busy but lovely week in school. It was particularly nice to start preparing for the period of Remembrance next month with Hedley, from the British Legion, speaking with the Year 3s and 4s and then Helen and Josephine, from Neighbourhood Studio leading a wreath making workshop. Another lovely highlight, which I was unfortunately unable to attend, was the opportunity for children in years 5 and 6 to listen to members of the BBC Orchestra at Orston Primary School. The children came back raving about it! Read further down for more details about both events.

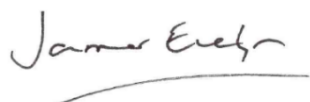
Dukes Barn Year 6 are very much looking forward to the residential next week at Dukes Barn. Everyone knows if they are in group 1 or 2. On departure day, please have your child in the school hall **by 9am with all their kit**. Medicines must be handed in to staff.

Cakes/biscuits and spending money will also be collected in. Please ensure purses/wallets are labelled. It is a good idea to label everything, in fact. If your child has an inhaler, please make sure they have this in their day bag so that it is with them at all times

On the days your child is not at Dukes Barn, they must attend school as usual.

Have a great weekend

Best Wishes



James Evelyn

Headteacher, Robert Miles Junior School

Autumn Term Dates

w/c 19 th Oct	Dukes Barn Residential
w/c 26 th Oct	Half Term
4 th November	School Photos
5 th November	Flu Vaccinations
11 th November	Remembrance Day
w/c 16 th Nov	Anti Bullying Week
25 th November	Reading Café
27 th November	Bingham Christmas Fair
2 nd December	Christmas Pantomime
9 th December	Y5 Space Centre Trip
10 th December	Christmas Jumper Day
17 th December	Last Day of Term
18 th December	Inset Day – School Closed

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	98.7%
4H	98.6%
4J	99.3%
5AT	96.5%
5G	97.0%
6L	96.8%
6TM	98.7%
All	97.9%

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



School Disco

We hope your children enjoyed the School Disco on Wednesday evening – they all looked wonderful in their Halloween costumes!

A huge thank you to the Friends of RMJS and all the volunteers for helping out.



BBC Concert Orchestra at Orston Primary School

On a sunny, crisp autumn morning 42 Year 5 and 6s made their way by coach to the beautiful village primary in the heart of Orston to see, firsthand, this stunning orchestra. We joined children from other schools in the Trust and were taken on a magical journey from Norway to Germany and from France to the Caribbean. We learnt more about the instruments played in the percussion section; the difference between a violin and a viola; how to play a trumpet and we even got the chance to conduct the orchestra ourselves! Here is what two of our Year 5s thought:

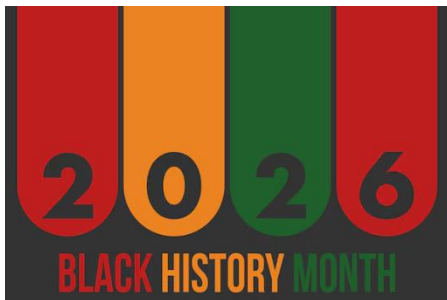
"We learnt about pieces of music from the world of gaming (Plants vs Zombies) and the conductor was impressive bringing everyone in at the right time and remembering all his actions." Harriet (Y5)

"It was fun learning about the different notes and tunes the different instruments gave from the light, jumpy notes from the flute all the way to the deep, low, booming sound of the double base. It must also take such a lot of hard work, practice and teamwork to become that good at playing instruments." Lottie (Y5)

Children learnt about composers, famous soundtracks and how music makes you feel as well as how it sounds. We were truly inspired by this talented group of people and thoroughly enjoyed our visit.



Black History Month

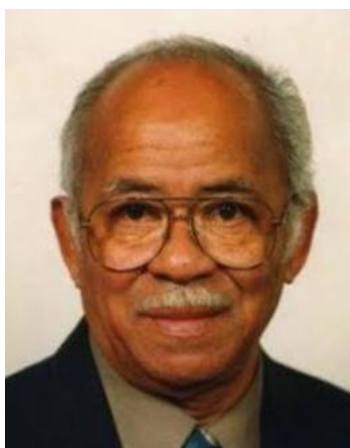
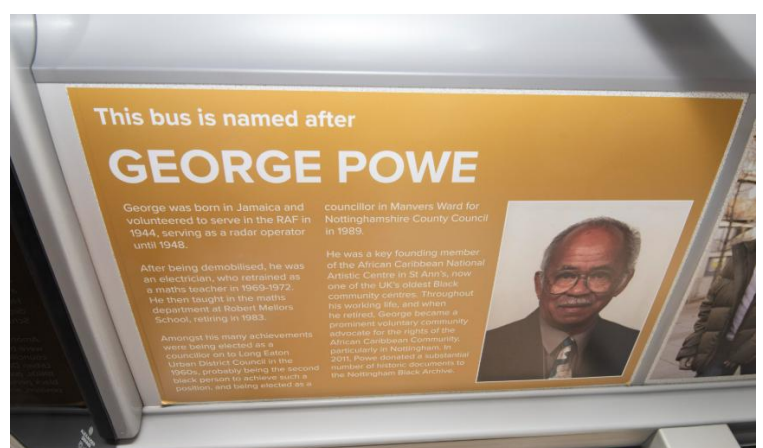


Black History Month is celebrated each October in the UK. It gives us an opportunity to learn about, recognise and celebrate the achievements, experiences and contributions of Black people throughout British history. The theme for this year is 'Honouring our Communities.'

This week, in assembly, we looked at Nottingham and the stories of black people who came from the city or the city became their home.

Did you know that former Forest player, Viv Anderson, who is from Nottingham, was the first black player in the England Mens Football team?

Have you heard the inspiring story of George Powe? He was an activist, teacher and community leader who lived in Nottingham and worked tirelessly to challenge racial discrimination. He is particularly famous for successfully campaigning against unfair employment practices at Raleigh Bicycle Company. This successful initiative not only gave many black people in Nottingham the right to be employed by Raleigh but also resulted at one point in the company having the highest percentage of black workers in Nottingham. He even has one of the city buses named after him!



Next week, we will continue with our Black History theme and look at more inspirational stories from elsewhere in the country.

Remembrance

Year 3 and 4 have been busy creating something truly special to mark Remembrance. On Monday, Mr Malloch from the Royal British Legion visited the school and delivered a thoughtful assembly, helping the children understand the importance of remembrance and why we take time to honour those who have served.



On Thursday, Helen and Josephine from Neighbourhood Studio joined us to lead a wonderful wreath-making workshop.

Armed with flowers, tweezers, glue and plenty of patience, the children carefully created their own beautiful wreaths. Each one is a unique masterpiece, carrying a very special message of remembrance. The children's wreath

s will be on display at the Methodist Church from 30th October to 8th November, giving the wider community an opportunity to admire their work. After the October half-term, we will also be selling the wreaths alongside our usual poppy sale in support of the Royal British Legion.

Well done, Year 3 and 4! Your wreaths are amazing, and we are incredibly proud of the thought, care and meaning you have put into each one.



House Points

Jupiter	868
Mercury	968
Neptune	924
Saturn	

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!



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, 4H

Most coins earnt: Theo, 4H

Biggest improvement in accuracy: Ronan, 3B

Biggest improvement in speed: Harry, 3B



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.

3B	George Baptista Turner & Freddie Cooper
4J	Hester Kwong & Quinn Law
4H	Gracie Clarridge & Kylo Dixon
5G	Aimee Wilson & Henry Mawer
5AT	Roman Wilson & Matthew Naylor
6TM	Lauren Jones & Otis Lamb
6L	Archie Chalke

Year 6 Leavers Hoodies

The hoodies will have a large '27' design on the back, containing the first name of all the children in the year group. It will also feature the school logo on the front as well as your child's initials. Children can pick from two styles of hoodie, an overhead hoodie or a zip hoodie.

- The cost for a children's standard over-the-head hoodie will be £24.50, the cost for a zip up hoodie will be £27.50.
- If your child requires an adult size, then the prices will be £27.50 for an over the head and £30.50 for a zip hoodie.



We have samples of each hoodie in a range of sizes in the office. Please pop into school and confirm the size which is best for your child. These hoodies will be personalised, so if the sizing is incorrect than these cannot be exchanged or refunded. **The final day for orders and payment will be Friday 6th November**

Weekly Menu w/c 19th October 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

Upcoming Dates w/c 19th October 2026

Monday 19th October 2026

- Duke's Barn Residential (Group 1) – Year 6. Arrive at school at the usual time.
- 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 20th October 2026

- No activities

Wednesday 21st October 2026

- Dukes Barn Residential (Group 2) Year 6. Arrive at school at the usual time.
- Girls Cricket Club (all years) Selected children. 3.30 - 4.30 pm. Children will need their PE kit, a drink and any inhalers required.

Thursday 22nd October 2026

- Martial arts club (with Mr Dexter) for years 4,5 and 6. 08.00am to 08.45am. (This club is fully booked)
- Scrabble Club (Years 5 & 6) 12.45pm - 1.15pm
- Handball Club. Years 5 & 6. Selected children. 3.30 - 4.30pm. Children will need their PE kit, a drink and any inhalers required.

Friday 23rd October 2026

- Handball Club. Years 3 & 4. Selected children) 08.15 - 08.55am. Please remember your PE kit, a drink and any inhalers required. (This club is fully booked)
- 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.

What Parents & Educators Need to Know about AI COMPANIONS

Powered by generative AI models like ChatGPT and Google Gemini, AI companion apps and virtual chatbots such as Character.ai, Snapchat My AI, Replika and Talkie, allow users to create, customise, and chat to synthetic avatars around the clock. While many young people use them for harmless entertainment, creative writing or homework help, these tools are designed to simulate genuine human empathy, emotional bonding and deep friendship.

WHAT ARE THE RISKS?

EMOTIONAL DEPENDENCY

AI companions are programmed to be endlessly agreeable, attentive, and available 24/7. Unlike human friendships, an AI companion never disagrees, sets personal boundaries, or gets tired. Young people (especially those experiencing loneliness, social anxiety, or low self-esteem) can quickly develop an unhealthy emotional attachment, viewing synthetic software as their 'best friend' or a surrogate romantic partner.

DISTORTED SOCIAL SKILLS

Navigating real-world friendships can be messy, involving dealing with conflict, compromise, boredom, and awkwardness. If a teenager spends hours interacting with an AI that is tailored specifically to validate and flatter them, they may become impatient with real-world relationships. Over time, this can lead to social withdrawal, heightened anxiety in peer groups, and isolation: a vicious circle of growing online dependency coupled with a heightened sense that relationships in the 'real world' are too challenging to maintain.

DANGEROUS MENTAL HEALTH ADVICE

AI chatbots possess no genuine empathy, professional clinical knowledge, or moral reasoning. While developers state these tools are not therapists, vulnerable teenagers often turn to them in crisis. Chatbots have previously hallucinated unsafe medical guidance, validated depressive spirals, and failed to safely escalate disclosures of self-harm or suicidal ideation to real-world protective services.

INAPPROPRIATE OR EXPLICIT CONTENT

While most mainstream platforms feature safety filters and guardrails, young people frequently discover 'jailbreak' prompts to bypass them. Some companion platforms subtly nudge users towards mature themes, romantic roleplay, or sexually suggestive conversations. In worse cases, third-party apps with weak safety checks have been found to generate sexually explicit text or intimate images.

DATA HARVESTING & OVERSHARING

Because conversational bots simulate warmth and understanding, children often lower their guard and treat the chatbot as a trusted friend. They may disclose sensitive personal information, including full names, school details, private family problems, or secrets, unaware that their conversations are being logged, may be analysed by third parties (including advertisers), or used to train future AI models.

'FREEMIUM' UPSells & SUBSCRIPTIONS

Many companion platforms operate on a freemium model. While basic chat is free, features like voice calls, uncensored responses, custom avatars, or 'deeper bonding' tiers are locked behind expensive monthly recurring subscriptions or in-app token purchases. This can lead to significant hidden costs and pressure on young people to spend money to maintain the 'friendship'.

Advice for Parents & Educators

TALK OPENLY ABOUT FAKE RELATIONSHIPS

Demystify how these tools work. Explain to young people that an AI companion has no feelings, memories, or consciousness; it is simply calculating the next most mathematically probable word based on its training data. It is helpful to explain to them the mechanics of large language models so that they understand how they are trained and how they are designed to always flatter and be helpful.

ENCOURAGE REAL-WORLD CONNECTION

Ensure technology habits do not replace face-to-face peer socialisation, sports, hobbies, and family time. Create healthy boundaries at home (such as keeping phones and tablets out of bedrooms overnight) to prevent late-night, unmonitored attachment loops with conversational chatbots when young people are at their most vulnerable.

AUDIT PRIVACY SETTINGS & AGE LIMITS

Check which companion apps are installed on your child's phone or tablet. Many dedicated companion apps carry an App Store rating of 17+, while platforms like Character.ai set a minimum age of 13+ (or 16+ in the UK/EU). Review the privacy settings together: turn off data-sharing toggles, disable model training where possible, and ensure location permissions are blocked.

REINFORCE WHERE TO GET REAL HELP

Make sure young people know that a machine can never replace professional pastoral or mental health care. Remind them of the trusted adults they can turn to at school – such as their Form Tutor, Head of Year, or the Designated Safeguarding Lead (DSL) – as well as dedicated youth support services like Childline (0800 1111) or Shout (text 85258).

Meet Our Expert

Darren Coxon is the Founder and Executive Director of Kompass Education, a consultancy specialising in supporting educators, students and parents in making wise choices with AI. His book *Ethical AI and Education*, co-authored with Clara Hawking, will be released later in 2026 by Taylor and Francis.

#WakeUpWednesday

The National College

See full reference list on our website

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