

# LMS Matters

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Dear Parents and Carers

It has been lovely to have all of our EYFS children and their families join us 'properly' this week. The children have settled in so well to the new EYFS environment; welcome to our LMS family – you belong here!

**RARING2GO** magazine has been published for this half term. It covers events and activities throughout September, October and early November. It's completely free and can be found at: <https://magazines.raring2go.co.uk/miltonkeynes/autumn2023/>.

Further on in this newsletter are two flyers giving details of important **ADMISSIONS** information for **NEW EYFS** and for children going into **YEAR 7** in 2024. If you have children of this age, it is vital you read this and in particular the dates you need to adhere to. This is so important in giving you the best chance of getting your child in to your school of preference.

On Monday in my weekly whole school assembly, I spoke to the children about **BRAIN SCIENCE**. We discussed the size of our brains (basically your two fists put together), all of the key parts of the brains and their jobs and also what happens when certain parts (our Amygdala which is in charge of our emotions) of our brains take over and we 'flip our lids' - ask your child if they can show you the Brain Hand model and if they can remember all of the parts and what they do. Brain Science is important for us all to know as it helps us to be the best learners and best people we can be.

As a gentle reminder, if you wish to send in your child's home learning to the school electronically, there is a dedicated **HOME LEARNING EMAIL ADDRESS** for this. It is [homework@longmeadow.milton-keynes.sch.uk](mailto:homework@longmeadow.milton-keynes.sch.uk). Please ensure you use this one and not the main school one. Thanks in advance.

Next Friday sees us supporting **JEANS FOR GENES DAY** in school. The Jeans for Genes campaign raises awareness of the daily challenges faced by those living with a genetic condition and raises money to fund projects that make a tangible difference to the lives of those affected. Most importantly, the campaign brings together the genetic condition community in order to make a loud noise about the issues that matter to them, shines a light on the organisations that work tirelessly to improve the lives of affected individuals, and celebrates the achievements of those living with a genetic condition. This means, for a minimum donation of 50p, your child can wear jeans (and trainers) to school that day. Please remember that the top half of school uniform must be worn as this is not a non-uniform day.

This year we will also be supporting our **LOCAL COMMUNITY**. Firstly, the **LONG MEADOW LARDER** is open again, containing lots of items for families of our school who may be struggling with essentials. If you think you could add to this, have a look at the type things we have and feel free to donate — it really makes a difference to some of our families. Then we will also be supporting **MK FOOD BANK** with their **HARVEST APPEAL**. From 2nd – 20th October we will be collecting donations of tinned food, rice, cereals, soup and even loo rolls. The full list can be found further on in the newsletter. Thanks in advance for supporting this great cause.

Mr Gray



Our weekly attendance trophy winners were...

## EYFS/KSI

**Frogs**

who achieved

**99.3%**

## KS2

**Foxgloves & Hawthorn**

who achieved

**100%**



Our school uses Twitter to share lots of great things. Our main school account is **@LongMeadowSch** and you can find classes and staff from there. Mr Gray's is **@mrGray\_LMS**



## Long Meadow Legends

**Pondskaters** – Catherine for fantastic effort in her phonics learning

**Sticklebacks** – Jay for amazing phonics learning in RWI

**Newts** – Juwon for being a helpful member of the class!

**Frogs** – Nathaniel for an incredible start to Year 2

**Bracken** – Joshua for being a super special student

**Hogweed** – Ebum for her super attitude towards her learning

**Foxgloves** – Harriet for using ambitious vocabulary in her writing

**Hawthorn** – Shenley for always following the Golden Rules

**Ferns** – Emily for showing amazing resilience in her maths work

**Thistles** – Orla for offering ideas & joining in all lessons with enthusiasm

**Brambles** – Robyn for an impressive start to life as a Year 6 student

**Teasels** – Todd for a great start to LMS!

Congratulations to the following children for achieving a

Doodle streak this week:

Alba S for achieving her 100 day maths streak and Enrico P for achieving his 365 day English streak.

Well done!

### Sports Person of the Week

Harriet T in Hogweed, for an amazing start to PE this year, with a much improved attitude, energy and focus in lessons. She has been trying really hard in badminton lessons, making great progress with hitting the shuttle towards a target.

#PROUD

## **LMS Well-being**

In order to feel deep belonging to 'Us', there has to be a 'Them'. There is evolutionary logic to this - survival. We are safest inside the circle of Us; our family, our kin, our tribe.

In most of evolution 'Them' represented, in our minds at least, a form of threat - of potential violence, of disease, of outcompeting us for resources. In 'Them', we project people more threatening, more primitive in their ways, less intelligent, less hygienic. In 'Us' we see wiser, more moral, more trustworthy people. Our empathy flows more freely, in contrast to our reaction to 'Them'.

Our hardwired threat sensing system starts with identifying which tribe others fall into. This is as automated as breathing. We see someone, we classify them as 'Us' or 'Them' and we decide how to react. Our fast assessments are reinforced by a bundle of inbuilt biases.

When our radar senses difference, our automation and unconscious internal stress system is activated within fifty milliseconds. Seconds later, the reasoning regions of your brain get an opportunity to confirm or deny this reflex anxiety. Depending on the belief system we have developed in our lives, our prejudgement will either dissolve away or stick.

So by us all feeling like we belong, means our radar won't detect 'Them' and our body won't start our internal stress system and won't flood our body with unnecessary chemicals.

## **LMS Safeguarding**

Returning to school is a happy time for many. However, we must be mindful that whilst children get back to the classroom and their safety once again becomes the responsibility of school whilst here, the same threats outside of school are still there. The same threats that were there in the last days of July still very much remain, particularly online. The Child Exploitation and Online Protection Centre (CEOP) has released a series of pages over on their site providing training, resources and information for parents and carers. To find out more please follow the link below:

<https://www.thinkuknow.co.uk/parents/>

# DATES

## FOR YOUR DIARY

### School Term and Bank Holiday Dates 2023 / 2024

Term	Open morning of:	Close at the end of afternoon session of:
Autumn Term 2023	Monday 4 September 2023	Friday 20 October 2023
	Monday 30 October 2023	Thursday 21 December 2023
Spring Term 2024	Tuesday 9 January 2024	Friday 16 February 2024
	Monday 26 February 2024	Thursday 28 March 2024
Summer Term 2024	Tuesday 16 April 2024	Friday 24 May 2024
	Monday 3 June 2024	Friday 19 July 2024

Training days agreed to date: (on these days children do not come to school but staff do)

Friday 1 September 2023 / Friday 22 December 2023 / Monday 8 January 2024 / Monday 15 April 2024 / Monday 22 July 2024

**Good Friday:** Friday 29 March 2024

**Easter Monday:** Monday 1 April 2024

**May Day:** Monday 6 May 2024

#### Autumn Term 2023

Friday 22 September	Jeans for Genes Day
Friday 6 October	Year 3 Holdenby House
w/c Monday 16 October	Year 6 mock SATs
Monday 16 October	Parent consultations
Tuesday 17 October	Year 4 Fitzwilliam museum
Thursday 19 October	PALs Bag2School
Friday 20 October	PALs Cookie Day
Monday 23 - Friday 27 October	Half Term
Monday 30 October - 1 November	Year 5 Bikeability
Wednesday 1 November	Biscuits & Books
Thursday 2 November	Individual School Photos
Friday 3 November	Year 4 Learning Fair
Tuesday 7 November	Year 1 MK Museum
Tuesday 7 November	Year 6 Viking visitor
Thursday 9 November	PALs Disco
Monday 13 November	Robin Hood Panto
Thursday 16 November	Year 6 City Discovery Centre
Friday 17 November	Children in Need
Monday 27 November	Flu vaccinations
Friday 1 December	PALs Christmas Fayre
Thursday 7 December	Christmas Jumper Day
Tuesday 12 December	KS1 & EYs Awards Assembly
Wednesday 13 December	KS2 Awards Assembly
Wednesday 13 December	PALs Movies & Munchies
Friday 15 December	Year 6 Learning Fair
Monday 18 December	Santa Run
Wednesday 20 December	EYFS Performance
Wednesday 20 December	Year 1 & Year 2 Carol Concert
Thursday 21 December	Party Day
Friday 22 December	INSET Day





**mkfoodbank.org.uk**

office@mkfoodbank.org.uk

## Shopping List

- ✓ Tinned Meat
- ✓ Tinned Fish
- ✓ Tinned Pulses
- ✓ Tinned Fruit
- ✓ Tinned Tomatoes
- ✓ Long Life Milk
- ✓ Juice or Squash
- ✓ Spreads – Jams, Peanut Butter
- ✓ Tea
- ✓ Tinned Pasta
- ✓ Tinned Veg
- ✓ Pasta Sauce
- ✓ Dried Rice – 500g or 1kg packets
- ✓ Rice Pudding/Custard
- ✓ Cereal
- ✓ Biscuits
- ✓ Soup
- ✓ Loo Roll



**From 2nd October – 20th October**



**360** SEND Sessions

1<sup>st</sup> Wednesday  
of every month  
from 3<sup>rd</sup> May

£8.95 per child  
all adults free

# Westcroft COMMUNITY LARDER



Shenley Brook End & Tattenhoe  
Parish Council

Fridays  
10am - 1pm

Westcroft Pavilion  
Cranborne Avenue  
Milton Keynes  
MK4 4GB

## What is a community larder?

A membership programme  
that provides:

- Access to surplus food
- Local business discounts
- Little larder club
- Access to other services and support
- Meet new people in a friendly environment

## Who can join?

Anyone who wants to prevent  
food waste and save money.  
It is not means tested.

## Where does the food come from?

A Didcot based charity, providing surplus  
food, training and opportunities to young  
people and organisations.

One Off  
£10  
Joining Fee



INDIVIDUAL  
MEMBERSHIP  
FROM  
£3.50  
P/WEEK

FAMILY  
MEMBERSHIP  
FROM  
£7  
P/WEEK

An **individual membership** provides up to 10 items of food per  
week, plus a selection of fruit and vegetables. (family  
membership is double that)

Want free food and a  
bunch of other benefits?

Sign up today!  
[www.sofea.uk.com](http://www.sofea.uk.com)

Registered Charity Number 1155783





# Are you concerned about a pupil?



Safeguarding is everyone's responsibility.

You do not need to wait until you have proof there is a safeguarding concern to step in. If you have a concern, please raise it as this could be the first step to protecting a child.

Staying silent because you do not have proof  
may leave a child exposed to danger.

Remember it is not up to you to decide whether a child has been abused **BUT** it is up to you to report concerns so that appropriate action can be taken.

**You must share your concerns without delay.**

**Concerns are to be reported to the  
Designated Safeguarding Leads:**



Designated Safeguarding Lead  
**Philip Gray** - Head Teacher



Designated Safeguarding Lead  
**Emma Kidd** - Deputy Head Teacher



Deputy Safeguarding Lead  
**Kerrie Evans** - Assistant Head Teacher

## Working Together to Safeguard Children



Apply online from  
1 September 2023 to 15 January 2024

You must apply by  
**15 January 2024**  
or you will  
have limited choice

# Starting school for the first time in September 2024?

For children born between  
1 September 2019 and  
31 August 2020

To access support with making an application, face to face drop-in sessions are available at Milton Keynes Central Library on the following dates between 10.00am - 2.00pm

- |                |                |
|----------------|----------------|
| • 20 September | • 27 September |
| • 11 October   | • 18 October   |
| • 25 October   | • 6 December   |
| • 13 December  | • 10 January   |

Following dates will start from 11.30am

- |             |             |
|-------------|-------------|
| • 4 October | • 3 January |
|-------------|-------------|

## Find out more at:

Starting primary or junior/middle school in September 2024 |  
Milton Keynes City Council ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))

Apply here



**MK** Milton Keynes  
City Council

1419281 - August 2023

## Maximise your chance of getting a preferred reception class place

### Apply on time

- The closing date is 15 January 2024
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your preferences
- Notifications of the places offered will be made on 16 April 2024 (unless your application is late)

### Use all four preferences

- You can apply for up to four schools. The schools will not know in which order you have placed the preferences
- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then the order of preferences is important, so ensure you list the schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences, it does not need to be your first preference
- A Guide for Parents and Carers is available on our website for further guidance

### Apply online

- You can only apply online at Citizen Portal - Sign in ([milton-keynes.gov.uk](https://milton-keynes.gov.uk)) between 1 September 2023 and 15 January 2024
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will be secure
- You will be able to log on from 16 April 2024 to view the school that has been allocated

### Choose wisely

- Ensure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Give consideration to your secondary school liaison group, is your preferred school linked to the secondary school within your area?
- Don't assume your child will get priority just because they attend a nursery class attached to your preferred school
- Consider how you will access your school place

Admissions information for all schools is available on our website.

Starting primary or junior/middle school in September 2024 | Milton Keynes City Council ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))



Apply online from  
1 September 2023 to 31 October 2023

You must apply by  
**31 October 2023**  
or you will  
have limited choice

# Moving up to secondary school in September 2024

As your child is now in Year 6 it is time for you to apply for a secondary school place for September 2024.

You can apply online and find out more information on the council's website at **Starting secondary/upper school in September 2024 | Milton Keynes City Council** ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))

Please read carefully the **Guide for Parents and Carers** on our website. To help you understand the likelihood of securing a place at one of your preferred schools, you should make particular note of the 'key facts' section for each school which tells you the cut off point for places offered last year.

Make sure you read the oversubscription criteria for each school that you want to apply for as many schools are over-subscribed each year.

Details of open events for all secondary schools in Milton Keynes are also included in the guide.

Parents and carers can express a preference for four schools.

If you pay your council tax to Milton Keynes Council, apply on our website. If you pay your council tax to another local authority you must apply through that local authority even if you want to apply for a Milton Keynes school.

To access support with making an application, face to face drop-in sessions are available at Milton Keynes Central Library on the following dates between 10.00am - 2.00pm:

- |                |                |
|----------------|----------------|
| • 20 September | • 27 September |
| • 11 October   | • 18 October   |
| • 25 October   | • 6 December   |
| • 13 December  | • 10 January   |

Following date will start from 11.30am

- 4 October

## Find out more at:

Starting secondary/upper school in September 2024 | Milton Keynes City Council ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))

Apply here



**MK** Milton Keynes  
City Council

MKS23 - August 2023

## Maximise your chance of getting your preferred secondary school place

### Apply on time

- The closing date is **31 October 2023**
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your preferences
- Notifications of the places allocated will be made on **1 March 2024** (unless your application is late)

### Use all four preferences

- You can apply for up to four schools. The schools will not know in which order you have placed the preferences
- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then the order of preference is important, so ensure you list the schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences, it does not need to be your first preference

### Apply online

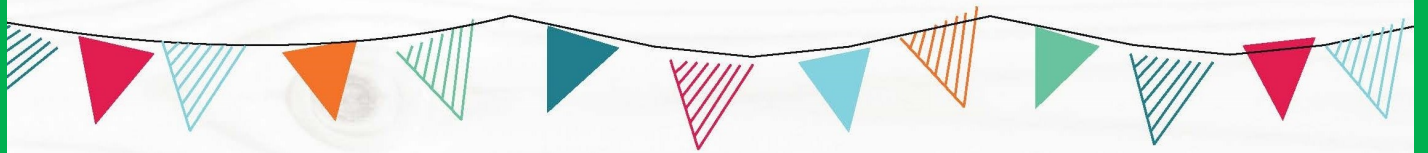
- You can only apply online at **Citizen Portal - Sign in** ([milton-keynes.gov.uk](https://milton-keynes.gov.uk)) up until midnight on **31 October 2023**
- You will be able to view, update, and submit your application throughout the application window
- Communication with you will be quicker and your application will be secure
- You will be able to log on from **1 March 2024** to view the school that has been allocated

### Choose wisely

- Make sure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Don't assume your child will get priority just because they attend a primary school within the area of the secondary school
- Consider how you will access your school place

Admissions information for all schools is available on our website.

Starting secondary/upper school in September 2024 | Milton Keynes City Council ([milton-keynes.gov.uk](https://milton-keynes.gov.uk))



WESTCROFT

# COMMUNITY

# FRIDGE

A simple solution to wasting less through the sharing of good-quality food.

**Tuesdays 2pm – 4pm**  
**Westcroft Pavilion**  
**Cranbourne Avenue**  
**Westcroft**  
**MK4 4GB**

**For more details, call Karen on**  
**07891 818 259 / 01908 521538 or email**  
**[karen.wheeler@shenleybrookend-pc.gov.uk](mailto:karen.wheeler@shenleybrookend-pc.gov.uk)**





**Mobile Top Up Shop**  
**EVERY FRIDAY!**  
**10 - 11.30AM**

MKCC Car Park, Strudwick Drive,  
Oldbrook, MK6 2TG

Call our Helpline for details: **0300 303 4933**



**New Venue!!**

**Mobile Top Up Shop**  
**Every Thursday!**  
**10:00 - 11:30am**

Sir Herbert Leon Academy  
Car Park, Fern Grove, Bletchley,  
MK2 3HQ

Call our Helpline for details: **0300 303 4933**



**Mobile Top Up Shop**  
**Every Thursday!!**  
**13:00 - 14:30pm**

Rowans Family Centre Car Park,  
Fullers Slade, MK11 2BD

Call our Helpline for details: **0300 303 4933**





# mk moneylifeline

Free, confidential, impartial debt advice...

- Struggling to pay bills?
- Under pressure from creditors?
- Paying the minimum balance on your credit cards?

**WE CAN HELP!**



0300 123 5198



office@mkmoneylifeline.org.uk



www.mkmoneylifeline.org.uk

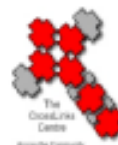
Working in association with:

**cma**  
Freedom from debt  
Hope for the future  
Community Money Advice



**SHENLEY**  
CHRISTIAN FELLOWSHIP  
A BAPTIST CHURCH IN MILTON KEYNES

St Mary's  
Bletchley



Tel: 0300 123 5198 / 01908 550630 • office@mkmoneylifeline.org.uk • www.mkmoneylifeline.org.uk  
Authorised and regulated by the Financial Conduct Authority No. 618802 • MK Money Lifeline is a company limited  
by guarantee registered in England and Wales with company number 07917713. Registered charity No 1146001