

LMS Matters

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Dear Parents and Carers

I started our week with a celebration of **BLACK HISTORY MONTH** which is recognised through the month of October in the UK. We firstly talked about why do we even need a black history? Well the main reason is that history, traditionally, was written by those in power, and traditionally, these were white, male, middle class people who just chose to not record black history, to not share the stories and to not recognise that black history IS UK history. In previous years I have shared some black historical figures with the children, but this year shared two key figures which are in recent living memory and in our current generation. These were **Laurie Cunningham** – one of the first ever black people to play football for England - and award winning author **Malorie Blackman**. I shared their stories and their struggles. I also asked the children to pass their stories on to you – I hope they did.

We will be supporting **WORLD MENTAL HEALTH DAY** on Tuesday 10 October. We will be using this day to raise awareness of this event with its theme of 'Mental health is a universal human right'. We will not be asking for donations but instead are asking children, staff and parents to **WEAR SOMETHING GREEN** on this day, so we can get people talking about mental health.

Two local artists are collaborating to run a **MINDFULNESS ART WORKSHOP** for children 8 years old and over at Westbury Arts Centre over two days in the October half term. Please find attached the workshop flyer. Both artists have teaching backgrounds and are passionate about the well being of children and understand how art can be therapeutic for little minds to express their emotions and feel relaxed. Please see their flyer further on.

BAG2SCHOOL will be collecting from Long Meadow on **Thursday 19 October 2023**. Please bring your bag (or bags!) to school on this date before 9am and leave them in the marked area. By getting involved, you have an opportunity to sort through your wardrobes and donate unwanted textiles including: adult and children's clothes, shoes (tied together please), hats, belts, handbags and soft toys. Please refer to <http://uk.bag2school.com/> for full details. Please also see the letter from **PALS** further on in the newsletter.

Please don't forget, we have already started collecting items in support of the **MK FOOD BANK** with their **HARVEST APPEAL**. 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. Please leave these in the main foyer.

As per my recent email, we currently have vacancies for two **PARENT GOVERNORS**. This is a great opportunity to be a huge part of our school. Please see the email for full details and in the first instance fill in the Google form which can be found [here](#).

Finally this week, I am pleased to announce that following our interview process last week, we have appointed a **NEW LEARNING MENTOR/PARENT SUPPORT WORKER**; **Ms Sarah Mossman** will be joining the LMS family after half term. She is vastly experienced in supporting children and families and we can't wait for her to start.

Have a smashing weekend all!

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

To be announced
next week

who achieved

%

KS2

To be announced
next week

who achieved

%



We still need
you support
collecting
loose parts.
Please see the
list of things
we need
further on in
the newsletter.



Long Meadow Legends

Our Legends Assembly will be on Monday next week, so please look out for a double list of Legends, a double list of Doodlers and double Sports Persons of the week in next week's newsletter!

LMS Well-being

Optimistic October 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|--|
| 1 Write down three things you can look forward to this month | 2 Find something to be optimistic about (even if it's a difficult time) | 3 Take a small step towards a goal that really matters to you | 4 Start your day with the most important thing on your to-do list | 5 Be a realistic optimist. See life as it is, but focus on what's good | 6 Remind yourself that things can change for the better | 7 Look for the good in people around you today |
| 8 Make some progress on a project or task you have been avoiding | 9 Share an important goal with someone you trust | 10 Take time to reflect on what you have accomplished recently | 11 Avoid blaming yourself or others. Find a helpful way forward | 12 Look out for positive news and reasons to be cheerful today | 13 Ask for help to overcome an obstacle you are facing | 14 Do something constructive to improve a difficult situation |
| 15 Thank yourself for achieving the things you often take for granted | 16 Put down your to-do list and do something fun or uplifting | 17 Take a small step towards a positive change you want to see in society | 18 Set hopeful but realistic goals for the days ahead | 19 Identify one of your positive qualities that will be helpful in the future | 20 Find joy in tackling a task you've put off for some time | 21 Let go of the expectations of others and focus on what matters to you |
| 22 Share a hopeful quote, picture or video with a friend or colleague | 23 Recognise that you have a choice about what to prioritise | 24 Write down three specific things that have gone well recently | 25 You can't do everything! What are your three priorities right now? | 26 Find a new perspective on a problem you face | 27 Be kind to yourself today. Remember, progress takes time | 28 Ask yourself, will this still matter a year from now? |
| 29 Plan a fun or exciting activity to look forward to | 30 Identify three things that give you hope for the future | 31 Set a goal that brings a sense of purpose for the coming month |  | | | |

ACTION FOR HAPPINESS **Happier · Kinder · Together**

LMS Safeguarding

Siren Head (Again!)

Siren Head is a new urban legend heading around the internet, similar in vein to that of Slenderman and other internet myths. It is a rather large slender and fleshy monster with two speakers on its head, grotesquely large arms and hands and it can mimic voices and sounds through its two sirens. It uses this ability to toy with its prey, confuse them, get them lost, etc.. It generally makes its habitat in the woods and preys on campers and other situational people. It is known foremost to mimic distorted radio reports or weird garbled pieces of music or even distressed people screaming for help.

It has come to our attention that a number of children are watching clips on YouTube or playing the game Siren Head whilst they are at home. They are then recreating what they think it is in school. Siren Head is an aggressive predator making him a dangerous threat. It is an extremely violent monster who causes harm, serious injury or even death to others.

The age for Siren Head is 18 and therefore no children should be watching anything regarding this. Allowing children to access inappropriate material online is against the law. Please ensure you are monitoring what your child is watching online, especially YouTube, at all times. Do NOT allow your child to watch their tablet, iPad or computer in their bedroom alone unsupervised. Many thanks for your support.



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 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 |

Tried and tested loose parts



Natural

- Wooden pennies (slices of wood about three inches thick)
- Logs of different heights and widths
- A variety of lengths of wood
- Willow or hazel rods at least 1.5m long
- Sticks – various lengths
- Stones, pebbles, cobbles.

Manufactured wood

- Whisky barrel planters for mixing and collecting
- Pieces of decking.

Surfaces and features

- Planted willow tunnels, dens and hedges
- Water supplied from an outside tap, a barrel pump, water butt or jerry cans with taps
- Sand (and resources for sand play and maintenance – including sieves, buckets, spades, trowels, long handled sturdy brooms, brushes, rakes etc.)
- Pebbles, pea gravel or other small stones
- Bark chips
- Mud
- Long grass
- Trees – plant now for future generations of children
- Fire pit (temporary or permanent).



More temporary

- Chalk
- Straw bales
- Cardboard boxes and tubes – various sizes and shapes
- Leaves, feathers, shells, pine cones
- Air drying modelling clay
- Tree brashings
- Leaves
- Cones and seed pods
- Seaweed
- Plastic bottles and containers.



Man-made

- Quick drying materials such as organza, fleece blankets and shower curtains
- Tarpaulins (various sizes, types and colours)
- Milk and bread crates
- Wooden pallets – tough ones in good condition
- Tough buckets
- Cable drums or reels
- Tubes, guttering and funnels, hosepipe, bore pipes and other pipes
- Ramps and lengths of plastics and other materials such as corrugated transparent plastic
- Nets
- Tyres – bicycle, motorbike, go-kart and car tyres
- Large shallow tray
- Trolley to aid tidying up
- Wheelbarrow
- Old suitcases or wheeled shopping bags
- Baskets for collecting and transporting
- Steering wheels
- Computer keyboards
- Old clothes for dressing up, for example, jacket suits, waistcoats and handbags
- Portable seats and things to sit on: aluminium bubble-wrap, camping mats and gardening mats.



Useful little bits

(some may be kept by adults in pockets or bags)

- Velcro straps
- Fence clamps and hooks
- String, paracord and high visibility guy ropes
- Karabiners (from climbing or camping shops)
- Pegs of different sorts, including tent pegs
- Duct tape and masking tape.



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



Registered Charity No. 1095070

September 2023

Dear Parent / Guardian,

Are you having a clear out and declutter?

We are pleased to announce that PALS has organised a clothes & shoe collection with Bag2School to raise funds for the children at Long Meadow School.

Bag2School will be collecting from Long Meadow on **Thursday 19 October 2023**. Please bring your bag (or bags!) to school on this date **before 9am** and leave them in the marked area.

By getting involved, you have an opportunity to sort through your wardrobes and donate unwanted textiles including:

- adult and children's clothes
- shoes (tied together please)
- hats, belts, handbags and soft toys
- (please refer to <http://uk.bag2school.com/> for full details).

You can use any plastic bag to donate items and don't forget to ask grandparents, friends and neighbours to have a sort out as well!

Many thanks for helping us with this fundraising opportunity.

PALS

LEARN TO PLAY

7 OCTOBER '23

**Music
FOR ALL**
MAKING MUSIC CENTRES LAKE

When? Saturday 7th October 9.30-12.00

Where? Shenley Brook End School, Walbank
Grove, Milton Keynes, MK5 7ZT



What? An opportunity to come along and try out some instruments and find out more about having lessons - (part of the national 'Learn to Play' day organized by 'Music for All')

Who is it for? Children who attend a Milton Keynes school (ideally aged 7 upwards)

How? There is no need to book, just turn up and one of our teachers will assist you in trying out any instruments that you are interested in!

Hosted by? The Milton Keynes Music Co-operative
and Milton Keynes Music Hub



MK Music Co-operative:
Email: mkmusiccoop@gmail.com
Web: www.mkmusiccoop.com

MK Music Hub:
Email: music@milton-keynes.gov.uk
Web: miltonkeynesmusicclub.co.uk



MINDFULNESS ART WORKSHOP FOR CHILDREN



Where: Westbury Arts Centre, Shenley Wood, MK5 6AA

Age: Children 8 years and over

What will they learn: 2 Art Techniques

1) **SILHOUETTE ART** 2) **LIPPAN ART**

When: 23RD - 24TH OCTOBER 2023

Time: 23RD - 9.00AM-1.00PM

24TH - 9.00AM-12.30PM

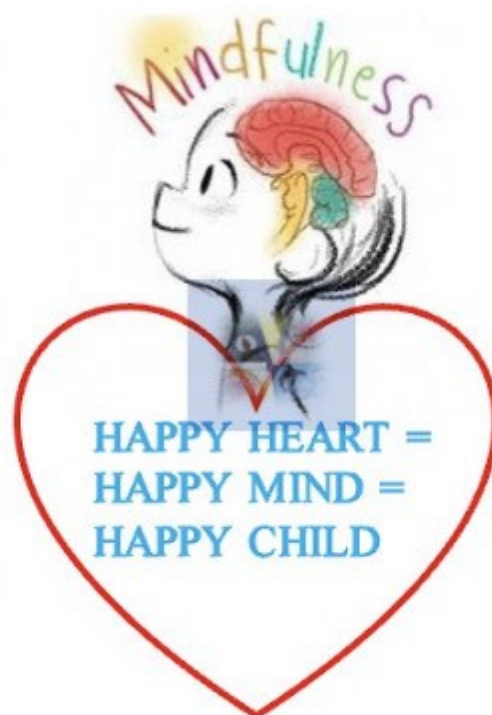
Cost: £50 for 2 DAYS

Includes Canvasses, Paints, Brushes, MDF Board, Air Drying clay, Clay tools and Mirrors. Children will bring home 2 pieces of their lovely creations.

What to bring: Art book, pencil box with ruler and compass.

How to book: Email: suepats66@gmail.com for further enquiry.

Limited Spaces Only. First come first served. **Book by 19th October**



MK★OS
Milton Keynes Amateur Operatic Society

Presents
A Dreams & Wishes
Production

JACK and the Beanstalk



The Venue MK,
Walton High

22nd Dec 2023 -
7th Jan 2024

Book online
www.mkaos.co.uk

Or telephone
01908 972 372

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

Registered Charity Number 1155783





Rising Stars Wrap Around Clubs provide Breakfast
After-School Clubs at Longmeadow Primary
We are looking to fulfil the following job roles:

Manager/Settings Leader

The ideal candidate will have level 2/3
childcare qualifications and be experienced
in management.

Playworkers

The ideal candidate will enjoy working with
children and be energetic and enthusiastic.
Ideal for people who are thinking of applying
to train as a teacher or Childcare practitioner
or just enjoy working with children!

Successful applicants will need an
enhanced DBS (paid for by us)

JOIN OUR TEAM

Breakfast Clubs ,
After-school Clubs &
Holiday Courses

SEND YOUR CV TO

info@risingstars-wraparound.co.uk



360 SEND Sessions

1st Wednesday
of every month
from 3rd May

£8.95 per child
all adults free

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)

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) 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)

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)

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)

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

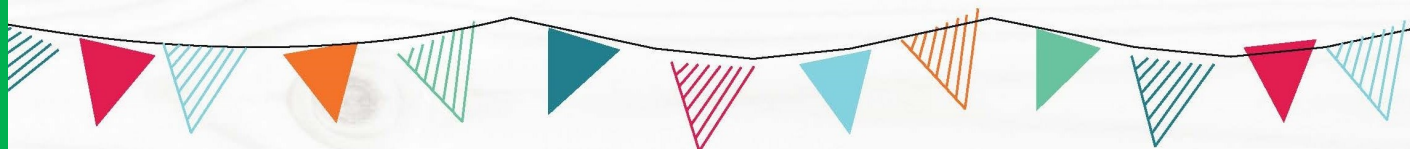
- You can only apply online at **Citizen Portal - Sign in** (milton-keynes.gov.uk) up until midnight on **31 October 2023**
- You will be able to view, update, and submit your application throughout the application window
- Communication with you will be quicker and your application will be secure
- 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)



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



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**




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

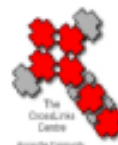
Working in association with:

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