

LMS Matters

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Dear Parents and Carers

This week we supported **WORLD MENTAL HEALTH DAY**. This means all our children and staff wore green to raise awareness and get people talking about mental health. We then sent home a booklet from ITV for some 'homework' linked to this. This homework task came at a time when we have never needed it more - the cost of living crisis, the pandemic and troubling world events have all had a negative impact on our children's mental health like never before. In fact, mental health has declined in almost 40% of school children. This conversation starter for children to take home is designed to help them talk about the hardest subjects on their minds with their parents or trusted adults. Because sharing worries can help ease stress and reduce anxiety.

I am pleased to announce that our first session of **BISCUITS AND BOOKS** will take place on **WEDNESDAY 1ST NOVEMBER** at **8.35am**. This session is a valuable and enjoyable opportunity for you to share a book with your child in their classroom. We will provide a range of books but you are also welcome to bring your favourite book from home. We will also be providing biscuits to enjoy while you read with your child. If you have more than one child in the school, you can spend some time in each classroom.

Continuing the reading theme, Mrs Evans will be leading an **ONLINE READ WRITE INC. SESSION** for **EARLY YEARS PARENTS/CARERS** on **Wednesday 1st November** at **5.30pm**. It will last approximately 30 minutes and the purpose of the session is to give parents information about how we teach their child to read using RWI at LMS. She will email out the link for you to join nearer the time.

A date for your diary. We will be visited by a theatre company on **MONDAY 13TH NOVEMBER** who will be performing **ROBIN HOOD** for the children. As ever, we like to get dressed up so anything green would be great.

Next week sees our **LEARNING CONVERSATIONS** taking place **ONLINE** throughout the week. Please make sure that you have booked your slot with the class teachers and please contact them if there are any problems.

Did you know that LMS now has two more **SOCIAL MEDIA CHANNELS**? You can now find us on **INSTAGRAM** ([longmeadowschoolmk](https://www.instagram.com/longmeadowschoolmk)) and on **FACEBOOK** (Long Meadow School). These are to promote events at our school and are not intended to replace any of our other communication channels. Please like, follow, share, etc. to get our name out there even more. Next stop – watch out for our new **TIKTOK** platform coming soon.

As half term draws near, please don't forget that, in partnership with St Mark's MK, we can offer parents who may be struggling **ST MARK'S MEALS**. They have developed 5 different meal kit boxes designed to create a delicious meal for the whole family. Everything needed for dinner is in the box, including a recipe card with straightforward instructions and games and puzzles for kids to play. All you need to do is email in and we can organise some for you. This is also the case for **FOOD BANK VOUCHERS** which we can organise for members of our school community.

Miss Kidd and Mrs Evans will be running **STAY AND PLAY SESSIONS** every other Wednesday starting after half term for under 5s in the school hall. These are advertised on our Twitter page, as well as our new Instagram and Facebook pages. It is open to members of the public and we charge £1 per person to cover the cost of refreshments. We are offering this so that people can come in and meet us and see our school and to meet members of our local community. These are on 8th and 22nd November and 6th December.

Finally this week, have you seen the new panels at Station Square celebrating **MK'S BLACK FEMALE PIONEERS**? There are also smaller versions at the Central Library and Centre MK as part of **BLACK HISTORY MONTH**. You can see an advert for these further on in this newsletter.

Have a super weekend and see you for the final week of this half term next week.

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

Minnows

who achieved

99.3%

KS2

Foxgloves

who achieved

99.4%



Our School Council are holding a fundraising **PJ Day on Friday 20th October**. Please make donations of **£1 or £2** via **ParentPay** or bring cash on the day.



Long Meadow Legends

Tadpoles – Rio for being a wonderful, generous & supportive person and Isobel for excellent work in maths this week.

Minnows – Matheus for being an absolute phonics superstar and Zahra for being a kind and helpful friend.

Pondskaters – Haven for always giving 100% to her learning and Daisy for excelling in her RWI partner reading.

Sticklebacks – Giulia for being a Sticklebacks superstar and Thomas for showing amazing confidence in all school activities

Newts – Elsie for having much more confidence in class and Allen for super adding in maths.

Frogs – Myla for improved confidence when using scaffolds in maths and Anna for excellent use of vocabulary in her English.

Bracken – Lois for sticking with it even when the learning is tricky and Ariana for being the best storyteller.

Hogweed – Joshua for fully embracing our Victorian trip on Friday and Jessica for persevering with challenging column addition and subtraction this week.

Foxgloves – Tyler for making brilliant inferences in guided reading and Lara for creating an awesome article about the achievements of the Ancient Egyptians.

Hawthorn – Aaria for being a resilient learner and Finley for being an amazing book monitor.

Ferns – Beth for fantastic participation & effort in the writing workshop and Jasmine for a brilliant attitude to learning in everything!

Thistles – Alex for contributing to all class & partner discussions and Isla-Rose for having more confidence in herself.

Brambles – Kanishk for being an absolute star since starting year 6 and Zara for really getting into character in her diary entry task

Teasels – Liz for her imaginative piece of home learning and Janaiya for her improved confidence and participation in maths.

Congratulations to the following children for achieving a Doodle streak this week:

Naomi R for achieving her 100 day maths streak; Dominic L for his 100 day English streak; Aiden A for achieving his 365 English & maths streak; Ife B for her 500 day English streak and Alice A & Shenley A for their 750 day maths streak.

Well done to the following children for taking part in the Doodle Summer Challenge:

Charlie M, Matthew W, Will G, Zoe E, Connie VW, Hannah W, Ife B, Aaron G, Katrina C, Alice A, Ebun B, Enrico P, Hrishikesh D, James L, Jessica H, Noah W, Emma G, Srihaas M, Harriet G, Eli G, Grace C, Hal T, Maddie C, Amelia L, Dominic L, Joshua H,

Sports Person of the Week

Holly O for amazing improvement in listening and following instructions. She was able to demonstrate the correct technique for throwing a variety of equipment over a long distance. Luke D for having a really sensible and mature term of work in Tag Rugby.

#PROUD

LMS Well-being

Dr Tara Swart is the author of 'The Source - open your mind and change your life'. As a psychiatrist, neuroscientist and Senior Lecturer at MIT she says that if we can strip away our scepticism, these ancient tools of manifestation and visualisation are fundamentally powerful and incredibly effective at freeing us of self-limiting behaviours and propelling us toward our truest, most authentic selves. She also shares 5 things that she never, ever does to boost her focus and stop her forgetting things:

- **She never eats fried foods or anything with too much sugar** - Fried food causes inflammation and can damage the vessels to the brain, whilst high sugar can lead to excess glucose in the brain and makes us forget.
- **She never goes anywhere without her water bottle** - Water accounts for 75% of brain mass, so drives cognitive performance.
- **She never skips her outdoor time** - Vitamin D = lower rates of dementia.
- **She never lets herself fall down a stress spiral** - If she is stressed she takes control, and clears her head with breathing techniques.
- **She never falls behind on sleep** - Brain fog tells us we need more rest - 7 hours of sleep boosts your brain health.

LMS Safeguarding

Please see our **NEW**
Safeguarding newsletter
attached!

D A T E S

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


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
Friday 20 October	Whole school fundraiser - PJ Day
Monday 23 - Friday 27 October	Half Term
Monday 30 October - 1 November	Year 5 Bikeability
Wednesday 1 November	Biscuits & Books (8.35am—8.55am)
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

**BLACK
HISTORY
MONTH
2023**

**SALUTING
OUR
SISTERS**

BLACK FEMALE PIONEERS OF MILTON KEYNES

Find the exhibition at Station Square,
Central Library and Centre:MK during October

 **Milton Keynes** City Council



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

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

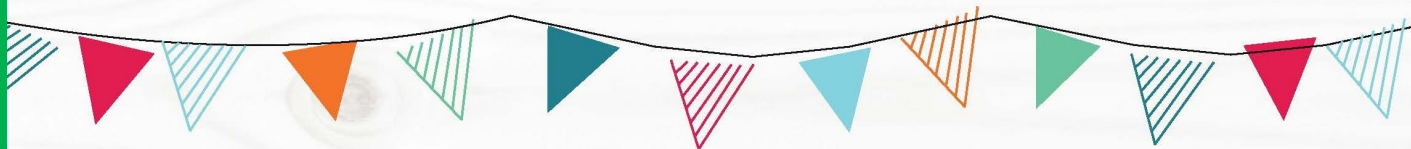
- You can only apply online at **Citizen Portal - Sign in** (milton-keynes.gov.uk) up until midnight on **31 October 2023**
- You will be able to view, update, and submit your application throughout the application window
- Communication with you will be quicker and your application will be secure
-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

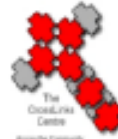


SHENLEY
CHRISTIAN FELLOWSHIP
A BAPTIST CHURCH IN MILTON KEYNES

St Mary's
Bletchley



Grace
CHURCH



The GoodLink
Centre
Assistance & Guidance



mkcommunity
foundation
connecting and growing our community

Tel: 0300 123 5198 / 01908 550630 • office@mkmoneylifeline.org.uk • www.mkmoneylifeline.org.uk
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by guarantee registered in England and Wales with company number 07917713. Registered charity No 1146001