

LMS Matters

Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 11

Date: 24.11.23



Dear Parents and Carers

It was my great honour to go and watch the Girls' Cross-Country team at Thornton College last week. Competing against lots of private schools and showing ourselves as true competitors was a true #proud moment for me. We had 3 simple rules. 1. Don't stop running, 2. Don't stop running and 3. Don't be polite and let others through the small gap. Mr Moran and myself could not have asked for more. Please see Twitter for lots of action shots.

Today we celebrated **WORLD SCIENCE DAY**. The theme for this year is 'Global Science for Global Well-being'. The main purpose is to understand the role of science and technology in society and how it can be used to benefit communities in all parts of the world. Lots of staff have been interrogated about Mrs Hargreaves' cookies being stolen (ps, it wasn't me, honest).

Once again I would like to remind parents and carers about **PARKING AROUND THE SCHOOL**. Unfortunately, parents have once again started parking on the **YELLOW ZIG-ZAG LINES**, on the **DOUBLE YELLOW LINES ON THE BEND**, as well as in and across **RESIDENTS' DRIVEWAYS**. All of these are unsafe and, if I am truly honest, just rude. I am unsure of how many times we will need to say this before people make a change and before someone gets seriously hurt.

It is with a sad heart that I have to announce that **MR ROE** is **RETIRED** at Christmas after many years in education and at LMS. We will be sending a text out to parents (as Mr Roe reads the newsletter – yes we know you do, Mr Roe) so keep an eye out for further information!



One of the many, many things Mr Roe was part of was the creation of the lamps with the children for the Christmas display at **WADESSEMAN MANOR**. These lamps look amazing and you can see them if you visit their Christmas light walk.

We wanted to signpost a workshop that is available for parents and carers if their child is having **ANXIOUS THOUGHTS AND FEELINGS** that may lead to school avoidance. This is led by the Educational Psychology Services and covers lots of great topics to support you. Please see the flyer further on in the newsletter.

CAN YOU HELP? As part of our outdoor learning and play project this year we need your help. Do you have any old **BROKEN CLAY POTS, BROKEN BRICKS** or **BAGS OF HARDCORE**? We need these to help our new regulation planters around the school to drain properly. If you do, please bring them in ASAP.

Finally this week, the latest version of **RARING2GO** magazine is now out. It covers events and things to do for families in December, January and February. You can find the digital free copy [HERE](#).

Have a fab weekend and enjoy your family time together – even if it may be a little chilly!

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KS1

Minnows

who achieved

98.7%

KS2

Foxgloves

who achieved

98.8%



Don't forget we are on the lookout for loose parts for our new area. Please see the list further on in this newsletter.



Long Meadow Legends

Tadpoles – Tom for always being kind, caring and helpful and Myles for settling into class so well.

Minnows – Sashmitha for being a complete superstar and George for always being a positive role model.

Pondskaters – Willow for excellent contributions during our PSHE learning about bullying and Emily for excellent recognition of coins and notes.

Sticklebacks – Zayn for always trying his best and contributing to learning.

Newts – Rosie for creating a stunning sunflower print in art and Teodor for incredible focus & resilience in English.

Frogs – Caroline for designing and creating a beautiful sunflower print and Arjun for being an excellent role model to others.

Bracken – James for being “on it” and Mufaro for making sure he learns one thing every day.

Hogweed – Noah for showing fantastic perseverance across all of his learning & Zain for always bringing positivity & humour into our classroom.

Foxgloves – Harriet for amazing acting in English and Luka for a fantastic start to life at LMS.

Hawthorn – Eva for her wonderfully persuasive hot chocolate advert and Ivory for her amazing ‘can do’ attitude this week.

Ferns – Henry for an amazing piece of persuasive writing and Hania for amazing short division.

Thistles – Kadmiel for challenging himself in maths and Habeeba for continued effort in all her learning.

Brambles – Gabriel for always being keen to join in class discussions and Anya for her consistently high level of work in all subjects.

Teasels – Harry for his excellent home learning and Scarlet for being a brilliant member of Teasels.

Sports Person of the Week

Leo P (Pondskaters) for making a brilliant start to our topic of send and return and Safiya in Bracken who is respectful, hardworking and always has a smile in PE.

#PROUD

Congratulations also to Pippa, Zoe, Isabel, Harriet, Jasmine, Maya, Isla-Rose & Maisy for competing in the cross country event at Thornton.

Congratulations to our Top Doodlers...

Lola I, Yusuf R, Zain R, Tilly W, Leon B,
Nathan E and Anya R for their 50 day
maths streaks; Krystine A, Yusuf R, Krystal
A, Zain R, Sehaj J and Anya R for their 50
day English streaks and Jessica H for her
250 day maths streak.

Well done!



doodle

LMS Safeguarding

Keeping Children Safe in Sport - NSPCC

Sport is a fantastic thing for children and young people. It helps them socialise, keeps them fit and more importantly can introduce them into an interest for life. One which will increase their quality of life far into the future, setting good habits and instilling values and self-discipline. Engaging with them in this manner can show them new directions for their lives and expand their opportunities. Unfortunately there are, as with anything, risks attached. Away matches, interactions with non-school staff such as coach drivers, out-of-school coaches and other personnel can create vulnerability windows that could be exploited. To help head off these potential problems, the NSPCC has created a page dedicated to offering guidance on how to keep pupils safe in sporting environments. To find out more please follow this link :

<https://thecpsu.org.uk/parents>

LMS Well-being

Protecting our mental health is easier than you might think. We can all do it every day and, with simple activities that help us feel OK, we're better able to cope with life.

Be aware of using drugs and/or alcohol to cope with difficult feelings. Many of us sometimes use drugs to block out "difficult" feelings such as sadness, fear or shame. No one wants to feel bad; for some people, drugs and/or alcohol offer temporary relief. Unfortunately, they don't stop the feelings from returning and may make things worse or create other problems, including damage to mental and physical health, relationships, work, or study. If you think you may be using drugs or alcohol to cope with difficult feelings, it may help to notice it without beating yourself up about it. Being understanding and kind to yourself is good for your mental health. A possible next step could be to talk with someone you trust or one of the charities that offer confidential, free information and advice, including how to reduce the harmfulness of using drugs. Have a look at Talk To Frank, for example. You could also look for other ways of coping with painful feelings, such as getting help with the situation causing them, if possible, and finding a trusted person to talk with. This could be a friend or relative, a colleague, a person working for a charity helpline, your GP or a counsellor. Many charities around the country offer low-cost or free therapy. Find more detailed information about getting help with your mental health from many potential sources. Some people find it helps to go to "anonymous" meetings, such as Narcotics Anonymous, to share with others who have/had similar experiences. Some of these meetings are also now online.



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

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
Tuesday 19 December	KS1 Carol Concert (2.15 - 3.15pm)
Wednesday 20 December	KS1 Carol Concert (9.00 - 10.00am)
Wednesday 20 December	EYFS Performance (2.00 - 3.00pm)
Thursday 21 December	Party Day
Friday 22 December	INSET Day

My child has anxious thoughts and feelings which are leading to school avoidance. What can parents and carers do?

This workshop for parents/carers will be led by the Educational Psychology Service. It aims to support parents and carers of school-age children and young people whose experience of anxious thoughts and feelings is leading to school avoidance. These difficulties are often referred to as Emotionally Based School Avoidance (EBSA).

During this session, we will cover the following:

- Helping your child with their fears and worries
- The impact on parents/carers and the importance of self-care
- Working with your child's school to create an action plan of support

The workshop will be available to join on the following dates:

- Thursday 30th November 13:00 – 14:30
- Wednesday 31st January 10:30 – 12:00
- Wednesday 5th June 10:30 – 12:00

You will only need to attend one date as the same workshop is repeated over the three dates. All workshops will be delivered via Microsoft Teams.

To book your place email us on SENDsupport@milton-keynes.gov.uk stating that you would like to attend the EBSA parent and carer workshop. An invite will be sent to your email address in the week leading up to the workshop.

<https://www.mksendlocaloffer.co.uk>

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.

Is my child too ill for school?

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes.

High temperature

If your child has a high temperature, keep them off school until it goes away.

Chickenpox

If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID-19 What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

Head lice and nits

There's no need to keep your child off school if they have head lice. You can treat head lice and nits without seeing a GP.

Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But let the school know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

Threadworms

You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 24 hours.

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





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



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

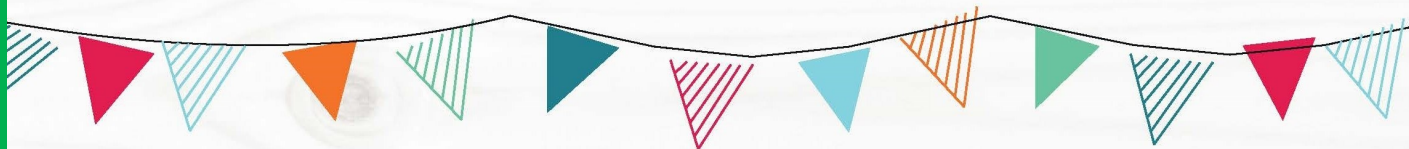
- You can only apply online at Citizen Portal - Sign in (milton-keynes.gov.uk) between 1 September 2023 and 15 January 2024
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will be secure
- You will be able 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)



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**



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**





**Around 50% of
children will have
a sleep issue at
some point***

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP ME?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in mental health wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why you might not be sleeping well and how that can change

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm

Monday & Wednesday 9am - 11am

POWERED BY



IN PARTNERSHIP WITH

**Furniture
Village**

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

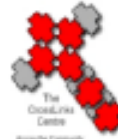


SHENLEY
CHRISTIAN FELLOWSHIP
A BAPTIST CHURCH IN MILTON KEYNES

St Mary's
Bletchley



Grace
CHURCH



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