

LMS Matters

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Dear Parents and Carers

This week we took part in **WORLD COMPUTER SECURITY DAY**. First observed in 1988, Computer Security Day (CSD), is now celebrated worldwide by businesses, schools and government organisations. We take part in this to draw the attention of people towards the importance of computer security. As the world is getting more advanced technologically, it is important to stay focused on computer security. How can you celebrate it at home? Using the same old password or the same password for all your online accounts? - you may be vulnerable to hackers. Spend the day changing and updating your passwords. Sign up for a password manager that not only generates random passwords for you but can also save them for you so you don't have to remember them. Update all your spyware and malware protection software. Back up your files and photographs.

Did you know that the **DOODLE WINTER CALENDAR** starts today? This seasonal event is where your child can earn festive rewards by Doodling 'little and often'! Between the 1st-24th of December, encourage your child to complete at least one exercise a day in DoodleMaths and/or DoodleEnglish to open a calendar door. They'll find festive goodies hiding behind each one – and if they open all the doors on one or both calendars, they'll receive a virtual Winter Calendar badge! If your child misses a day, don't worry; they can use their stars to open any doors they've missed.

As a reminder, please can all parents/carers ensure that on PE days **HAIR IS TIED UP** (or at least provide a hair band to do this) and **EARRINGS ARE NOT WORN** (or your child must be able to take them out themselves). This is to ensure their safety. This has just started to creep in again and hair bands aren't being brought in or are being forgotten.

We have received another donation of **HEDGES** at school, but currently have no need for them. Would any parents/carers like them? (with possibly a small donation towards the Secret Garden). We have four bundles of each type with about 6 plants in each bundle. The types are Dog Rose, Hawthorn and Crab Apple. Please come into the school office if you are interested.

Our next highly successful **STAY AND PLAY** session is in the school hall next Wednesday 6th December. As ever, all are welcome. It's for under 5s and costs just £1 per person. This time it is a Christmas theme, in a relaxed atmosphere; please spread the word.

Please don't forget our Christmas Charity this year which is **UNITYMK** (formerly known as Winter Night Shelter Milton Keynes), a local charity offering practical and emotional support for those experiencing homelessness or who are at crisis point. Please see the list of items you can donate in our Reception area. The last date for this is **Tuesday 19th December at 9am**.

We are sadly saying goodbye to a number of Midday Supervisors in the next few weeks – we just wanted to say thank you to them for all the love, care and attention they have given the children of LMS. We have appointed 5 new members of staff and will introduce you to them all soon!

Finally this week, please remember that **WE ARE HERE TO HELP** through the Christmas period. We have lots of things in our LMS larder, we can give you a meal in a box from St Mark's Meals and can also provide food vouchers for the food bank – all of these are free of charge. We also have our Girl Packs – which are a discreet support of what a girl may need. Please also see our **MENTAL HEALTH** and **WELL-BEING** newsletter going out alongside this one today.

I hope that I get to see you all at the **PALS CHRISTMAS FAYRE** this afternoon – a massive thanks to PALS for all their hard work in providing such a wonderful event and for every single penny they provide for us – it really makes a difference.

Enjoy your family time together this weekend and see you all next week

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

Sticklebacks

who achieved

97%

KS2

Teasels

who achieved

97.9%



**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 – Aidan for working hard to build up his subitising skills.

Minnows – Sophia for demonstrating our school values everyday.

Pondskaters – Anne for outstanding contributions in DT.

Sticklebacks – Archie for engaging in all his lessons and following the Golden Rules.

Newts – Summer for being a maths superstar!

Frogs – Dheer for brilliant efforts with drama activities during outdoor learning time.

Bracken – Ethan for improved focus in English and maths.

Hogweed – Enrico for consistently trying his best with his learning.

Foxgloves – Kaiyaan for a clearly drawn diagram and awesome description of the water cycle.

Hawthorn – Rhea for her wonderful learning in geography.

Ferns – Thomas for being an incredible member of the class.

Thistles – Ayaan for joining LMS with a smile on his face & so much enthusiasm.

Brambles – Kaiden for making a real effort on his non-chronological report to inform a new class what Brambles class is like.

Teasels – Emily and Jessica for their amazing interior design skills.

Sports Person of the Week

Anaisha J for being an absolute superstar and making great progress.

#PROUD



Congratulations to our Top Doodlers...

Theo Y for his 50 day maths streak!

Well done!



LMS Safeguarding

Addiction & Substance Use - ACAMH

As much as we wish it wasn't true the reality is that the use of addictive substances by young people is commonplace. Young people have always been trying to push the boundaries of the rules within and outside of school.

We have all been at that age before where we've been exposed to new things that seem exciting and fun. Sometimes peer pressure is irresistible, sometimes pupils are just curious. In the majority of cases an infatuation will be just that, a brief affair that will dissipate with time.

For some though, these substances will hook themselves deep into the brain of the user, and that will create serious problems for pupils in years to come. The Association for Child and Adolescent Mental Health (ACAMH) has published a page aimed at helping you know more about this issue. If you're interested please follow the link below:

<https://www.acamh.org/topic/addiction/>

LMS Well-being

Podcast learning! – An interview with James Hoffmann (English barista, YouTuber, entrepreneur, coffee consultant, and author). Hoffmann first came to prominence after winning the World Barista Championship in 2007 and has since been credited as a pioneer of Britain's third-wave coffee movement. The link between coffee, mental health, depression and heart disease!

What are the potential downsides of consuming coffee?

Excessive caffeine consumption can negatively impact sleep quality, which is important for various aspects of health. It is also important to be mindful of the amount of caffeine consumed.

What are the health benefits associated with coffee consumption?

Coffee has been found to have positive impacts on cognition, liver function, cancer prevention and overall longevity. It also contains fibre and polyphenols that are beneficial for gut health.

Is there a link between coffee consumption and Alzheimer's disease?

Some studies suggest that a moderate coffee consumption (up to 3 cups a day) is associated with reduced cognitive decline and a lower incidence of Alzheimer's disease.

The full episode can be found here: <https://www.youtube.com/watch?v=TqNrJNhcf5g>

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

Autumn Term 2023

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.



Winter Donation List



Items that are in need



Shampoo
Shower Gel
Soap
Snack bars
Biscuits
Tea
Coffee
Hot Chocolate (add water preferably)
Cuppa soup
Sugar
Cereals
Squash

Cake
Bin Bags
Chocolate
Crisps
Warm clothing
Hats
Gloves
Back packs
Washing up Liquid
Dishwasher tablets
Landry Powder / Liquid



Items we can't use



Unfortunately, we CANNOT accept the following:
Anything containing alcohol, medication, drugs
Second hand socks and underwear
Partly used and opened shampoos and toiletries
Damaged and soiled clothing
Bedding items – duvets, pillows etc.



Amazon wishlist

We also have an Amazon wish list that can be found through our website at unitymk.org/donate

For more information please contact Ria at fundraising@unitymk.org

Registered charity no: 1149480

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



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

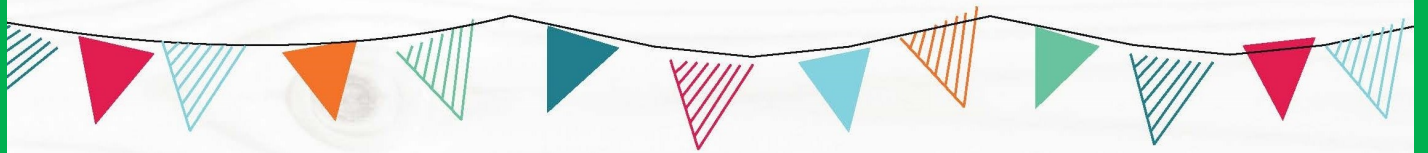
- You can only apply online at Citizen Portal - Sign in (milton-keynes.gov.uk) between 1 September 2023 and 15 January 2024
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will be secure
- You will be able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



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**





**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

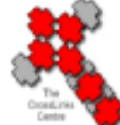
Working in association with:

cma
Freedom from debt
Hope for the future
Community Money Advice



SHENLEY
CHRISTIAN FELLOWSHIP
A BAPTIST CHURCH IN MILTON KEYNES

St Mary's
Bletchley



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