

# LMS Matters

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Dear Parents and Carers

A warm welcome to what will be the final newsletter of 2023. I really hope that these weekly updates are of use to you all and that they give you a clear overview of what we are up to at LMS as well as some key information to help you, your children and you family.

Two of our children in Year 6 this week organised and ran a **CAKE SALE** in order to raise money for soft furnishings in the library. They, along with one of our reading champions, baked and bought cakes to sell to Key Stage 2. The cake sale was a resounding success and they have raised £197.40 which will all go towards improving the comfort of our library. Watch this space!



The children were treated to another **MRS GUADAGNINI ITALIAN ASSEMBLY** this week, this time with a Christmas Theme. Mrs G was very nervous as this time she did it to the whole school. She had nothing to worry about as it was amazing and we love seeing the children completely engrossed in the assembly and her language!

It was lovely to see such **COMMUNITY SPIRIT** this week when one of our parents had trouble getting into their car– thank you to everyone who helped them, your commitment to helping went above and beyond. I'm so #proud of what you did. You know who you are.

**BLETCHLEY PARK** are running their Christmas events as usual. Discover the once top-secret work of the Codebreakers in their exhibitions and explore the wartime buildings to walk where history was made. Visit the Codebreaking Huts and Mansion, dressed in vintage 1940s decorations. Follow the Reindeer Ramble to discover all Father Christmas' Reindeer or test your riddle solving skills with their Christmas Puzzle Challenge. There are lots of free family activities so see the attached flyer.

It was so nice seeing all the children get their awards in **ACHEIVEMENT ASSEMBLIES** this week. I am so #Proud to see the wide range of reasons why our children are recognised. Well done to everyone who got theirs this time. As ever, we have 2 more opportunities, at the end of the spring and summer term

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.**

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.

Have a spiffing weekend!

Mr Gray



Our weekly attendance trophy winners were...

**EYFS/KSI**

**2SB/KT**

who achieved

**98.67%**

**KS2**

**3LB**

who achieved

**98%**



**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



Legends will return in  
the New Year!



# Congratulations to our Top Doodlers...

Poppy W for her 50 day maths  
streak; Siddharth K, Daksh H, Anna  
A, Harsimran J, Jacob C & Sehaj J  
for their 100 day maths streaks and  
Anna A & Siddharth K for their 100  
day English streaks

Well done!



## **LMS Safeguarding**

**Have you seen the latest version of the LMS safeguarding newsletter?**

**Look out for it in your inbox– its full of information to support you and your children.**

## **LMS Well-being**

Sometimes parents can carry the mindset of putting others before themselves into the holidays when it's an ideal time to de-stress. Christmas can be a key time to feel overwhelmed for many. The pressure to do extra tasks from buying presents, writing out cards and seeing people can lead to a very long to do list. Sometimes inner beliefs of what we think we should be doing worsens it, along with the notion of making things perfect. Additionally, a lot of us may worry about the cost of it all. So perhaps it's time to challenge some of your own expectations to better manage it financially and emotionally. Its ok to scale things down and look for alternatives. For example, send Christmas emails or what's app messages to people rather than buying cards, which you must write out and stamps to buy. Here is a link to free messaging templates, please click [here](#)

1. Start the holiday by getting out of parent mode and doing something nice for yourself.
2. Make a list of what you need to get done.
3. Number your list in priority order.
4. Estimate a realistic amount of time for each task.
5. Double check that its realistic.
6. Double check its essential.
7. What can you delegate? May be have a family meeting and say this is what needs to be done, how can we do it between us?
8. Monitor your guilt when you let others do things for you; its ok!
9. If you have too many people to see over Christmas, can you group people together?
10. Be mindful that there is balance of people visiting you and you visiting others. Travelling or hosting can both be tiring, have a balance.



# 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

#### Spring Term 2024

Monday 8 January	INSET Day
Tuesday 9 January	Spring Term begins
Wednesday 10 January	Stay & Play session
Friday 12 January	Young Voices
Monday 15 January	Year 2 Frogs—MK Field Trip
Tuesday 16 January	Year 2 Frogs MK Field Trip
Monday 22 January	Year 2 Newts MK Field Trip
Tuesday 23 January	Year 2 Newts MK Field Trip
Friday 26 January	Year 5 Space Centre
Wednesday 31 January	Stay & Play session
w/c Monday 5 February	Year 6 Mock SATs
Wednesday 14 February	Stay & Play session
Monday 19 - Friday 23 February	HALF TERM
Wednesday 28 February	Stay & Play session
Friday 8 - Thursday 14 March	Book Fair
Tuesday 12 March	Year 1 Curly Tails visit
Wednesday 13 March	Stay & Play session
Wednesday 13 March	Year 1 Curly Tails visit
Thursday 14 March	Year 1 Curly Tails visit
Friday 15 March	Year 1 Curly Tails visit
w/c Monday 18 March	Year 6 Mock SATs
Monday 18 March	Year 4 Teardrop Lakes
Tuesday 19 March	Year 6 Bletchley Park
Wednesday 20 March	Year 6 Bletchley Park
Tuesday 26 March	EYFS & KS1 Awards Assembly (9.10am)
Wednesday 27 March	Year 3 & 4 Awards Assembly (9.10am)
Wednesday 27 March	Year 5 & 6 Awards Assembly (2.15pm)
Thursday 28 March	School Class Photos
Thursday 28 March	Last day of term

# **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](mailto: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>

 **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.



LOCAL RESIDENTS RECEIVE 50% OFF ADMISSION  
UNDER 12 GO FREE



## ENJOY A VINTAGE CHRISTMAS

AT BLETCHLEY PARK  
THIS DECEMBER!



Discover the once top-secret work of the Codebreakers in our exhibitions and explore the wartime buildings to walk where history was made. Visit the Codebreaking Huts and Mansion, dressed in vintage 1940s decorations.

**Follow the Reindeer Ramble to discover all Father Christmas' reindeer or test your riddle solving skills with our Christmas Puzzle Challenge.**

**FREE FAMILY ACTIVITIES**

[Click here to find out more](#)

[bletchleypark.org.uk](http://bletchleypark.org.uk)

**BLETCHLEY PARK**





## 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](https://unitymk.org/donate)

For more information please contact Ria at [fundraising@unitymk.org](mailto: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](http://www.sofea.uk.com)**

Registered Charity Number 1155783





**360** SEND Sessions

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



Deputy Safeguarding Lead  
**Sarah Mossman** - Learning Mentor / Family Support Worker

## Working Together to Safeguard Children

Apply online from  
1 September 2023 to 15 January 2024

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

# Starting school for the first time in September 2024?

For children born between  
1 September 2019 and  
31 August 2020

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

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

Following dates will start from 11.30am

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

## Find out more at:

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

Apply here



**MK** Milton Keynes  
City Council

1419281 - August 2023

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

### Apply on time

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

### Use all four preferences

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

### Apply online

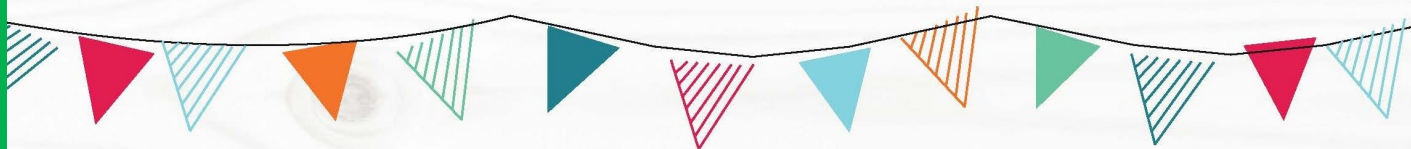
- You can only apply online at Citizen Portal - Sign in ([milton-keynes.gov.uk](https://milton-keynes.gov.uk)) between 1 September 2023 and 15 January 2024
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will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

### Choose wisely

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

Admissions information for all schools is available on our website.

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



WESTCROFT

# COMMUNITY FRIDGE

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

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

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





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

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

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



**New Venue!!**

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

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

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



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

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

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





**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

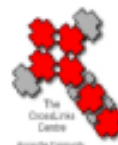
Working in association with:

**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