

LMS Matters

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Dear Parents and Carers

A warm welcome back to our families old and new and may I take this opportunity to wish you all a happy new year.

Firstly, on behalf of all the staff, may I say thank you for all your kind words, card and gifts that we received before Christmas. Whilst we do not expect anything from anyone, it really does warm our hearts with the appreciation we were shown. Please remember you do not have to feel any pressure to buy/contribute to gifts, just us knowing we make a difference is enough (although it's really nice to hear it).

We have returned to school with a cold snap and lots of **ILLNESS** continuing to sweep through school. I would however like to remind parents and carers of the NHS document [Is my child too ill for school?](#) Here you will find advice and support for illnesses which your child may be experiencing. Please remember, 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.

Is your child interested in **PHOTOGRAPHY**? If so, they may be interested in a photography competition at Stowe House. They have a dedicated category for under-18s and would love to see some new budding photographers have their work displayed in their exhibition and produced in their 2025 calendar. Please see the poster further on for details.

Are you looking for creative and fun activities for your family in 2024? **FAMILY FIRST SATURDAYS** are back at Milton Keynes Arts Centre! Family First Saturdays are drop-in family creative workshops happening on the first Saturday of each month; there will be different art activities every month! Drop in — no need to book, £4 per participant payable on the door. Activities include making cyanotype prints, shadow drawings and translucent abstract window hangings. In advance of Random Acts of Kindness Day on 17 February, and inspired by the artist Lee Mingwei's 'The Moving Garden', families are also encouraged to make an origami flower, which they can then give to a stranger who they feel would benefit from the unexpected act of generosity. Go to this link for more info: <https://fb.me/e/IJwUUee7K>.

The Department for Education (DfE), in partnership with the Department for Health and Social Care (DHSC) has launched its Start for Life '**LITTLE MOMENTS TOGETHER**' campaign. The campaign aims to educate parents about the importance of brain development in the first five years of a child's life, and the crucial role they play, with advice and tips from Start for Life. Too many children in the UK start school developmentally months behind their peers, particularly in speech and language ability. This gap often widens over time, particularly in disadvantaged groups, with children who have poor vocabulary skills at age five being less likely to succeed academically. They are also up to twice as likely to be unemployed in their thirties. By focusing on behaviours that can easily be integrated into their busy daily routines, the campaign aims to illustrate a 'way of being' to parents, showing them that sharing simple, child-led 'serve and return' moments together throughout the day has a big impact. By looking at the [Start for Life website](#), you will find simple ideas from other parents on how to build these little moments into each day. It includes lots of examples of tips and activities for parents to do with children at different ages. It also signposts parents to the relevant in-person support available in their local communities. As part of the campaign's resources, a new film has also been released to explain how children's brains develop during the early years, and the crucial role parents play through all the little moments they spend together with their child. Watch it [here](#).

Finally this week, we need your help in finding our **STOLEN PARKING SIGN** which went missing over the Christmas break. It's no use to anyone as they have our school uniform on! If you know anything about its theft, please let us know or ring the Police on 101 – we would really like it back :)

It's great to be back and see so many smiling faces!

Have a smashing weekend!

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KS1

Minnows

who achieved

99.2%

KS2

Hawthorn

who achieved

98%



Don't forget
the School
Council **Fancy
dress/Non
uniform day**
on Friday 19th
January – see
the recent
letter.



Long Meadow Legends

Tadpoles – Hiba for amazing word blending and writing this week

Minnows – Hasvika for being a complete superstar in phonics

Sticklebacks – Coby for amazing attention to learning this week

Pondskaters – Bentley for fantastic reading in RWI

Frogs – Mia for demonstrating a huge improvement in her confidence

Newts – Brooklyn for bringing lots of enthusiasm to every lesson

Hogweed – Ryan for having a fantastic first week of 2024!

Bracken – Valerie for her fantastic effort & concentration

Foxgloves – Betul for looking carefully at artefacts in history & making thoughtful observations

Hawthorn – Teddy for being focussed in all lessons this week and trying really hard with fractions even when it was difficult

Ferns – Ruben for an amazing start to 2024 & brilliant contributions in class discussions

Thistles – Emily for being so brave! She overcame a huge fear & impressed us all

Brambles – Nevaeh for her consistently positive & amazing attitude to learning

Teasels – Darsy for demonstrating a great understanding of persuasive speeches

Sports Person of the Week

Marc A (Sticklebacks). What a brilliant way to come back to school and start our new topic! Marc was a superstar this week in our attack, defend and shoot topic. He worked well in a group, taking and waiting for his turn to show underarm and overarm throwing at a target to score points. His listening and following instructions was the best I've seen from him! #Proud

LMS Safeguarding

Unfortunately, we have again been made aware of children talking about **POPPY PLAYTIME**. Poppy Playtime is a horror game made by a small independent team (MOB Games). The game involves an unnamed protagonist investigating a mystery in an abandoned toy factory. As the player, you roam around the factory and collect VHS tapes to solve the mystery of what happened. You must solve puzzles while trying to survive the “vengeful toys” left behind. The factory’s most popular toy “Huggy Wuggy” – a giant, horrifying blue creature with bulging eyes, wide red lips, and long limbs – actively follows you around as you try to complete the game. He appears in the dark unexpectedly to try and catch you. If you get caught, Huggy Wuggy bares his wide and sinister grin and eats you. Players complete Chapter 1 by finding Poppy the doll. Despite this game only being available on PC, there are multiple copycat versions of it for children to download and play on Roblox, Minecraft, and all app stores. It’s important to note that none of these games are age-restricted. Poppy Playtime is also a part of the streaming phenomenon on YouTube, with popular YouTubers recording themselves playing the game and reacting to it. While the playthrough videos are not available on YouTube Kids, there are lots of videos with associated content specifically for children that would encourage them to seek out the source. It’s important to note that while children may not have played Poppy Playtime themselves, they may have watched a video of someone else playing it. When online safety experts searched for “Poppy Playtime” with Google SafeSearch and YouTube Restricted Mode turned on, the exact same top results came up when turned off. Posts relating to Poppy Playtime can be found across Twitter, Instagram, and TikTok.

<https://oursaferschools.co.uk/2021/12/03/poppy-playtime-online-safety-review/>

LMS Well-being

Over the break, I listened to a podcast all about the **MENOPAUSE**. I know lots of you will know most of this, but I wanted to share with you my takeaways from it. The interview was with Mary Claire Haver if you want to read/know more.

Menopause affects a significant portion of society, and it is essential to openly discuss and educate ourselves about it in order to provide support and understanding to women experiencing this stage of life. It is a natural process that affects all women and can have a significant impact on various organ systems in the body, making education and conversation crucial for validation and understanding. Women going through perimenopause and menopause need better resources and information to understand and manage the physical, mental, and cognitive changes they experience. Women experiencing menopause are often dismissed by doctors, leading to a lack of proper care and hormone replacement therapy, resulting in significant health consequences and negatively impacting their lives. It increases the risk of cardiovascular disease, diabetes, and other health issues. Hormone replacement therapy (HRT) can reduce these risks if started early, and support from loved ones is essential. Menopause can have a significant impact on women’s lives, and it is essential to provide comprehensive support and debunk misconceptions surrounding it, including addressing mental health implications. Prioritising hormone therapy, anti-inflammatory nutrition, and vitamin D can significantly improve women's overall well-being and reduce the risk of depression and chronic diseases. Consuming enough fibre and incorporating fasting into your routine can promote gut health, reduce inflammation, and improve overall well-being. Prioritise nutrition for maintaining optimal health. Fasting can benefit most people by improving brain function, but it may not be suitable for those with certain health conditions. Prioritising micronutrients and protein intake is essential for overall health. Taking certain measures like hormone therapy, exercise, and proper nutrition can help prevent bone loss during menopause. It is important to understand the balance between the benefits and risks of hormone replacement therapy, considering individual circumstances and medical advice. Vaginal oestrogen is a safe and effective treatment for menopausal women experiencing symptoms like painful intercourse and urinary tract infections, offering various administration options. Discuss potential side effects and preferences with a healthcare provider. Individualised treatment plans, including blood work, addressing sexual wellness, and exploring medication options, along with lifestyle changes, can greatly improve the quality of life for menopausal patients. By increasing access to menopause resources and breaking the stigma surrounding menopause, women can feel empowered to seek the support they need, while partners can play a crucial role in offering understanding and seeking professional help. Healthcare professionals should recognise and support both men and women during hormonal transitions, offering appropriate treatment options and considering factors like sleep disruption and nutrition.

It is crucial to address sleep apnoea in women, especially during menopause. Instead of focusing on becoming smaller, prioritise building muscle strength. A healthy diet with protein, greens, fruits, nuts, and seeds can provide essential nutrients and support women's overall well-being.

Women going through menopause should take charge of their own health by seeking help, understanding that their experiences are valid, and exploring various strategies for managing symptoms.

It is crucial to address menopause in education and conversations, emphasising empathy and nuance to reduce stigma and support those experiencing its symptoms.

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

Congratulations to our Top Doodlers...

Awadhya S, Dylan K, Ethan B, Milly C, & Betul C for their 50 day maths streaks; Ethan B, Milly C, Rishank D & Evie-Grace H for their 50 day English streaks; Ivy A, Cole E, Alexander G, Lola I, Rishank D, Krystal A, Anya R, Todd T, Maaria C, Oliver B, Wayne T, Tilly W & Zain R for their 100 day maths streaks; Daksh H, Krystal A, Anya R, Sehaj J & Zain R for their 100 day English streaks; Dominic L, Amelia L & Ruby C for their 250 day maths streaks; Ebun B & Eli G for their 500 day maths streaks; Ebun B & Eli G for their 500 day English streaks; Charlie M, Matthew W, Hannah W, Mervin K & Connie V-W for their 750 day English streaks and Zoe E & Harriet G for their 1000 day maths streaks!

Well done!



doodle

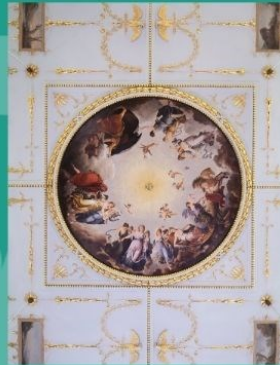


STOWE HOUSE

2024 Photography Competition



To celebrate 25 years of restoration at Stowe House, we're calling all photographers to capture the essence of architecture and enter this competition by submitting your best shots. The selected winners will have their image featured in the 2025 Stowe House Calendar and an exhibition.



Categories: Interiors;
Exteriors; Up-close;
Seasons; Under 18s.

For further info, T&C's
and submission forms
visit our website. Closing
date 31 August 2024.

www.stowehouse.org



Milton
Keynes
Arts
Centre

Family First Saturdays: Drawing with Light

Saturday
3rd Feb
1pm-3pm

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.

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



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

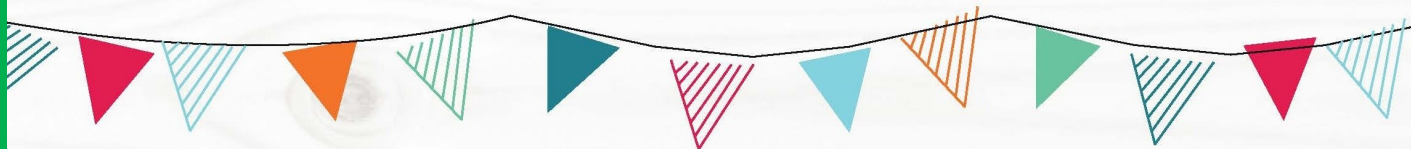




360 SEND Sessions

1st Wednesday
of every month
from 3rd May

£8.95 per child
all adults free



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

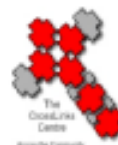
Working in association with:

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