

LMS Matters

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Dear Parents and Carers

Thanks for all your support with your responses regarding the grant for a **SCHOOL CROSSING PATROL** (Lollipop) person to help our families cross the road which I am applying for. This has been accepted and they will now do a site visit to assess the suitability of the site and determine if we get the grant. So, if you see me with a person from the council in a high viz feel free to tell them how much we need one. Thank you to those parents who felt that money could be better spent – unfortunately this is a grant from the city council to give us money for this only and cannot be spent in any other way.

PALS are launching a competition and need your help. They are looking for a **NEW LOGO** and **NICKNAME** and are running a competition for the children to design these. There are some awesome prizes of Amazon vouchers – so it's worth while you getting involved. The Theme: Imagine a world of friendship, fundraising, fun, helping and learning! If you need more details see the flyer further on in this newsletter — good luck!

The amazing Mr Bourke's judo club is running a **JUDO CAMP** in half term. This is a **JUNIOR JUDO CAMP** plus a **BEGINNER'S COURSE**, so is suitable for everyone! There will be fun filled activities based on the martial art of judo – please see the details further on in the newsletter.

On Friday 9th February 2024, we will be taking part in **DRESS TO EXPRESS DAY** as part of **CHILDREN'S MENTAL HEALTH WEEK** in support of Place2Be, a leading children's mental health charity. I am sure that you will agree that this focus on mental health is more important than ever at present and we hope that this day will help to shine a spotlight on this issue with pupils and our wider community. This year's focus for Children's Mental Health Week is **'MY VOICE MATTERS'** which is about empowering children and young people by providing them with the tools they need to express themselves. On the day, pupils and staff can use clothing to express themselves. Your child could wear their favourite colour or a unique outfit to express how they are feeling, it can be as simple or as elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. We hope that choosing an outfit for this day will also provide a great opportunity for you to start a conversation and be open about mental health with your child and family. There is no charge to wear non-uniform on this day and there is no expectation that you need to buy anything new for your child to wear. However, the Pupil Wellbeing Champions would like there to be an option for you to donate to their chosen charity, [Mind](#). If you would like to make an optional contribution you can do so via ParentPay.

The school was well represented at **YOUNG VOICES** last week at Birmingham NEC. They all had an amazing time singing their hearts and busting some cool moves (Mr Bourke in particular). This really is a special experience for our children and we are so grateful for the staff that support it. If you want to be a part of this in future years, check out our lunchtime Jazz Hands club to get a flavour of what it is all about.

Have a great weekend everyone!

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

Frogs

who achieved

97.9%

KS2

Hawthorn

who achieved

98.1%



Please remember the school **does not endorse any clubs or events advertised in this newsletter.** It is a parent's / carer's responsibility to ensure they check the suitability of anything they attend.



Long Meadow Legends

Tadpoles – Sadie for inventive storytelling & creativity in drawing club

Minnows – Riley for being an absolute superstar in phonics & using his kind words

Sticklebacks – Karter for always completing her learning to a high standard

Pondskaters – Ali K for fantastic maths learning, showing numbers in various ways

Frogs – Aaryan for being on time for registration this week & getting straight on with his early work

Newts – Ruby for showing more confidence towards her maths learning

Hogweed – Maddie for being wonderfully resilient

Bracken – Ariana for her use of scientific language in her explanations

Foxgloves – Folu for brilliant effort in home learning

Hawthorn – Matthew for fantastic work on fractions

Ferns – Tommy for incredible resilience in his writing

Thistles – Jane for making a really big effort to improve her handwriting

Brambles – Freddie for working hard at everything & being especially creative & artistic

Teasels – Honoria for participation in maths

Sports Person of the Week

Ryan H (Hogweed) for showing excellent dribbling skills in basketball and working hard in indoor athletics.

#PROUD

LMS Safeguarding

Trapped in County Lines - Christina Gabbitas

For the past few years, one of the key issues in safeguarding has been that of the induction of children into criminal networks, particularly networks focused on those who utilise children and young people as couriers for the narcotics trade. Christina Gabbitas is a children's author whose work, 'No More Knives or County Lines', we have previously covered on the briefing. She has now released a sequel, 'Trapped in County Lines', which seeks to be an age appropriate resource for secondary schools as part of their safeguarding curriculum. Her work has been highly praised by policing communities, safeguarding experts and young people. It's a great piece of work, and if you're interested please follow the link below to hear her thoughts on her latest book: <https://youtu.be/3xczsAkvjLo>

LMS Well-being

Arthur Brooks is a social scientist and Harvard Professor for leadership and happiness. Here are some of his key findings:

- Hope is super important on everything; when people lose hope they give up and don't take care of themselves, they don't do what they need to do.
- If you want to be happier, you need to understand the science and apply it to your life, you need to share it with others because you won't remember it and hold yourself accountable unless you do. The more you learn, the more you talk about what you learn, the better off you get.
- You want to be happy? Change your mind, don't tell somebody if they disagree with you that they are stupid, listen, listen more than you talk. It's about humanity and humility.
- Being happier is a choice on the basis of the commitment that you are going to make in your life and in your relationships and in the way you manage yourself. Happiness is not a feeling. The biggest barrier to actually getting happier is believing that being happy is a feeling - it's not. Happiness is the evidence of feelings, feelings are the evidence of happiness. You getting true happiness is not the goal, you have to have negative emotions, they keep you alive, make you learn and grow, so you don't want pure happiness.
- Happiness is the pursuit of 3 things: Enjoyment, satisfaction and meaning. Enjoyment - this is not the same as pleasure. Pleasure is nothing but the reward. If you pursue pleasure only, these things will turn into unhealthy practices. However, something like alcohol +people +memory +enjoyment for example is a good thing. Satisfaction is the joy you get after a struggle - defer the gratification. We need struggle and suffering to get the joy we seek. People who are better at deferring get more satisfaction and are happier. Satisfaction is all the things you have divided by the things you want to have - you need to want what you have, not to have what you want. Meaning is the why of your life, it's the combination of 3 things, coherence, purpose and significance. Coherence is 'things happen for a reason' - you have got to have a theory about why things happen. Purpose is 'my life has direction' and has goals. Significance is 'would it matter if I weren't here?', I'm significant.

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

Wednesday 31 January	Stay & Play session
w/c Monday 5 February	Year 6 Mock SATs
Wednesday 7 February	Year 4 Everdon—Parents Meeting (5.30pm)
Thursday 8 February	PALs Disco
Wednesday 14 February	Stay & Play session
Friday 9th February	Dress to Express Day
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...

Wayne T, Hania H & Todd T for their 50 day English streaks; Evie-Grace H & Hania H for their 50 day maths streaks; Krystine A for her 100 day maths streak; Noah C & Hrishikesh D for their 100 day English streaks; Nathaniel G for his 365 day maths streak; Enrico P for his 500 day English streak and Elliot R for his 750 day English streak!

Well done!



doodle



COMPETITION TIME



Registered Charity No. 1095870

Calling All Young Artists!

Hey super-creative kids of Long Meadow! Are you ready for a magical art journey?



PALS needs a new Logo and a nickname. Can you help?

The Mission

We're on a quest to find the most awesome logo and we need a nickname for PALS. So we need **YOUR** help!

We need a **new logo and a nickname** that shows how awesome our PTA team is!

Use your favourite colors, draw happy friends, helping hand, or add anything that makes you think of school adventures and teamwork!

Suggest a nickname people will know and love!

The Theme: Imagine a world of friendship, fundraising, fun, helping and learning!

The Theme

Example:



Prizes



First Prize:
£50 Amazon voucher!



Second Prize:
£20 Amazon Voucher



Third Prize:
£10 Amazon Voucher

The Rules

Add your full name and class name.
Drawing must be A4 paper size.
Please include the new name.
You can abbreviate the name as part of the logo.
Simple, clear and visible.
Easy to trace or scan into computer.
Above all, remember to have fun and enjoy the creative process.

How to enter?

✉ How to Send Your Masterpiece:
Ask a grown-up to help you send your drawing to longmeadowpals@gmail.com by **09th February 2024**. Let the magic begin!
Good luck, and happy drawing!

JUNIOUR JUDO CAMP PLUS BEGINNERS COURSE

F E B U A R Y 1 9 T H - 2 1 S T
0 9 . 3 0 - 1 1 . 3 0



Fun filled activities based on the martial art of JUDO

Ages 7 to 15 £45 for all 3 days

All coaches DBS and First Aid trained

Email to book a place and get more info

kitsunegarijudo@gmail.com

JOHN LAWSON'S

CIRCUS SHOW



DAILY SHOWS
19TH-25TH
FEB

1 HOUR
OF FAMILY FUN!

£8.99
PER PERSON
(UNDER 18 MONTHS FREE)

**BRAND
NEW SHOW
FOR 2024!**



PURCHASE TICKETS AT
[FROSTSGARDENCENTRES.CO.UK](https://www.frostsgardencentres.co.uk)



At Frosts Garden Centre, Newport Road, Woburn Sands,
Milton Keynes, MK17 8UE

MILTON KEYNES

**TRY US FOR
FREE!**

FROM ONLY
£6.99
PER CLASS
AFTER TASTER
SESSION

**LEARN
NEW SKILLS!**

**NINJA
CLASSES**

**GYMNASTICS
CLASSES**

by **Beth
Tweede**

**NO
CONTRACT!**

**FOR ALL
ABILITIES**

**MAKE
FRIENDS**

**PLUS CLASSES FOR
YOUNGER CHILDREN**

**SCAN HERE
TO BOOK A FREE TASTER**



Gymfinity Kids
CLUBS

book your **FREE** taster session at
gymfinitykids.com

16's only. See website for details.



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



**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



IN PARTNERSHIP WITH

**Furniture
Village**

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



Milton
Keynes
Arts
Centre

Family First Saturdays: Drawing with Light

Saturday
3rd Feb
1pm-3pm

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

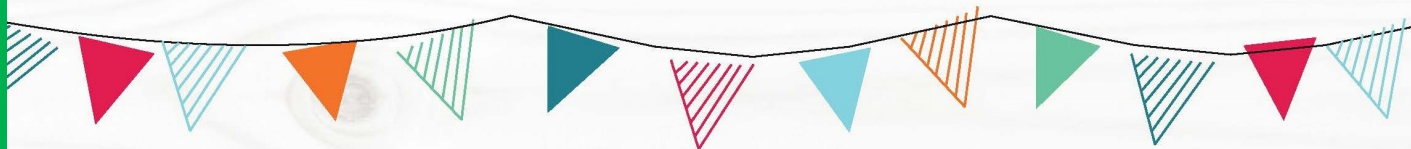




360 SEND Sessions

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**



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

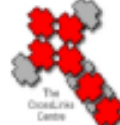
Working in association with:

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
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