

# LMS Matters

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Dear Parents and Carers

This week is Place2Be's **CHILDREN'S MENTAL HEALTH WEEK** with the theme of '**MY VOICE MATTERS**' which is about empowering children and young people by providing them with the tools they need to express themselves. Throughout the week the children have had an assembly led by Miss Kidd and another assembly led entirely by the **PUPIL WELLBEING CHAMPIONS** all about mental health and wellbeing, their training, their responsibilities, tips and strategies and who to talk to if any child is ever worried. Additionally, the Pupil Wellbeing Champions went into different classes every day to share strategies and advice. Today is **DRESS TO EXPRESS DAY** where children could use clothing to express themselves. They could choose their favourite colour or a unique outfit to express how they are feeling and it was an opportunity for self-expression and celebrating a diverse range of emotions. We hope that this week, alongside our posts on X (Twitter), will also provide a great opportunity for you to start a conversation and be open about mental health with your child and family. The Pupil Wellbeing Champions wanted there to be an option for you to donate to their chosen charity, Mind, this week. If you would like to make an optional contribution, you can still do so via ParentPay. Look out for the mental health posters the Wellbeing Champions made around our school!

Don't forget, next week sees our **LEARNING CONVERSATIONS** on **MONDAY AND TUESDAY**. Parents and carers should now have received information from their child's teacher(s) so please ensure you have seen when yours is. If you didn't request one, you will have been allocated a slot. We value these greatly as part of our home-school partnership and hope that you do too. Please note these will be **FACE TO FACE** at the school and you should enter through the main entrance. We look forward to seeing you all then.

This week has seen **YEAR 6** taking their **MOCK SATs**. This is in preparation for their National testing which takes place in May. Each year I am blown away by the effort of our children. We only ever ask them to do their best and this week they certainly have. We are all **#PROUD** of them.

A date for your diary: On Saturday 2nd March, MK Arts Centre (Parklands, Milton Keynes, MK14 5DZ) have another Family First Saturday coming up and it is all about celebrating **INTERNATIONAL WOMEN'S DAY**. Come join them from 1pm-3pm for a range of art activities exploring colour and pattern through the work of historical and contemporary women artists of significance, £4 per participant.

Finally this week, one of our ex-parents is training for the London Marathon. They will be raising money for a charity which is extremely important to them. In February 2023, one of their oldest and best friends received the devastating news that their son, aged just 11, had an aggressive and cancerous brain tumour. It sadly cannot be operated on. The family have received such huge help and support from the Young Lives vs Cancer charity that they wanted to raise money for this charity to help their friend's son but also other children like him who are suffering with and are affected by cancer. If you wish to support them the link to their page is: <https://2024tcslondonmarathon.enthuse.com/pf/toni-elvery>.

Enjoy your family time together this weekend.

Mr Gray



Our weekly attendance trophy winners were...

**EYFS/KSI**

**Pondskaters**

who achieved

**99.6%**

**KS2**

**Hawthorn**

who achieved

**98.9%**



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** – Louis for being consistently kind and helpful and Sadie for fantastic effort and strong progress in her independent writing.

**Minnows** – Kyan for his hard work and perseverance writing his name and Zahra for being a good noticer when examining the full 10 frame, #Proud.

**Sticklebacks** – Ivy for amazing maths learning and Eva for excellent science learning about deciduous and evergreen trees.

**Pondskaters** – Chido for fantastic reading of red and green words and Falaq for showing fantastic jumping on a number line during our learning outdoors maths lesson.

**Frogs** – Olivia for being a fantastic role model to others and Eli for fantastic skills and perseverance when using clay.

**Newts** – Theo for working hard to develop his passing skills in PE and Amel for excellent control in yoga.

**Hogweed** – Sam for his super spooky story Hot White, and Ruby for working hard to regulate herself when things aren't going quite right.

**Bracken** – Alice for working so hard in maths and Valerie for trying her absolute best in every lesson.

**Foxgloves** – Jessica Y for being a confident and resilient learner and Shaan for being brilliant, amazing and awesome at learning times tables, #Proud.

**Hawthorn** – Aaria for always trying her best and giving everything 100% and Shenley for always challenging herself and pushing to achieve to the best of her ability.

**Ferns** – Lily for amazing use of language in her English descriptions and Isabella for always taking great pride and care in her presentation.

**Thistles** – Philip for showing constant enthusiasm and a willingness to share his knowledge and Oscar for always trying his best and never giving up.

**Brambles** – Connie for some good focus and listening well to instructions and the whole of Brambles class for a fantastic attitude to mock SATs this week!

**Teasels** – Isaac for a great start to life at LMS and the whole of Teasels class for a fantastic attitude to mock SATs this week!

## Sports Person of the Week

Emma K for amazing progress in swimming – she now has the confidence to get in the pool and swim a distance with some support, an excellent example of perseverance and “giving things your best go!” – and Lara A for growing in confidence – she is showing brilliant effort in netball, using her prior knowledge to support the learning of others in the class.

#PROUD

## **LMS Safeguarding**

### **Online Vulnerability Awareness Resources - Internet Watch Foundation**

The internet is a wonderful facet of modern life. Humans have never had as much access to information as they have today; at the touch of a keyboard all knowledge can be acquired largely for free. But it has also made us contactable at all times, in a manner that goes far beyond the voicemails that used to typify telephonic communications. Now photographs, voice notes, and videos can be exchanged to any device at will. This has made young people more vulnerable than ever to unwanted messages and images. Research carried out by the Internet Watch Foundation shows that 1 in every 4 teens has received unwanted sexual messages online. Awareness of how to mitigate this issue is vital to securing the young people of tomorrow, and to help in that endeavour the Internet Watch Foundation has created a resource pack. If interested please follow the link below:

**<https://talk.iwf.org.uk/>**

## **LMS Well-being**

### **HOW CAN I GET MORE SLEEP?**

- Eating a healthy, balanced diet that is rich in wholegrains, vegetables, fruit and beans helps protect against cancer, but in combination with staying more active it may also help with your overall sleep quality by helping to maintain a healthy weight. Studies have shown that being overweight or living with obesity can increase the likelihood of sleep disturbances. Aim to get at least 5 portions of fruit and veg a day.
- Sticking to a set routine every night can help your body know when it's time to sleep, which can have a positive impact on your sleep. Shift workers can find it more challenging to stick to a set bedtime, but try to stay as consistent as you can. If you're able to, try to wind down at least an hour before you go to sleep, and avoid looking at screens – whether it's your phone or TV.
- For some people, too much caffeine before bed can also cause disrupted sleep, so try to limit the amount you drink every day. Opt for decaffeinated hot drinks instead, such as chamomile tea or a mint tea, and avoid drinking caffeine in the evenings. Too much of any liquid can also disrupt your sleep!
- Reducing the amount of alcohol you drink can improve your sleep quality. While you may feel tired and think that alcohol helps you fall asleep, it is likely to decrease the quality of your sleep. Limiting your alcohol intake is also important to help prevent several cancers, including breast, bowel and liver cancers.
- Adding exercise, such as brisk walking, gardening or cycling, to your daily routine can improve sleep quality. We're advised to do at least 150 minutes of moderate-intensity physical activity (such as household chores, swimming or dancing) or 75 minutes of vigorous-intensity physical activity (such as running, aerobics or fast cycling – anything that makes you sweat) per week – but it's best not to do this too close to bedtime as you may feel quite wired before dropping off.

# 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...

Aadvik P, Dheer J & Sibel C for their 50 day maths streaks; Dheer J & Yusuf R for their 50 day English streaks; Krystine A for her 100 day English streak; Noah C, Poppy W & Awadhya S for their 100 day maths streak; Naidhrua S for her 500 day English streak; Georgette F for her 750 day maths streak; Zoe E, Emily C & Alice A for their 750 day English streaks and Connie V-W for her 1000 day maths streak!

Well done!







# 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](mailto: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  
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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](mailto:kitsunegarijudo@gmail.com)**



JOHN LAWSON'S

# CIRCUS SHOW



DAILY SHOWS  
19<sup>TH</sup>-25<sup>TH</sup>  
**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://frostsgardencentres.co.uk)



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



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NEW SKILLS!

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CONTRACT!

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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](https://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](http://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](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>

# 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



# 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

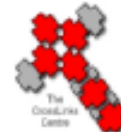
Working in association with:

**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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by guarantee registered in England and Wales with company number 07917713. Registered charity No 1146001

# 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



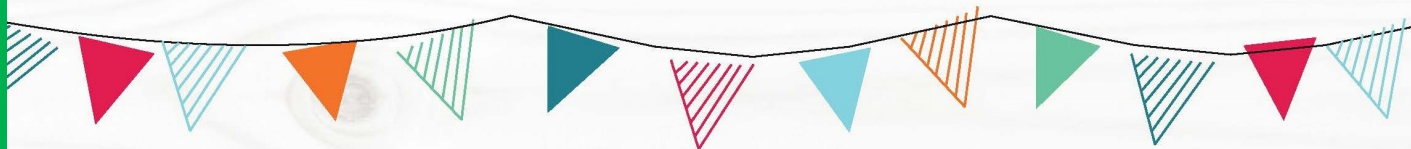


**360** SEND Sessions

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

£8.95 per child  
all adults free





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**



**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**

