

LMS Matters

Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 20

Date: 16.02.24



Dear Parents and Carers

Welcome to a very full newsletter this week with lots of things to share with you!

Firstly, it was great to see so many parents/carers at our **LEARNING CONVERSATIONS** this week. We value these greatly as part of our home-school partnership and hope that you do too. Unfortunately we still had some parents booking slots and not showing up. This wastes both the teachers time and takes up a slot another parent may have wanted. If this was you, or you didn't book one at all, please contact the class teacher directly and they will see what they can do after half term. My assembly this week focussed on **TEAMWORK** and this is exactly what we wish for our partnership to achieve.

Unfortunately, I have been made aware of a **ROAD RAGE** incident that took place outside school this week. As adults, we need to set an example to our children in our words and actions. This incident distressed a number of our families. Please don't let your behaviour spoil our community feel.

You will now all have received our new **HOME LEARNING TRIAL** information. However, I have been contacted this week by a parent who felt that this meant our school was not supporting homework. This is not the case. COVID 19 forced our children indoors for vast amounts of time, affecting their health and their connection with the outside world, as well as their mental well-being. We see the impact of this in school every day and wish to use home learning as another tool to support this. Please also note that the school expects daily tasks to be completed. We expect children to read to their parent/carer daily as well as completing Doodle for maths and English. Doodle is provided to parents free of charge but at great expense to the school. We track the children's achievements and see great progress in those children who complete this at home. Finally, our 'Sticky Learning' tasks allow children's learning from previous topics to be revisited (moving it from short term into long term memory).

It's been great to see some **SPORTS TEAMS** out this week. Mr Moran took a group of Year 5 and 6 children to a dodgeball event on Wednesday evening. They have certificates in their classes. They played matches against several other schools, showing honesty and respect throughout. A mention to Casper who was voted as our LMS most valuable player by the other schools. Also well done to the Year 3/4 boys' football team who started their league yesterday playing three games. A brilliant effort, with many representing LMS for the first time in a competition. They won 1 game, drew 1 and narrowly lost 1. Well done everyone!

A huge thank you to all of those parents who could donate to **MIND** following our **DRESS TO EXPRESS DAY**. I am pleased to announce that we raised £84. I am also pleased to announce that our very successful **MENTAL HEALTH AND WELL-BEING FAIR** is returning on Wednesday 8th May from 2:30-4pm - so save the date.

Following my recent communication regarding a **SCHOOL CROSSING PATROLLER** (Lollipop Person) I can let you know that the assessor has been out. He decided not to wear his high vis - as he believes parent/carer behaviour changes when he does! He says he thinks our application will score strongly but we will find out if we are successful in mid March. This grant is extra to our school budget and it is to be used solely to employ someone, so fingers cross for a positive outcome!



Our weekly attendance trophy winners were...

EYFS/KS1

Minnows

who achieved

97.4%

KS2

Foxgloves

who achieved

99.1%



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.

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YAMAHA MUSIC SCHOOL tell us they have an amazing new drum instructor with spaces available on Thursdays at 5pm. If you are interested, please see the flyer further on in this newsletter.

The **NHS START FOR LIFE** site has produced a new '[Little Moments Together](#)' campaign, providing free resources and advice to help parents make the most of everyday moments to further their child's development. The website aims to educate parents and carers about the importance of brain development in the first five years of a child's life, and the crucial role they play in making the most of day-to-day activities with their child. The campaign focuses on behaviours that can easily be integrated into parents' daily routines, such as making eye contact, chatting, and engaging with children's interests. These behaviours will have a positive impact on children's learning and development.

Our wraparound care providers **RISING STARS** are on a recruitment drive! They are looking for staff for all sessions, but welcome applications from people who may only be able to cover some. If you are interested, please contact our school office in the first instance.

In March, as part of their Life Skills programme, Shenley Brook End School are working with an external organisation to provide education around the important topic of **ANTI KNIFE CRIME AND KEEPING ONESELF SAFE**. They have kindly given parents and carers of our school an opportunity to attend a parent presentation on **Tuesday 19th March 5.00pm – 6.30pm**. Their aim is to increase awareness around this important topic. It is a sad fact that Milton Keynes is one of the fastest growing places for knife crime and LMS has been directly affected by it in recent years. This presentation on anti-knife crime, criminal exploitation, grooming, county lines, anatomy & physiology, gang culture, and an array of other related topics is hard hitting with real descriptions, video and stories to drive the message home. Described by the CPS and other organisations as "one of the most hard-hitting anti knife crime presentations in the UK", it will offer parents of our community a presentation full of education and advice on how to protect our youngsters and things to be aware of. Spaces are limited and will be run on a first come first served basis. Click [HERE](#) to book your free space.

Our highly popular **STAY AND PLAY SESSIONS** return on 28th February, this time with a **VEHICLES THEME**. As ever it will include messy play, a creative table, imaginative play, puzzles and games, as well as refreshments. All of this (and Miss Kidd and Mrs Evans) for £1pp. Please bring your under 5s to the hall from 9am-10.30am. Please see the flyer further on.

Next term also sees the launch of our male carers club, **MEN BEHAVING DADLY**, which will take place in the **NEST** on a Friday morning straight after drop off. Please see the separate communication email for all of the details.

Finally this week, we have a couple of members of our community doing great things for charity. Firstly, one parent is raising money for Willen Hospice. In honour of her best friend, Lisa Glover, and the funds her girls are trying to raise in her name for a "cuddle bed" at Willen Hospice, she "braved the shave" on Lisa's birthday on 4th February! Lisa was always so meticulous about her beautiful hair and they were so glad she didn't have to go through the sadness of losing it. So she shaved hers instead! "Families should be able to lie in bed with & cuddle their loved one in their biggest time of need." If you wish to donate, the link is : <https://www.justgiving.com/crowdfunding/ellie-glover>.

Then one of our children is taking part in the Big Winter Wander. He's doing a 5k walk along with his little brother to raise money for WWF. Last year he raised £150 so they're hoping to beat that this year. Any help would be appreciated! Here's the Just Giving link: <https://www.justgiving.com/page/louise-cronin-1707244920702>.

Have a fab half term break, rest well and we look forward to seeing you all back on **MONDAY 26TH FEBRUARY**.

Yours
Mr Gray

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 – Joaquim for settling into Tadpoles beautifully

Minnows – George for creating an amazing map of the outdoor playground and labelling it too!

Sticklebacks – Krystine for amazing attitude to all her learning

Pondskaters – Dara for super use of adjectives when writing about spreading 'stick sweet' honey on her toast

Frogs – Yusuf for always smiling and being a ray of sunshine in the classroom

Newts – Owen for great explanations of different vocabulary in RWI

Hogweed – Corey for his fantastic effort in proof reading his persuasive letter to Natalia the penguin

Bracken – Lois for amazing progress with her spelling

Foxgloves – Dario for brilliant effort writing his adventure story

Hawthorn – Zoe for being a fabulous member of Hawthorn & showing wonderful patience with the rest of the class

Ferns – Aaron for an outstanding Sci-Fi story

Thistles – Poppy W for a detailed, well written evaluation letter to NASA

Brambles – Ethan for working hard to improve his attainment

Teasels – Yasmin for her contribution to science discussions

Sports Person of the Week

Tyler F & Mari M-B for working confidently together to create and perform a gymnastics routine that involved different compositional ideas.

Congratulations to the following Year 5 & 6 children for receiving certificates in their respective dodgeball classes: Kindyll, Poppy W, Thomas, Harry C, Cedric, Casper, Nova, Alex S & Maisy. They played matches against several other schools, showing honesty & respect throughout.

And finally, well done to the Year 3/4 boys football team who started their league yesterday, playing 3 games, a brilliant effort by all.

#PROUD

LMS Safeguarding

Instagram Checklist - Southwest Grid for Learning

Instagram is one of the most used platforms among young people and adults alike. Over the past decade, the platform has become ubiquitous and is an excellent source of entertainment and information for people globally. The global reach of the platform though, can be a cause for concern for those who have children or work with under-18s. The programme is principally a digestion source focused on images and videos, with a private chat function which for many is the sole reason for its use. In today's image focused society, it can be an outlet for how people wish to be perceived physically or in regards to their personality. As a result it actively encourages people to post about their personal life, in a way that would be detrimental should everyone have access to it. Privacy is optional on Instagram, and there is a wide spectrum of privacy options. To understand these options better the Southwest Grid for Learning has published resources aimed at achieving this goal. Please click on the link below to find out more.

<https://swgfl.org.uk/resources/checklists/instagram/>

LMS Well-being

Looking for knowledge and guidance so you can be certain about what's right for your body during the perimenopause and menopause? You're in the right place. Brought to you by renowned menopause specialist, Dr Louise Newson and the thousands of people who've shared their perimenopause and menopause insights with us, the free balance app allows you to track your symptoms, access personalised expert content, download a Health Report©, share stories in the community and lots more.

Balance! Is your safe space to learn all things perimenopause and menopause through evidence-based information and knowledge. If you're new here, you may be wondering where to start. Perhaps you simply want to learn a bit more or you're determined to get to the bottom of the menopause symptoms you've been experiencing. This brief article is designed to outline how you can get the best out of the balance eco-system for your perimenopause or menopause.

Step 1 – Brush up your knowledge!

The perimenopause and menopause are multifaceted. It's good to know that you've landed in the right place: the world's largest menopause library! This library is filled with evidence-based, medically approved content in the form of booklets, factsheets, videos, podcasts and stories from real women. You could begin by exploring the popular subjects that sit beneath the Menopause Library search bar or alternatively, read our factsheets – great succinct pieces of information that explain many areas to perimenopause and menopause simply.

Step 2 – Download the app

Now you've got an understanding of perimenopause and menopause, you may be inclined to learn more about what you're experiencing. The balance app allows you to gain access to personalised content and best of all, it's free! You can download the app in the App Store or Google Play, just search 'balance menopause'.

Step 3 – Track your symptoms

Once you're on the app, you can enter your medical history and track your symptoms. There's more! You can also log your periods if you have them, read treatment reviews, join a community of like-minded people, take part in experiments, explore wellbeing activities, and keep an eye on your nutrition, mood and sleep.

Step 4 – Generate your personal Health Report©

Newson Health Research and Education found that some women attend up to 10 appointments before receiving a correct menopause diagnosis and treatment, so we know how hard visiting your health care professional can be. On the app, now you have filled in your personal information and medical background, take the balance Menopause Symptom Questionnaire© and generate your personal Health Report©. This can be downloaded or printed and taken to your health care appointments. At a glance, your health care professional will be able to see your medical history, symptoms and periods, if you have them, which frees up time to spend the majority of your consultation discussing appropriate treatment options.

Step 5 – Get the help you deserve

People have been suffering with the menopause hormone deficiency for decades and it's time to put this right. You do not need to put up with debilitating symptoms that affect your daily life, work, relationships and your future health. There is safe, low-cost, effective treatment available, and everybody should know about this and have access to it, should they wish. If you need menopause treatment advice, seek help from your healthcare professional.

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 19 - Friday 23 February	HALF TERM
Wednesday 28 February	Stay & Play session
Friday 8 - Thursday 14 March	Book Fair
Monday 11 March	EYFS visit to the library
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
Tuesday 19 March	Year 6 Bletchley Park
Wednesday 20 March	Year 6 Bletchley Park
Thursday 21 March	Year 6 Wilderhope parents meeting (5.30pm)
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, Yusuf R & Aadhya P for their 50 day maths streaks; Aadhya P for her 50 day English streak; Dylan K for his 100 day maths streak; Alba S & Maximilian B for their 250 day maths streaks; Aiden A for his 500 day maths streak; Will G for his 750 day English streak and Emily C for her 750 day maths 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!



YAMAHA DRUM ENCOUNTERS

If you are age 8+ and are interested in learning the drums
then please get in touch!

We are running free taster sessions on Thursdays at 5pm.

Please visit our website to book your place:

<https://www.waltonhigh.org.uk/yamaha-music/taster-booking/>

01908 528808

yamaha@mket.org.uk



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

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TRY US FOR
FREE!

FROM ONLY
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PER CLASS
AFTER TASTER
SESSION

LEARN
NEW SKILLS!

NINJA
CLASSES

GYMNASTICS
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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 apply. See website for details.

LONG MEADOW SCHOOL PRESENTS

Stay and Play Sessions

Run by the school's Deputy and Assistant Heads
Different theme each session

- MESSY PLAY
- CREATIVE TABLE
- IMAGINATIVE PLAY
- PUZZLES
- GAMES
- REFRESHMENTS INCLUDED

CONTACT US FOR
MORE INFO

01908 508678

office@longmeadow.milton-keynes.sch.uk

Only
£1 pp



FOR UNDER 5S

Every other Wednesday

9am - 10:30am

VEHICLES

28.02.24





**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>

 **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.

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

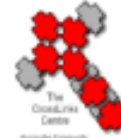
Working in association with:

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
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

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

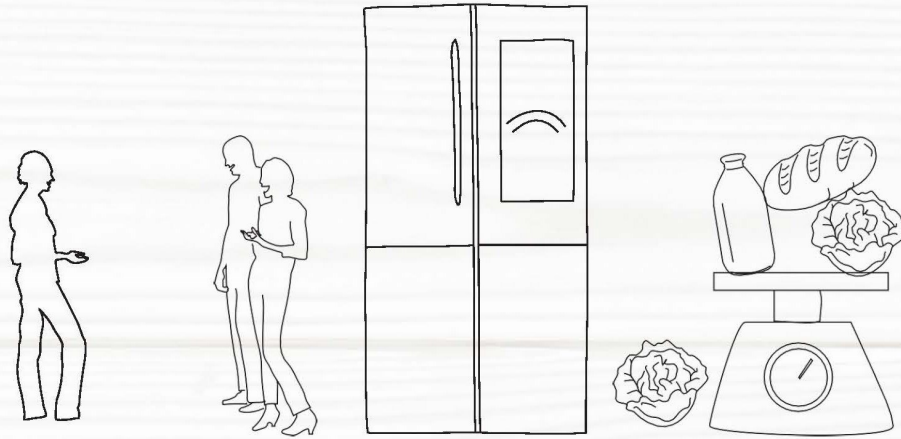
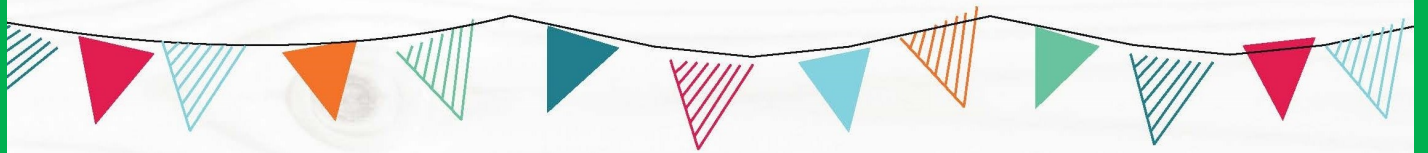




360 SEND Sessions

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**

