

LMS Matters

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Dear Parents and Carers

"I love who I am, and I encourage other people to love and embrace who they are"

In assembly this week, I told the children all about **WOMEN'S HISTORY MONTH** and **INTERNATIONAL WOMEN'S DAY** (which is today!). I asked the children to imagine a gender equal world, a world free of bias, stereotypes, and discrimination, a world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. I wanted to #InspireInclusion – the hashtag of this year's day. I wanted to celebrate women's achievement and raise awareness about discrimination. I did this by sharing some inspirational women with them. We talked about **FLORENCE NIGHTINGALE**, who changed the face of nursing from a mostly untrained profession to a highly skilled and well-respected medical profession with very important responsibilities. **EMMELINE PANKHURST**, who in her 40-year campaign achieved complete success in the year that she died, when British women got the right to vote. **MALALA YOUSAFZAI**, who was shot by the Taliban in 2012 when she was just 14-years-old, but continued her work and became the youngest person ever to win the world-famous Nobel Peace Prize. **GRETA THUNBERG** who, from a young age, the more she learned about climate change, the more baffled she became as to why so little was being done about it. She's given rousing speeches to politicians, to the EU parliament, the UK parliament, to protesters and more. She's appeared in documentaries and had lots of books and articles written about her. She's even been nominated for a Nobel Peace Prize! And finally, **SERENA WILLIAMS**, who has faced setbacks and challenges throughout her career, but she has always found a way to bounce back. She has a never-give-up attitude that has allowed her to overcome even the most difficult obstacles. Her story highlights the importance of hard work, resilience, having a support system, and pursuing your passions. These are all qualities that can help anyone achieve their goals, whether in sports or in the business world. By taking inspiration from Serena's success, we can all strive to be our best and reach our full potential. A quote from her opened today's newsletter. I hope the children shared their stories with you, as together we can take action to drive gender parity.

We had a fabulous **WORLD BOOK DAY** this week. The theme was Bedtime Stories so children and staff came to school dressed in their PJs/onesies! We had a Bedtime Story competition where classes voted throughout the day for the ultimate bedtime story. This culminated in the final which took place during an end of day virtual assembly. Linked to this, children were asked to write their own bedtime story based on a prompt from Mrs Evans, and the children also created an illustration for their story. Towards the end of the day, the classrooms were transformed into cosy dens so that the children were super cosy for the assembly. A wonderful day celebrating our love of reading and books.

Still on the subject of books, next week the **BOOK FAIR** will return to school and will be held in **THE NEST** from Monday to Thursday, 3-3.45pm. While we will not have the free World Book Day books, you can use your World Book Day token to receive £1 off any full price book that costs £2.99 or more. For each book purchased we will receive a small commission which will be spent on buying books for our reading selection and library stock so we really value your support in this event.

The spring edition of **RARING2GO** is now out! You can find the electronic version of the magazine [HERE](#). There are details of Easter egg hunts and lots, lots more. With the Easter holidays on the horizon, it's a great read with super info and discounts!

Finally this week, I had the pleasure of accompanying some of our LMS musicians to the **MKMUSICHUB** festival days held in the city centre. These festivals bring together schools from all across MK, who then play in an ensemble in front of all the other children, as well as parents and carers. I have been so #proud of all the children playing guitar, violin, trumpet and flute. Firstly, because they represented the school and themselves soooo well with their abilities but also how they conducted themselves whilst being in the audience. As one parent put it, *"Just wanted to drop a quick message to say thank you for exposing the children to such a vast array of opportunities. I was so proud seeing (my child) up on stage this morning, speaking to an audience and partaking in something that I/we would never have previously considered for (them)"*. The performances can be found on my X page (formerly known as Twitter). I could not think of a better way to spend my mornings!

Have a fab weekend all.

Yours

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

Tadpoles

who achieved

99.3%

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 – Hiba for impressing every adult with a brilliant piece of independent writing.

Minnows – Bobby for producing his ‘best ever’ piece of independent writing.

Sticklebacks – Arina for brilliant phonics learning.

Pondskaters – Harper for fantastic maths learning this week!

Frogs – Daksh for super participation during discussions about the reasons The Great Fire of London spread so rapidly.

Newts – Iclal for being a super role model to the class.

Hogweed – Naomi for a huge increase in confidence in maths & effort in English.

Bracken – Jack for being an amazing historian and presenting his learning innovatively.

Foxgloves – Lyla for super understanding of how to calculate area.

Hawthorn – Joey for giving 100% to all his learning.

Ferns – Nova for taking on board feedback to improve her writing and do her best.

Thistles – Srihaas for a super explanation on how to look after a pet dragon.

Brambles – Emily for being really helpful & trying hard to explain about what evacuation was in World War II.

Teasels – Nathan for increased participation in lessons.

Sports Person of the Week

Eli B for trying really hard to develop his throwing and catching skills – with the help of peers he has achieved some wonderful skill progression.

LMS Safeguarding

How to Defend Your Organisation from Phishing - National Cyber Security Centre

We often discuss the growing sophistication of criminals who utilise the internet to execute their criminal endeavours. Disruptive technologies in the e-space have often driven the opening of new vulnerability windows and new ways to combat them. However, it is the oldest of internet-enabled criminal enterprises that is among the greatest dangers to institutional security online. Phishing as a concept dates back to 1995, and refers to confidence scams aimed at deceiving people into revealing sensitive information. Typically this is done through sending scam emails containing links to malicious websites. Like all cyber based threats, phishing has changed over the past few decades and the National Cyber Security Centre is endeavouring to help you understand the methodology better. If interested, please follow the link below:

<https://www.ncsc.gov.uk/guidance/phishing>

LMS Well-being

This video regarding men's mental health was watched over 50 million times in 6 days....

Sometimes it's easy to tell someone is struggling, sometimes it's not - check in with people!

<https://www.instagram.com/reel/C4G9t7zp1QN/?igsh=bzlkDlJaTk0dm9z>

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

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
Wednesday 13 March	Year 2 Easter Crafts Fundraiser
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
Wednesday 20 March	Maths workshop in EYFS (3.20 - 4.00pm)
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	Grandparents Day—EYFS (2.00 - 3.00pm)
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...

Myla O for her 50 day English streak;
Amelia L for her 100 day English
streak; Dominic L for his 250 day
English streak and Naomi R for her 250
day maths streak!

Well done!



doodle



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



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FRIENDS**

**PLUS CLASSES FOR
YOUNGER CHILDREN**

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Gymfinity Kids
CLUBS

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

16's only. 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
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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

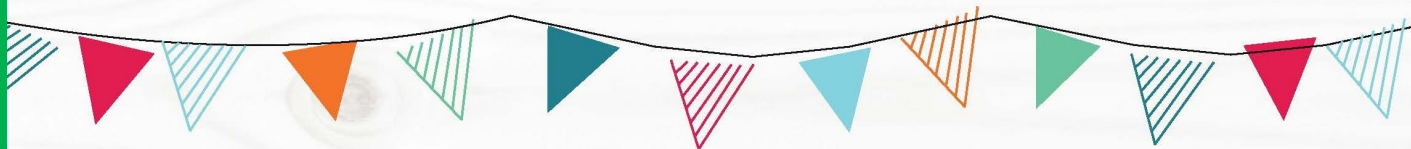




360 SEND Sessions

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**

