

# LMS Matters

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Dear Parents and Carers

May I start this week by wishing our school community a "Happy Ramadan"- Ramadan Mubarak! Muslims around the globe will begin observing the holy month of Ramadan, a period of deep spiritual reflection and fasting that takes place every year. The festival begins with the sighting of the crescent moon, which usually appears one night after a new moon. In 2024, Ramadan began on Sunday 10 March. One of the five pillars of Islam - along with faith, prayer, charity, and the pilgrimage - Ramadan commemorates the Quran first being revealed to the Prophet Muhammad, a sacred moment honoured with abstinence between sunrise and sunset. The month of Ramadan will see Muslims all over the world fasting and praying, before breaking their fast at sundown alongside family and friends.

As you may have seen in the local news, LMS has been successful in obtaining a grant for a **SCHOOL CROSSING PATROL** outside school. We are only one of seven schools in the city who will be able to employ a dedicated School Crossing Patroller to help pupils cross the road safely thanks to a new grant from Milton Keynes City Council. Following a successful application process, each of the schools will receive up to £5,000 per year for three years to fund the post. Look out for our recruitment details over the coming months.

It is with regret that I have to inform you of two staffing changes happening after Easter. Firstly, we will be saying goodbye to **MRS MITCHELL** who is going back to her roots and reigniting her legal career. She has been such an influential part of our school for a number of years and will be greatly missed. We will be covering her role internally for the summer term with Foxgloves being taught by Mrs Guadagnini and Mrs Evans. Secondly, **MISS MOSSMAN** will also be moving to pastures new as she moves into Adult Social Care with MK City Council. Our recruitment has already started and we have advertised – we hope to fill this role as soon as possible. I'm sure you will join me in thanking them both for their hard work and commitment to LMS and wish them all the best for the future.

This week we became part of the **OPAL PLAY PROGRAMME**. Their goal is that - regardless of gender, race, ability or location – every child should have access to outstanding play opportunities, every school day of their lives. It is a mentor-supported school improvement programme addressing all 18 areas a school must plan for if they want to sustainably improve the quality of play. The OPAL Primary Programme is the only one of its kind, blending elements of strategic school improvement practice, action planning, self-evaluation, playwork skills and knowledge and twenty years of action-research. We however need your help! We are looking for a parent/carer to join us on our journey as part of an **OPAL WORKING GROUP**. You will be the parent/carer voice for LMS as we transform play right across the school. If you are interested, or would like more information, please email the school office in the first instance. We hope you will agree this is an exciting venture for our school.

Finally this week, I would like to say a huge **THANK YOU** to all the parents and carers who have taken the time to nominate members of LMS in the **PEARSON TEACHING AWARDS**. The Pearson Teaching Awards are a wonderful opportunity to acknowledge and celebrate the outstanding contributions of teachers who go above and beyond to inspire and educate students nationwide. They accept nominations from schools and parents. Some parents have just sent a thank you – this means the world to us and is really appreciated. If you would like to nominate, the link is <https://www.teachingawards.com/the-2024-pearson-national-teaching-awards/>.

Mr Gray



Our weekly attendance trophy winners were...

## EYFS/KSI

### Newts

who achieved

**98.3%**

## KS2

### Brambles

who achieved

**98.3%**



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** – Parker for eating well at lunchtimes this week.

**Minnows** – Riley for having a fantastic attitude to learning & consistently demonstrating our school values.

**Sticklebacks** – Alexander for challenging himself in maths & for showing resilience.

**Pondskaters** – Beatrice for fantastic contributions during our history learning.

**Frogs** – Dominic for being the DT King!

**Newts** – Joshua for excellent effort in English sessions.

**Hogweed** – Erica for her fantastic effort with her English learning.

**Bracken** – Eli for using amazing adjectives in English.

**Foxgloves** – Felicia for joining her writing carefully and presenting her work beautifully.

**Hawthorn** – Amy F for outstanding knowledge & presentation in both English & maths.

**Ferns** – Martin for some amazing language choices in his battle writing.

**Thistles** – Lydia for creating a fantastic Anglo-Saxon purse.

**Brambles & Teasels** for fantastic behaviour at Bletchley Park. Excellent code-breaking & listening to the guides.

## Sports Person of the Week

Eden D for absolutely blowing me away with her wonderful listening, effort and enthusiasm in lessons. She tried her best in all activities, was always the first to be ready to learn and set an example to others throughout with some excellent demonstrations.

## **LMS Safeguarding**

### **According to a recent Ofcom report\*, what percentage of children have had a social media account set up for them by a parent while below the age of 11?**

Fifty-eight percent - the top five most popular being: YouTube (33%), TikTok (18%), WhatsApp (17%), Snapchat (14%) and Facebook (9%). It's worth noting that on 11th April 2024, WhatsApp is changing their minimum age to allow children aged 13+ to use the service (down from 16). WhatsApp offers end-to-end encryption - a security feature that scrambles messages to ensure no one can view the contents.

### **How much do children (aged 8 - 17) spend on video games (including in-app purchases)?**

The Insights Family\* data (Ofcom 2023) suggests that children aged 8-17 who spent money on video games (including in-app purchases) had spent an average of £38 in the past month.

## **LMS Well-being**

### **Singing**

Did you know that the benefits are wonderful, and now scientifically proven!

Making music exercises the brain, and singing improves breathing, posture and muscle tension. Singing nourishes a healthy immune system by simultaneously releasing feelgood endorphins and reducing the stress hormone cortisol.

# 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

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...

Nathaniel G & Aakesh R for their 50  
day English streaks; Najib J & Aakesh R  
for their 50 day maths streaks; Dheer J  
for his 100 day maths & English  
streaks and Isla-Rose H for her 500 day  
English streak!

Well done!







# 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](mailto:yamaha@mket.org.uk)



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PLUS CLASSES FOR  
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**Gymfinity Kids**  
CLUBS

book your FREE taster session at  
[gymfinitykids.com](https://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](mailto: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](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>

 **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



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CHRISTIAN FELLOWSHIP  
A BAPTIST CHURCH IN MILTON KEYNES

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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



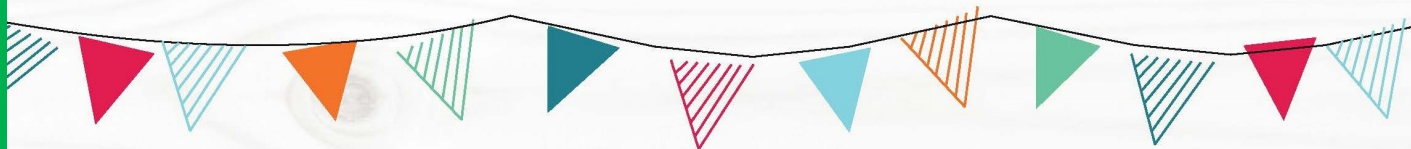


**360** SEND Sessions

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**

