

LMS Matters

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Dear Parents and Carers

It was so good to start this week with 2 lovely things. Firstly, I shared with the children details of the festival of **HOLI**. This is a popular and significant Hindu festival celebrated as the Festival of Colours, Love, and Spring. It celebrates the eternal and divine love of the deities Radha and Krishna. Additionally, the day signifies the triumph of good over evil, as it commemorates the victory of Vishnu as Narasimha over Hiranyakashipu. Secondly, I shared the results of our **BIG WALK AND WHEEL 2024**. We unfortunately did not achieve as many journeys in total as we did last year, but every one we did complete made a difference to our mental and physical well-being, as well as helping the environment. However we did have 2 winning classes, so well done to **TADPOLES** and **FOXGLOVES** for having the highest average journey per child across the two weeks! We then finished the week with our **AWARDS ASSEMBLIES**. It never fails to impress me with the vast array of reasons children gain these awards for and really shows the value we put as a school into developing the whole child. It makes me #proud.

MK FILM CLUB are running filmmaking sessions over Easter, funded by Milton Keynes City Council. Mon 8th - Fri 11th April 14:00-18:00, for children ages 5-14 in receipt of free school meals; includes snacks and a meal. SEN specific sessions Mon 8th - Tue 9th April 09:30-13:30, ages 5-14. Short Breaks on Saturday 6th and 13th April, for any child in Milton Keynes with an EHCP, times are 09:00-11:00 for children aged 5-11 and 11:00-13:00 for children aged 12-18. All sessions will include the filming of an episode of a talent show, using a camera and green screen, plus learning talents with magic sets, hula hoops, diablos, juggling balls and so forth, or bringing their own talent such as singing, karate, football skills, dancing, etc.. If you want to book you can do so here: <https://eequ.org/miltonkeynesfilmclub>.

FAMILY FIRST is a free publication that covers everything you and your family need in order to build a happier and healthier lifestyle. Family First is a quarterly magazine specifically designed to improve the health of over 6,000,000 families across England, Scotland & Wales. Working alongside major sporting governing bodies, Public Health England, leading food & drink brands, sportswear giants, and local authorities, Family First is helping to combat childhood obesity. Their aim is simple: to get children and young adults active, playing more sport, exercising regularly, and eating healthily. It's great for providing valuable information for families wanting to be active, whatever the weather, and can be found [HERE](#).

I am pleased to inform you that one of our LMS children has published their first book on Amazon. Borno would love to inspire others to do the same. Squirrel's Day Out can be found [HERE](#).



Did you know that Milton Keynes SEND team, Parents and Carers Alliance (PACA MK), SENDIAS and Health produce a half termly **SEND NEWSLETTER**. The newsletter includes information about local events, holiday time events, where to use Short Breaks, parent and carer workshops and programmes, the team - profiles of new and existing staff, what they are working on to improve the local offer, resources for parents and carers, useful tips and tricks to support your children and much more! To receive the SEND newsletter, please sign up [here](#).

We are all affected by loneliness at times in our lives. The **EVERY MIND MATTERS** Loneliness campaign aims to normalise feelings of loneliness to reduce the stigma, so people feel able to seek help and support. Based on research that shows 16-24 year olds are the loneliest age group but also the least likely to take action to help themselves, the campaign targets young people with the aim to normalise loneliness as a part of life and to reduce the stigma that often prevents people from accessing support. A video can be found here: https://drive.google.com/file/d/1cAzAnNoSgORn3qOYrKSWWhPE9sSTh_a9i/view?usp=drive_link.

Finally this week, may I take this opportunity to wish you all a happy break, however you choose to celebrate, and to thank you all for your continued support this year. Fingers crossed I will be able to share our Ofsted report and grading with you as soon as we are back.

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KS1

Minnows

who achieved

98.4%

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

Legends will return after the Easter break

Please see our latest
SAFEGUARDING and
WELL-BEING newsletters
that have gone out with
this newsletter.

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

Summer Term 2024

Monday 15 April	Inset Day
Tuesday 16 April	Summer term begins
Wednesday 17 April	Year 4 Everton trip
Wednesday 17 April	Stay & Play session (Spring)
Thursday 18 April	Year 2 Learning Fair
Thursday 18 April	Year 5 National Forest parent meeting (5.30pm)
Thursday 25 April	Year 3 Caldecotte parent meeting (5.30pm)
Wednesday 1 May	Stay & Play session (Dinosaurs)
Monday 6 May	May Day Bank Holiday
Tuesday 7 May	Year 4 Teardrop Lakes
Wednesday 8 May	Mental Health & Wellbeing Fair (2.30pm - 4.00pm)
w/c Monday 13 May	Year 6 SATs
Friday 17 May	Year 5 Learning Fair
Friday 17 May	Dress for Dinners for St Marks Meals
Tuesday 21 May	EYFS Thrift Farm
Wednesday 22 May	Stay & Play session (Food)
Thursday 23 May	Year 2 Woburn Safari Park
27 - 31 May	Half Term
Wednesday 5 June	Year 6 Wilderhope trip
Tuesday 11 June	Alice in Wonderland (school theatre production)
Wednesday 12 June	Stay & Play session (Weather)
Monday 17 June	Year 5 National Forest trip
Thursday 20 June	Year 3 Caldecotte trip
Friday 21 June	Year 2 Night Under the Stars
Tuesday 25 June	Hazard Alley to see Year 6
Wednesday 26 June	Stay & Play session (Sports Day)
Saturday 29 June	School Fete
Friday 5 July	Food Fayre
Tuesday 9 July	Sports Day
Wednesday 10 July	Sports Day
Tuesday 16 July	Awards Assembly- EYFS & KS1 (9.10am)
Wednesday 17 July	Stay & Play session (Summer)
Wednesday 17 July	Awards Assembly- Y5/6 (2.15pm)
Thursday 18 July	Awards Assembly- Y3/4 (9.10am)
Thursday 18 July	Year 6 Leavers Disco

Keep your child safe on WhatsApp

What are the risks?

Bullying, particularly in group chats

Seeing content of a sexual nature, or showing violence and hatred

Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because it'll disappear

Sharing their live location, particularly with people they don't know in person

Spam or hoax messages

Being exposed to strangers through group chats

WhatsApp says the **minimum age** to use it is **16**, but younger children can still use it easily.

6 steps to help your child use WhatsApp safely

1. Keep their personal information and location private

By default, WhatsApp shows profile photos, status and when you last used it to all users.

Encourage your child to only share this information with their contacts, and be careful about who they talk to on the app, as anyone could pretend to be a child online.

To check and change these settings:

On an **iPhone**, open settings in WhatsApp (the cog icon), then Account > Privacy. Tap the setting you want to change, then choose who it should be visible to

On **Android**, tap the 3 dots in the top-right of the home screen, then > Settings > Account > Privacy. Tap the setting you want to change, then choose who it should be visible to

WhatsApp also has a feature that you can use to share your 'live location' with others. Tell your child to keep this turned off, or to only share their location with people they trust.

To check this:

On an **iPhone**, go to phone Settings (the cog icon) > WhatsApp > Location, and tap to change if you need to

On **Android**, go to privacy settings as above, then scroll down to 'Live location', and tap to change if you need to

2. Remind your child to be careful about what they share

It's easy to forward messages, photos and videos to others on WhatsApp. Even if your child sets a message to automatically disappear or deletes it after sharing it, the person they send it to could still screenshot it, forward it to someone else, or save it.

So before they share anything, tell them to ask themselves: "Would I want others to see what I'm about to send?"

3. Remind your child they can leave group chats

If they see something they're not comfortable with in a group chat, or are in a chat with someone they don't know and are uncomfortable with, they should leave the group. To do this:

On an **iPhone**, go into the group chat, tap the group subject, then > Exit group > Exit group

On **Android**, go into the group chat, tap the group subject, then > Exit group > Exit

4. Make sure your child knows how to report and block people

When they first receive a message from an unknown number, they'll have the option to report it.

If someone in your child's contacts is upsetting them or making them uncomfortable, they can report or block them at any point (WhatsApp won't tell the user they've been blocked/reported).

To do this:

On an **iPhone**, open settings in WhatsApp, go to Account > Privacy > Blocked > Add New..., then find the contact they want to block, and tap the contact

On **Android**, tap the 3 dots icon, then Settings, then tap Account > Privacy > Blocked contacts, tap the icon in the top right showing a person and a plus sign, search for the contact they want to block, then tap the contact to block them

To report issues like offensive or abusive content or spam:

On an **iPhone**, open the chat with the user you want to report, tap the contact then then tap Report Contact > Report And Block

On **Android**, open the chat with the user you want to report, then tap the 3 dots icon, then > More > Report

5. Encourage your child to watch out for spam and hoax messages

These can appear to come from contacts, as well as people they don't know. Tell your child to watch out for messages that:

Ask them to tap on a link, or specifically to click on a link to activate a new feature

Ask them to share personal information like bank account details, date of birth or passwords

Ask them to forward the message

Say they have to pay to use WhatsApp

Have spelling or grammar errors

6. Tell our school about any bullying they experience

Look for signs they your child may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence or becoming distressed and withdrawn, or losing sleep.



LONG MEADOW SCHOOL PRESENTS

Stay and Play Sessions



Run by the school's Deputy and Assistant Heads

Different theme each session

- MESSY PLAY
- CREATIVE TABLES
- IMAGINATIVE PLAY
- SENSORY ACTIVITIES
- READING AREA
- REFRESHMENTS INCLUDED



Only
£1 pp

Summer Term Dates + Themes

17th April - Spring

1st May - Dinosaurs

22nd May - Food

12th June - Weather

26th June - Sports Day

17th July - Summer

CONTACT US FOR
MORE INFO

01908 508678

office@longmeadow.milton-keynes.sch.uk



FOR UNDER 5S

Every other Wednesday

9am - 10:30am



Spring

Wednesday

17th April



Mental Health and Wellbeing Fair



CarersMK

Wednesday 8th May 2024

2:30pm – 4:00pm

mk moneylifeline

In Long Meadow School's Hall

Morelife



ALL WELCOME

Activities for children and free refreshments

Advice and support available



MILTON KEYNES
SEND IAS

Menopause
SUPPORT



Walling Vale
Medical Centre



RIDE HIGH



SUPPORT IN MILTON KEYNES

NHS
Central and
North West London
NHS Foundation Trust





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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book your FREE taster session at
gymfinitykids.com

16's only. See website for details.



**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:

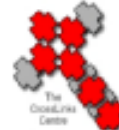
cma
Freedom from debt
Hope for the future
Community Money Advice



SHENLEY
CHRISTIAN FELLOWSHIP
A BAPTIST CHURCH IN MILTON KEYNES

St Mary's
Bletchley


Grace
CHURCH


The OakLink
Centre
Milton Keynes Community


mkcommunity
foundation
improving and growing our community

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
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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

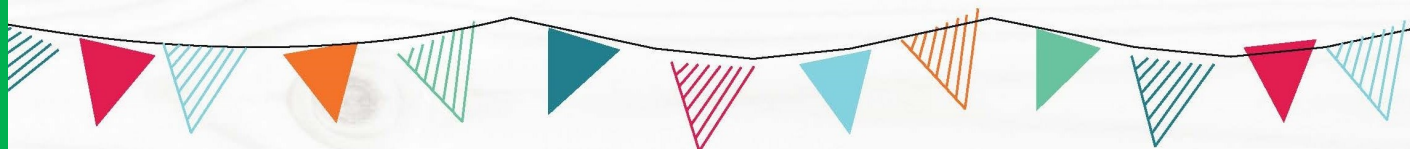




360 SEND Sessions

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.

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Westcroft Pavilion
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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**