

# LMS Matters



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Dear Parents and Carers

I hope you are all looking forward to the long weekend. Please be reminded that school will be closed on Monday due to it being a Bank Holiday. We are all back to normal on Tuesday.

I hope you all enjoyed reading your child's **ANNUAL SCHOOL REPORT**. As per the letter, we would really love to hear parent/carer feedback, which this year is fully electronic. If you wish to leave a parent/carer comment about the report you can do so by following this link:

<https://forms.gle/wxaSs7urwnt93Zoz8>

You would all have received today a letter about **MEASLES**. The national measles incident is ongoing, and although the majority of cases are still occurring in London and the West Midlands, cases have been reported in all areas of the country and we are now starting to see a small number of cases reported in Milton Keynes. Starting in May, a series of vaccination clinics will be available for children under the age of 5 to catch up with MMR and any other routine vaccinations they may have missed. The clinics will operate on a walk-in basis and will be available throughout Bedfordshire, Luton and Milton Keynes. Information about the clinics was attached to the letter.

I wanted to bring to your attention a fantastic, free event running next weekend. It is run by a lady called Sandra Trew who is a **PARENTAL COACH**. This session will have a focus on building stronger family connections and financial wellbeing and looks to be a fantastic event. It will run on Saturday 11th May from 3-6pm at Conniburrow Meeting Place, MK14 7DX. The organisers are providing plenty of free refreshments and snacks, and there will be some soft play and toys available for people bringing children along. Don't miss out on this unique opportunity to gain valuable insights and tools that can help you achieve financial stability and create stronger family connections. Please follow this link to book your place: [Finance and Family: A Symposium on Empowerment and Connection Tickets, Sat 11 May 2024 at 15:00 | Eventbrite](#).

We had 56 attendees at our Dinosaurs **STAY AND PLAY** this week. Thank you if you came or if you have been spreading the word about these sessions. Our next Stay and Play session is on Wednesday 22nd May and the theme is Food.

We are looking forward to hosting our second **MENTAL HEALTH AND WELL-BEING FAIR** next Wednesday from 2:30pm-4pm in the hall. All are welcome. As you can see from the flyer further on in this newsletter, we have lots of people coming to share their work with you. Come in and have a look, it's totally free and you may just find one thing to help you, your family or friends in an area of their life.

Friday 10th May sees our inaugural **AFFECT THE RULES DAY**. This is to celebrate National Children's day and is run by our LMS Wellbeing Champions. The day is celebrated to share the importance of children and young people and how their rights, freedoms and well-being all need to be protected in order for them to grow into happy, healthy adults. Children are allowed to come to school in non-uniform. There is no charge and they can do any of the things which you can see on the flyer further on in this newsletter.

Finally this week, for some **QUICK WINS** for our **OPAL PLAY**, we are on the lookout for donations of:

- Chalks
- Bubbles
- Dressing up clothes and outfits
- Tyres (only car size or smaller for now)
- Utensils for a mud kitchen
- Scaffolding mesh to be used as a sand pit cover

Have a fab long weekend.  
Mr Gray



Our weekly attendance trophy winners were...

**EYFS/KSI**

**Pondskaters**

who achieved

**98.3% last week**

&

**Sticklebacks**

who achieved

**97% this week**

**KS2**

**Foxgloves**

who achieved

**98.1% last week**

&

**Hogweed & Hawthorn**

who achieved

**98.7% this week**



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

**Minnows** – Ivy for being a superstar mathematician and Noah for demonstrating great perseverance and a ‘have a go’ attitude.

**Tadpoles** – Ahmet for settling in to his new class so well & being so kind and sensible and Kyan for continually looking for challenges in his learning.

**Pondskaters** – Florence for excellent maths learning outdoors and Isabelle for excellent observations in our science learning.

**Sticklebacks** – Eddie for showing amazing resilience in his learning and Elijah for fantastic speaking during our learning fair.

**Frogs** – Louie for a fantastic week of coming into school with a smiling face and Reggie for showing great perseverance towards his art learning.

**Newts** – Alexi-Mai for being an all round superstar and Luca for creating a brilliant Mexican Folk art pattern.

**Hogweed** – Wayne for his wonderful perseverance with his English learning and Tilly for consistently ensuring her writing is the best it can be.

**Bracken** – Jordan for detailed learning in geography and Mohammad for a huge improvement in his everyday focus.

**Foxgloves** – Shaan for his positive attitude and consistent hard work in maths and Isabel for her enthusiasm during all areas of her learning.

**Hawthorn** – Pippa for her brilliant attitude to maths this week and Lilly for her fantastic attitude to all learning

**Thistles** – Emelia for always wanting to help and being so kind and considerate and Katrina for writing clear and detailed instructions.

**Ferns** – Sophie for taking amazing pride in her history learning and Adam for an amazing presentation to the class about Poland.

**Brambles** – Albie for being an enthusiastic & confident singer and Borno for a constant high level of work.

**Teasels** – Sibel for her positive attitude to learning and Angel for excellent persuasive writing in English.

### Sports Person of the Week

Aiden K for his improved attitude to PE lessons. He has improved his listening, provides some brilliant answers to questions and is always confident to show accurate, controlled demonstrations to the class.  
And Henry S for showing excellent technique in our batting lesson in cricket.

# DATES

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

Wednesday 1 May	Stay & Play session (Dinosaurs)
Thursday 2 May	Year 1 Learning Fair
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)
Friday 10 May	Affect the Rules Day
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
Friday 19 July	Last day of term

## **LMS Safeguarding**

You may have heard in the news this week about the increase in **SEXTORTION**. Sexually coerced extortion or 'sextortion' is a type of blackmail where someone tries to use intimate, naked or sexual photos or videos of you to make you do things you don't want to do. Sometimes, these photos or videos are taken without your knowledge, and the person blackmailing you uses them to force you to pay money or do something against your will. Criminals often target people who use dating apps, social media platforms, webcam/live streaming sites or websites related to pornography. They might pretend to be someone else online and become friends with you. Later, they might threaten to share pictures or videos with your family and friends.

What can you do if someone is blackmailing or extorting you for nudes or sexual images online?

### **Advice for under 18s**

If someone is threatening you by demanding nudes or sexual images or videos and wants you to pay money to stop, this can be very worrying. It is a crime for people to blackmail or threaten you in this way and it's wrong. This type of behaviour can be called 'sextortion' or being 'sexually coerced'. You are not alone in this situation, and you are not to blame. While it can feel very upsetting, organisations like the IWF (Internet Watch Foundation) and others are here to help.

They recommend talking to a trusted adult. This might be a parent, carer or teacher at school. Talking to someone you trust will help you understand the situation and put steps in place to make things better.

Report what has happened. You can do this by contacting your local police on 101 or making a report to the National Crime Agency's CEOP Safety Centre, where a Child Protection Advisor will make sure you get the help you need. Always call 999 if you are in immediate danger.

If you're not ready to make a report to the police or feel worried about what might happen, you can speak to understanding and non-judgemental people at Childline. You don't need to give your name or details.

If you have copies of the images, videos, or links to the website where images or videos may be shown, you can use an online tool called Report Remove. Report Remove is here to help young people, under 18, in the UK to confidentially report sexual images and videos of themselves and the IWF will then try to have them removed from the internet. Once you've used Report Remove, you will also be able to talk to a trained Childline counsellor, who will have provided support to other children and young people in the same situation.

We advise stopping all contact with anyone who is trying to blackmail or threaten. Do not share any more images or videos or pay any money of any sort (Bitcoin, cash transfer, etc.). If you have been communicating on an app, there should be in-built tools to block and report the user.

Finally, remember - this is not your fault. The person trying to blackmail or sexually extort you is the one who is in the wrong. Lots of other young people have been in a similar situation. If you're feeling upset and need to talk to someone, you can get in touch with Childline.

## LMS Well-being

### Self-Soothing

When facing tough times, it's almost instinctual for many of us to seek out practical solutions to our problems. In rushing to find a way forward, we often skip an important first step—restoring our emotional equilibrium. Arming ourselves with healthy, effective self-soothing skills doesn't just help us cope in the moment, but builds our resilience and confidence in the long run.

Self-soothing is an emotional regulation strategy used to regain equilibrium after an upsetting event. Most of us are familiar with soothing others when they are upset or afraid, especially if we have children. However, when we are triggered as adults, it's difficult to regulate potentially disruptive emotions like anger, fear, and sadness, especially in a public space such as the workplace. Inadequate self-soothing strategies can also disrupt intimate relationships when misunderstandings or conflicts arise.

Many of us know from direct personal experience that self-soothing skills are essential for mental health. When we are triggered by something and experience a strong emotional reaction, it is normal to counter this immediately with a soothing experience, preferably in the company of a trusted person, to ease distress and regain equilibrium.

Here are some top tips:

#### **1. Change the environment**

If possible, just change the environment for a few minutes. Go outside and focus on greenery or find a soothing indoor space with a pleasant view or ambiance.

#### **2. Stretch for five minutes to move any blocked energy**

Often, after upsetting news or a shock, our bodies respond by freezing and energy gets blocked. A few simple trunk twists, neck rotations, or bends at the hip to touch the toes can help shift stagnant energy.

#### **3. Take a warm shower or bath**

Treat yourself with soothing body wash or bubbles and a fresh, soft towel afterward.

#### **4. Self-compassion**

Speak compassionately to yourself aloud. Talk to yourself like a good friend would. Give yourself the grace to be off-balance and the space to just be as you are for a while.

#### **5. Mindful walking**

Get grounded by moving your body mindfully. Try a short walk for 15 minutes, preferably in nature or a beautiful park or garden, taking in your surroundings mindfully with all five senses.

# Mental Health and Wellbeing Fair



Wednesday 8th May 2024

2:30pm - 4:00pm

In Long Meadow School's Hall

ALL WELCOME

Activities for children and free refreshments

Advice and support available



MILTON KEYNES  
SEND IAS





# Congratulations to our Top Doodlers...

Yusuf R & Zain R for their 50 day  
maths streaks; Ebun B & Zain R for  
their 50 day English streaks and  
Kimmy C for her 100 day English &  
maths streaks.

Well done!



**doodle**



TO CELEBRATE  
NATIONAL CHILDREN'S DAY,  
LMS' PUPIL WELLBEING CHAMPIONS  
PRESENT

# **AFFECT THE RULES DAY**

## **ON FRIDAY 10TH MAY**

CHILDREN ARE ALLOWED TO COME TO SCHOOL IN NON-UNIFORM,  
NO CHARGE, AND ARE ALLOWED TO DO ANY OF THE BELOW...  
FOR ONE DAY ONLY! BACK TO NORMAL ON MONDAY 13TH!

**WEAR  
JEWELLERY,  
BIG HAIR  
BOWS,  
PYJAMAS  
OR FANCY  
DRESS**

**HAVE A  
TEMPORARY  
TATTOO  
AND WEAR  
NAIL  
VARNISH**

**HAVE  
SWEETS AND  
CHOCOLATE  
IN LUNCH  
BOXES**

**BRING IN A  
TEDDY AND  
SIT NEXT TO  
A FRIEND  
FOR THE DAY**

**EAT  
SNACKS  
DURING  
LEARNING**

**HAVE SQUASH  
OR JUICE IN  
WATER BOTTLES  
(NOT FIZZY)**







**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>

# 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



Designated Safeguarding Lead

**Kerrie Evans** - Assistant Head Teacher

## Working Together to Safeguard Children

# mk **money**lifeline

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



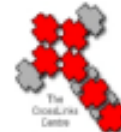
www.mkmoneylifeline.org.uk

Working in association with:



**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](http://www.sofea.uk.com)

Registered Charity Number 1155783



POWERED BY





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**



**New Venue!!**



**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**

