

LMS Matters



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Issue: 29

Date: 10.05.24

Dear Parents and Carers

Today was our inaugural **AFFECT THE RULES DAY**. This is to celebrate National Children's day and was 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. It was lovely to see such excitement on the children's faces, however it was not as nice to see so many non Man City shirts being worn.

Next week sees Year 6 completing a week of national testing (**SATs**) and I understand that the upcoming tests can be a time of anxiety and concern for both you and your child. Rest assured, our dedicated teaching staff have been working hard to prepare your child for these tests in a balanced and supportive way. We incorporate SATs practice into our curriculum in a manner that is engaging and stress-free. We encourage children to see these assessments as a chance to show what they know and can do. Our staff are always on hand to provide extra help and reassurance when needed. We believe that a child's wellbeing is paramount. As such, we ensure that there are plenty of breaks and opportunities for children to relax and play. We know they will do their best and this is all we will ever ask.

Our **DRESS FOR DINNER** fundraiser for St Mark's Meals is a non-uniform day on Friday 17th May. We are asking for a £1 minimum donation via <https://stmarksmk.enthuse.com/cf/fundraising-for-st-mark-s-meals> to support this wonderful charity who have helped many of our families at LMS. With our help, they can feed hungry tummies all across the city. They want children all over Milton Keynes to have dinner so that they can turn up at school the next day without the burden of hunger pangs. They have got a simple system that gets dinner to where it's needed, when it's needed, so that children don't have to go to bed hungry.

It's with great sadness that I have to announce that **MRS BROWNE** and **MISS COCKROFT** are moving on to pastures new next year. Mrs Browne is going to travel the world and Miss Cockroft is following her passion and has secured a job in a SEND school. We want to thank them for all they have done and wish them all the very best.

Our second **MENTAL HEALTH AND WELL-BEING FAIR** was a huge success again this week. We had some wonderful feedback from parents and carers and the organisations there such as "All schools should run these"... "We were able to help so many parents and carers"... "I've learnt about lots of new sources of support" and "I've found it really useful". You can see some photos of the event further on in this newsletter.

Please remember that as the weather begins to change, **SUN PROTECTION** is essential. It's wonderful to see the children play outside and with a few simple steps, we can make sure they're well protected from the sun. A good layer of sun cream with SPF 30 or higher would be perfect for your child's skin before they head to school; this needs to be the once a day type. If they're old enough, it might be a great opportunity for them to learn to reapply it themselves. They are unable to put it on other children and our staff are also unable to apply it for them. A hat with a brim is a stylish way to keep their face shaded and a water bottle is a must-have for staying refreshed and hydrated throughout the day.

As we move towards the end of the year, some children may feel that they have yet to receive an **LMS LEGEND**. As a reminder, Legends are on top of our whole school reward system and are given to children going above and beyond (for them) and can be for any area of school life. Our Legends are not given out on a rota system as they need to be earned — with the above and beyond element being key. We discuss this regularly with our children and hope that you are able to share this with them too. Thank you.

Thank you for all your support with the **QUICK WINS** for our **OPAL PLAY**. We now have a tyre contact who has already delivered some, and one parent has asked what we need as they wish to buy some bits. This is amazing! Please remember though that this could just be things you are going to throw away or donate elsewhere. We are still on the lookout for donations of: chalks, bubbles, dressing up clothes and outfits, utensils for a mud kitchen and scaffolding mesh to be used as a sand pit cover.

Finally this week, unfortunately **MRS SANDERS**, our **SENDCo**, is currently unwell. We wish her a speedy recovery. If you are due to have a meeting with her, or have SEND queries, please direct these to the school office email and they will pass them on to the most appropriate person to deal with it for you.

Have a great weekend (even if it is not a long one this time!)

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

Newts

who achieved

100%

KS2

Hogweed

who achieved

98.6%



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 – Annabelle for drawing a ‘5 kittens in a bed’ pictorial problem

Tadpoles – Myles for excellent effort in phonics & remembering to use finger spaces

Pondskaters – Yilmaz for outstanding maths learning with numbers to 100

Sticklebacks – Nickole for fantastic reading and writing

Frogs – Sufyan for excellent resilience towards his Mexican Amate design

Newts – Matthew for being a super mathematician this week

Hogweed – Naomi for wonderful effort this week across everything

Bracken – Krystal for being a superstar!

Foxgloves – Jayden for his positive attitude & always giving everything a go

Hawthorn – Kendrick for outstanding independent work in both maths & science

Thistles – Emma for working so hard on a personal challenge

Ferns – Elise for constantly seeking new vocabulary & pushing herself in her writing

Brambles – Megan for her careful presentation & amazing artistic ability

Teasels – Nandan for his perseverance in maths

Sports Person of the Week

Erica S for completing all her PE learning with great enthusiasm, always trying to apply the skills she has learnt and being a great role model to others.

Well done!

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

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
Monday 1 July	Meet New Teacher Day
Friday 5 July	Food Fayre
Tuesday 9 July	KS1 & EYFS Sports Day
Wednesday 10 July	KS2 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
Monday 22 July	Inset Day

LMS Safeguarding

Talking to Your Children about a Violent Incident -

City of Westminster

It is a tragic fact of life that cities are particular nexuses for inter-personal violence. The larger the city the greater the potential for the commonality of violence. It is an inescapable by-product of the congregation of vast reservoirs of human living side by side. For children and young people, particularly teenagers, the emergence of regular violence in their surroundings can be an unpleasant lesson in a world that, for them, may be largely innocent. As adults, we know and accept that perilous events occur, we take precautions if it's in our area or may simply ignore it if it's a distant danger. For pupils though, the level of personal growth required to be comfortable with the risks associated with peril may not be present. This can make bridging the gap between you and your child difficult. The City of Westminster currently has a six page pamphlet on how to address this issue when talking with children and young people. Please follow the link below if interested:

<https://www.westminster.gov.uk/media/document/talking-about-violent-incidents-with-children#:~:text=Keep%20the%20discussion%20open.,family%20remain%20safe%20and%20secure>

Cyber Security Resources for Young People - Parent Zone

The issues around cyber security have featured heavily in safeguarding discourse over the past few years. This is largely in response to the massive shift in people's social and familial life, from the real world to the digital space. It is vital that we begin teaching children and young people the dos and don'ts of online safety before they have to learn the hard way. Parent Zone, an organisation that deals with the digital aspect of young people's lives, have produced child oriented resources to this end. To find out more about these resources, please follow the link below:

<https://parentzone.org.uk/article/cyber-security>

LMS Well-being

Tests and exams

Exam season can be a challenging time for young people. Many feel stressed in the lead-up to their exams and worried in anticipation of their results.

As adults, it can be difficult to know what we can do to support children and young people during this time. Here are some tips of practical advice to help young people and families manage stress during exam season.

Look for signs of stress - Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed. If you notice your child is struggling, ask them what you can do to help them.

Talk about stress and nerves - Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use. Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time. Practice relaxation techniques with your child, we love these ideas from [NHS Scotland](#).

Support your child to create a routine - Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well. If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind – and try to discourage them from staying up late revising.

Try not to add to the pressure - Many young people feel pressure to do well in their exams to make their teachers, or families, proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.

Make yourself available to listen - Sometimes your child may not want to talk, and it's important you don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk. You may find that your child opens up in situations where they feel less pressure – for example, when you're in the car on the way home from school, or during a walk.

Help them unwind after exams - Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.

Seek additional support - If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline. Text CONNECT to 85258 for free to speak to Shout. Call 0800 1111 to speak to Childline, or visit childline.org.uk for their free online chat. Visit place2be.org.uk/help for more advice.

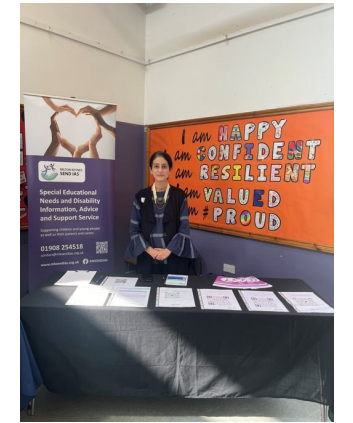


Mental Health and Wellbeing Fair

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

Partners: act, relate, CarersMK, MKmoneylifeline, Morelife, The Man Cave, NHS Central and North West London, Mind, Ride High, The Henry Allen Trust.





Congratulations to our Top Doodlers...

Cole E & Joshua H for their 50 day maths streaks; Yusuf R for his 50 day English streak; Aakesh R for his 100 day English streak; Anna A for her 250 day English streak; Anna A & Siddharth K for their 250 day maths streaks; Amelia L for her 365 day maths streak and Naomi R for her 365 day English streak!

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 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 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

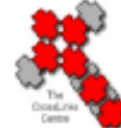


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Westcroft

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.softa.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



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**

