

LMS Matters



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Dear Parents and Carers

As we close the chapter on this year's **KEY STAGE 2 SATs**, I want to take a moment to commend our Year 6 pupils for their hard work and determination. The completion of these assessments marks not just the end of a testing week but the culmination of their learning and growth throughout primary school. The SATs are a milestone in every child's education journey, and this year's cohort has approached them with admirable resilience and positivity. The tests are a snapshot of what they have learnt and an opportunity to demonstrate their understanding. However, it's important to remember that they do not define our children or their potential. As we look forward to the remainder of the school year, it's an opportunity for our pupils to continue their learning journey with confidence. There are many exciting activities planned that will contribute to their development and ensure they are well-prepared for the transition to secondary school.

This week we supported **MENTAL HEALTH AWARENESS WEEK**. Every May, the UK comes together to tackle stigma and share ways to support good mental health in every community around the country. The theme of the week this year is Movement: moving more for our mental health. Moving more is great for our mental health and can increase our energy, reduce stress and anxiety, and boost our self-esteem. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Read some tips to help you get started in our well-being section further on.

Our **DRESS FOR DINNER** fundraiser for St Mark's Meals took place today. With our help, they can now feed more 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. If you haven't done so already you can donate 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.

As per my separate letter, next week sees us taking part in **WALK TO SCHOOL WEEK**. Please remember any form of active travel would be great (walk, cycle or scoot), the key is reducing car rides which in turn reduces pollution around school as well as increasing the safety of our community and helping our physical and mental health. I look forward to seeing how many of you will make the change!

Chris runs a local music school in MK. He has a few children from our school who attend the term time classes and they would love to help more children from Long Meadow to learn and perform with them. They are running a **ROCK AND POP SUMMER CAMP** this August from Great Linford Primary. A 5 day camp for kids to learn, perform and explore music, all abilities welcome and they provide instruments. They tell us that all their tutors are DBS enhanced and have safeguarding certificates. Please see the flyer further on in the newsletter.

PALMS are gearing up for our **SUMMER FETE** and they need your support to make it a roaring success! As they prepare for a day of fun and fundraising, they're reaching out to ask for volunteers to take a shift at one of their exciting stalls. Your assistance, even for just an hour or two, will make a huge difference in ensuring that everything runs smoothly and that all attendees have a fantastic time. Whether you can lend a hand with setup, assist with running a game or activity, or help with clean-up afterwards, every contribution counts and is greatly appreciated. Please consider signing up for a shift and being a part of this wonderful event. Together, we can create unforgettable memories and support our school community. If you can help, please complete the form which can be found at:

<https://forms.gle/vzbjrFoLpqUzSzaR8>

Enjoy your family time together.

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

Pondskaters

who achieved

97.3%

KS2

Thistles

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

Minnows – Sophia for writing a descriptive sentence about a caterpillar

Tadpoles – Milena for showing perseverance & resilience this week

Pondskaters – Theo for fantastic recount writing about making a paper aeroplane

Sticklebacks – Cole for fantastic learning in English

Frogs – Cohen for being a superstar helper

Newts – Jake for always doing the right thing and being a great role model

Hogweed – Winky for continuously exceeding expectations & doing the right thing

Bracken – Mufaro for being brave & creating a fantastic painting in the style of Monet

Foxgloves – Alba for excellent contributions to every lesson

Hawthorn – Teagan for her fabulous writing in English this week

Thistles – Kindyll for choosing interesting vocabulary in her writing

Ferns – Adam & Aaron for amazing teamwork in their English writing

Brambles & Teasels – for being amazing during SATs week – #proud

Sports Person of the Week

Joey N has been excellent this week, trying hard to listen well and follow instructions. He put super effort into his fitness workout & used skills learnt so far in Rounders.

Well done!

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

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

Not in School: Mental Health Barriers to Attendance Report - CYPMHC

The Children and Young People's Mental Health Coalition and Centre for Mental Health (CYPMHC) has recently published a report on the issue of school attendance. The report focused on investigating the mental health causes of absenteeism and produced recommendations across four key areas. The authoring organisation is a collaborative network of over 300 organisations, including mental health organisations, youth support services and educational institutions. To find out more about the report and to read its contents, please click on the link below:

<https://cypmhc.org.uk/publications/not-in-school/>

QR Codes - National Cyber Security Centre

QR Codes, what are they? We've all seen them whether it's at your local or on the bus stop you use to get to work. For most they're simply a faster way to share links with a vast number of people, without having to communicate with every single person in turn. Or at least that was the original intention; increasingly they're being used in official communications and office affairs. But how safe is it to use them, after all it's an image with no text attached save from that which comes from the writer of the advertisement or administrative communique. The reality is anybody could embed anything into any one of them. The National Cyber Security Centre has sought to address this question with a new post over on their site. If interested please click on the link below:

<https://www.ncsc.gov.uk/blog-post/qr-codes-whats-real-risk>

LMS Well-being

One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health. Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes brisk walking can boost our mood and increase our mental alertness and energy. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better. If you'd like to get moving more, these tips will give you some ideas to get started, as well as tips on how to get the best mental health benefits from the movement you're doing.

Find moments for movement every day: Life gets busy and it can feel like we don't have time to spend on activities to improve our wellbeing. But, finding moments for movement throughout the day might be easier than you think. How often do you find yourself 'waiting' throughout the day? Waiting for the kettle to boil; for your children to come out of school; for a bus to arrive; or for a delivery? These moments can add up. If you use the time to get moving, that will add up too. You could march on the spot, do some stretches, or try some chair exercises. Give it a go! You'll be surprised how much time you can fill with movement.

Set small, achievable goals: When you're beginning to move more for your mental health, set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day. Perhaps keep a movement journal so you can track your progress and how it makes you feel. Your goals are personal to you, and as you make progress you will create positive feelings that can boost your confidence and mood.

Take a break from sitting: Many of us are sitting for long periods during the day: working at desks, driving, sitting down to browse the internet or scroll through social media, watching our favourite television show or reading a book. Research shows that it's unhealthy to be sitting or not moving for long. If you are sitting for large periods of time throughout the day, set a timer to take regular breaks to stand up, walk around and stretch your body.



Congratulations to our Top Doodlers...

Siddharth K for his 250 day English
streak; Najib J for his 100 day
maths streak; Sehaj J for her 250
day maths streak and Ruby C for
her 365 day maths streak.

Well done!



doodle

ROCK & POP SUMMER CAMPS

AUGUST 2024

SENIORS (12-18 YEAR OLDS) 5TH AUGUST - 9TH AUGUST

JUNIORS (7-11 YEAR OLDS) 12TH AUGUST - 16TH AUGUST

AT GREAT LINFORD PRIMARY, ST LEGER DRIVE, MILTON KEYNES MK14 5BL
10:00-16:00 EACH DAY

- 2HRS OF PROFESSIONAL MUSIC TUITION EACH DAY!
- CHILD OR TEENAGER CAMPS AVAILABLE
- 5 DAYS OF MUSIC, GAMES AND PERFORMING
- GREAT WAY TO MEET NEW FRIENDS AND IMPROVE CONFIDENCE
- ALL ABILITIES WELCOME AND INSTRUMENTS PROVIDED
- END OF WEEK PERFORMANCE!



TO BOOK OR FIND OUT MORE

CALL - 07816669659

VISIT - MK.THEROCKPROJECT.COM

EMAIL - MK@THEROCKPROJECT.COM

COSTS £270 FOR THE WEEK

£80 DEPOSIT TO SECURE YOUR PLACE

(INCLUDED IN THE £270 FEE)



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 **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

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**



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**

