

LMS Matters



Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 27

Date: 26.04.24

Dear Parents and Carers

Your child will be coming home today with their **ANNUAL SCHOOL REPORT**. For those of you new to our school, this is something all schools must prepare every year. Why do we do ours now, when others schools send it out at the end of the year? The answer is quite simple. I have sent out thousands of end of year school reports and whilst they provide some key information, once read they are usually filed away. Our reports going out today means we can work on the targets set within them over this term and then report back to you with an update in July of how well your child has done with these, as well as their progress and attainment. It gives the reports a purpose and - particularly because it takes teachers hours to write and prepare these – we want to give them value. We hope you value them as much as we do.

The **SCHOOL COUNCIL** have been working hard this week to review our wet playtime games and create new games boxes for each year group. They sorted through what they already had, got rid of any rubbish and created amazing collections. They wanted to ensure that we have more exciting wet play games – thank you so much to them for all of their hard work with this.

Milton Keynes Council's **SEND TEAM** are running a workshop led by the **OCCUPATIONAL THERAPY TEAM** for parents and carers. It is an invaluable opportunity to get advice from the Occupational Therapy Service face to face with regards to daily tasks that children with SEND may be finding challenging. This could be dressing, eating, sensory issues, writing, etc.. Please see the details further on in this newsletter.

As I mentioned in a previous newsletter, we are now working with **OPAL** to make 20% of our school day (lunchtimes) 100% better. This week, Louise from OPAL completed our lunchtime baseline. She spent time on both playgrounds over the lunch period, watching and speaking to everyone. From this, she then met with me and we baselined where the school is currently at against the OPAL key play indicators. This will now form our action plan which we will then implement. Whilst we wait for the details of this, we once again need your help. We want to start collecting items for the exciting things that will be happening – can you or you company help? We need:

- 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

If you (or your workplace) can help – please drop these off to the school reception. Thanks in advance!

Finally this week, just a reminder about **SUMMER SCHOOL UNIFORM**. If parents / carers wish to, children can now wear other items as the weather hopefully begins to change. These are **BLUE GINGHAM DRESSES** and **DARK GREY SHORTS/SKIRTS**. We also need to ensure that children have **APPROPRIATE COATS** in school every day as we have already had a large number of children caught out by rain/cold winds. Please ensure that one is in school each day. Finally, a gentle reminder that although children can now wear trainers to school, these must be **BLACK**. This of course does not include the trainers used for PE.

I hope you all have a lovely weekend and keep those fingers crossed for some warmer weather.

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

TO BE ANNOUNCED
ON MONDAY...

who achieved

%

KS2

TO BE ANNOUNCED
ON MONDAY...

who achieved

%



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

There was no LMS Legends assembly this week, but we will be having 2 next week, so look out for these!

This will also be the same for our Doodlers!

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

Monday 15 April	Inset Day
Tuesday 16 April	Summer term begins
Wednesday 17 April	Year 4 Everdon 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

LMS Safeguarding

A Window Into Young Children and the Online Space - Ofcom

According to Ofcom's annual study of children's relationship with the media and online worlds, 24% of 5 to 7 year olds own a smartphone. If the definition of devices is widened to tablets, that figure rises to 76%. It goes without saying that as professionals in the educational space, we must remain with a finger on the pulse of trends among this very young grouping. Their formative experiences in the online world may be crucial in determining their future attitudes. This is particularly important since a third of those surveyed use social media unsupervised. Profiles on social media sites can be found for those in that age bracket which, due to the nature of social media, may be cause for concern. If interested in Ofcom's findings please follow the link below:

<https://www.ofcom.org.uk/news-centre/2024/a-window-into-young-childrens-online-worlds>

LMS Well-being

This week, we delve into positive self-criticism and strategies for nurturing a kinder self-dialogue.

Food for Thought: The term "self-criticism" immediately conjures up negative connotations. But it's worth remembering there are also positive forms of self-criticism. The real trick is being able to recognise the difference. Negative self-criticism manifests as harsh judgements about ourselves or focusing on our (perceived) flaws and mistakes, often unconsciously. However, we can deliberately counter these tendencies by practising positive self-criticism, such as honest self-reflection, learning from mistakes, and setting realistic goals. By developing these constructive behaviours into habits, we can acknowledge areas where we don't feel our strongest and use them as springboards for improvement and growth rather than be held back by them.

A Question: "What does your self-talk look like when you don't meet your own expectations?". This helps you identify their internal narrative. You can then explore how you might change their inner dialogue to be more forgiving.

How Would You Treat a Friend: Research shows that we are usually kinder to others than we are to ourselves. This simple four-step tool gives people a structured way to become aware of their negative inner voice and create an action plan for developing greater self-acceptance through more positive self-talk. Have a look at [THIS](#)

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

CarersMK

mk [moneylifeline](#)



Morelife





Parent workshop with Occupational Therapy Team

Join our session for parents/carers of children and young people with SEND to hear some practical advice on how to support your child or young person with everyday activities.

The workshop will include information on:

- How to support your child/ young person, including their sensory system and the environment
- When and how to refer to Milton Keynes Occupational Therapy Team

When: Thursday 02 May 2024 1:00 – 2:30pm

Where: Hedgerows Children Centre

Who will deliver the session? Milton Keynes Occupational Therapy Team

To book your place email SENDsupport@milton-keynes.gov.uk





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

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



office@mkmoneylifeline.org.uk



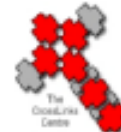
www.mkmoneylifeline.org.uk

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**



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**

