

LMS Matters

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Dear Parents and Carers

As I write this I am currently in deepest, darkest Shropshire on the Year 6 residential. Whilst I am far too old for this now, the past few days have reminded me why my staff give up time with their own families to provide these experiences for your children. I have seen this group of children grow as a year group, as individuals and as part of LMS over the last three days and could not be more #proud. I am also #proud of the trips we provide, even more so due to their affordable price for most. Our trips can be compared to other schools who offer residential which, for a family with two children in the same year group, cost £1200! Our trips are complete value for money and show/give children opportunities and experiences that they may never have again. Thank you to all the staff that give up their time (and trust me after late nights and a 5am start it's ALL their time) to run these trips for your children.

Can you spot a Scarlet Tiger Moth, a Yellow Archangel or a Daubenton's Bat? Are bats thriving in Milton Keynes? What wildflower species are under threat? What sort of habitats do moths thrive in? This summer, find out more about local wildlife and diversity by taking part in talks and guided walks in the gardens of **WESTBURY ARTS CENTRE**. The programme of nature-based talks and explorations are led by members of the Milton Keynes Natural History Society (MKNHS) which has been promoting interest in the wildlife and flora of Milton Keynes since its inception in 1968. Its members record wildlife sightings across the city and run a programme of events to help the local community enjoy and engage with our wildlife. MKNHS has kindly offered to work with Westbury Arts Centre to lead a programme of nature-based talks for the local community in the gardens at Westbury this summer. Details of the events can be found [HERE](#).

We have had some feedback that children may be losing their **DOODLE STREAKS** when using it. Doodle think it's important to take a healthy learning break when needed, which is why they've developed Doodle streak saver to enable your child to relax without worry. The streak saver will allow your child to keep their streak when they need to take a break from Doodle, enabling them to pick up where they left off when they start Doodling again. A streak saver will be earned when a child has completed five days of Doodling. It is possible to be able to save up a maximum of two streak savers at any one time. A full article showing parents/carers exactly how this works and what to do can be found [HERE](#).

The MK Safety Centre are running some parental workshops! There are two virtual workshops on offer - **ONLINE SAFETY** and **KNIFE CRIME AWARENESS**. Knife crime sessions are free of charge (during the Summer Term) and online safety sessions cost £5 per person. Sessions help adults to support their young people by starting conversations on how to stay safe as young people become more independent. The sessions are run via Zoom and last 45 minutes. Resources will be shared after the session to the email address provided when booking. Please see the full details and how to book further on in this newsletter.

PALMS continue to gear 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/vzbjrfFoLpqUzSzaR8>.

It's great to have everyone back for the final half term of this year – I can't believe how quickly this year has gone. There's so much to fit in this half term, but there's so little time!

Mr Gray

PALMS News Flash - Exciting update! You can now support PALMS fundraising while shopping online! We've partnered with easyfundraising, allowing you to raise free donations with 8000+ retailers. For the next two weeks, every new supporter earns us a £1 bonus donation! Ready to make a difference? Sign up now:

<https://www.easyfundraising.org.uk/causes/parentsfriends-at-long-meadow-school/>

Thank you for your ongoing support!



Our weekly
attendance
trophy
winners will
be announced
on Monday at
our LMS
mega
assembly!



Please
remember to
put all day sun
cream on your
children before
school and
ensure they
have their
water bottle
and a hat each
day.

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

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)
Wednesday 26 June	New EYs Parents meeting (6.00pm)
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	Year 6 Leavers Assembly
Friday 19 July	Last day of term
Monday 22 July	Inset Day

LMS Safeguarding

QUESTION: What is the legal age for marriage and civil partnerships in England and Wales, without parental permission, and with parental permission.

ANSWER: 18 years old

NOTE: Parental permission is now irrelevant. Until Monday 27th February 2023, it was possible for 16 and 17 year olds to marry with parental permission. This was changed by the Marriage and Civil Partnership (Minimum Age) Act 2022.

LMS Well-being

"We agonise over the gap of who we are and who our children need us to be" - Cole Arthur Riley.

I have a daily battle around wanting my children to be resilient without going through any hardships I experienced in my own childhood. I doubled up on guilt by feeling equally bad when I was working and not with them. Or when I was with them and not working.

If you're in that same situation, here's the sentence that could change your mindset: What does great parenting actually look like?

Mark Finnis describes this beautifully by describing the power of 'with'.

As humans we (generally!) want the best for the people we live and work with. It's often easy to fall into doing things for or to them, rather than going for with-ness.

Doing things to others takes away an opportunity for them to grow and can breed entitlement. Doing things for others is great - if they know you are truly for them and not in it for yourself! 'WITH-ness' is a powerful currency. It's about walking alongside someone encouraging them while they grow.

Great parenting and great leadership have some things in common. With-ness is the secret source to enrolling and belonging, even if you are arguing with a smaller version of yourself about the correct way to use the toilet.

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

PALMS LONG MEADOW

Presents

Non Uniform Day

21ST JUNE 2024

**ALL DONATIONS GO TOWARDS
THE SUMMER FETE**

Children can come to school wearing casual clothes in return for a **donation from the list below** or a cash donation of £1.

YEAR 6

MAKE YOUR OWN KIDS GOODIE JARS FOR THE HOOPLA - FILL A JAM JAR WITH GOODIES LIKE: SMALL TOYS, PENS, KEYS RINGS, RUBBERS, HAIR CLIPS, LOLLIES, OR SWEETS. WE WILL PROVIDE EACH CHILD A JAM JAR, LID, AND A RUBBER BAND.

YEARS 4 & 5

TOMBOLA ITEMS - FOOD ITEMS INCLUDING TINS, BISCUITS, CRISPS, AND SNACKS.

YEAR 2 & 3

TOMBOLA BOTTLES & JARS - FIZZY DRINKS, JUICE, ALCOHOL, SAUCES, JAM, MARMALADE ETC.

YEAR 1

SOFT TOY/TEDDIES.

**EARLY YEARS: CHILDREN'S TOMBOLA ITEMS
TOYS & GAMES, OR SWEETS.**

**PLEASE BRING YOUR DONATIONS, WITH GOOD
EXPIRY DATES ON FOOD & DRINK ON
FRIDAY 21ST JUNE.**



**EXTRA
BONUS**

Additionally: If you have school uniform or kids books you would like to recycle please email longmeadowpals@gmail.com



Knife Crime Awareness

Are you concerned about Knife crime? Do you have children developing independence and going out on their own? This Sessions from the Safety Centre would like to support Parents and Carers with early conversations about Knife Crime. The session looks at some of the facts and misconceptions about Knife Crime in England, how it can impact a child's life, as well as signposting where you can access support.

The Session Includes:

- What is Knife Crime?
- Laws and consequences around Knife Crime.
- Why young people carry knives, reasons for getting involved, including exploitation and county lines.
- How to support young people – identifying it is happening, places of support, conversations to have.

Friday 17 th May	Knife Crime	12.30pm – 1.15pm	Free
Thursday 13 th June	Knife Crime	7.00pm – 7.45pm	Free
Friday 12 th July	Knife Crime	12.30pm – 1.15pm	Free

Scan here for more information
or to book a place.



Virtual Workshops to Support Parents and Carers

Join us for virtual workshops to help you support your children. We currently have two workshops on offer - Online Safety and Knife Crime awareness. Knife Crime sessions are free of charge (during the Summer Term) and Online Safety sessions cost £5 per person. Sessions help adults support their young people by starting conversations on how to stay safe as young people become more independent.

The sessions are run via Zoom and last 45 Minutes. Resources will be shared after the session to the email provided when booking.

Please note - sessions are for adults, some of the content is not suitable for children to watch or participate in.

Online Safety

These Online Safety sessions have been specially designed for parents and carers to support children and young people as they explore the online world. The sessions are perfect for those who want to understand more about keeping their whole household safe online whilst still enjoying using devices.

The session includes:

- Up to date, key research findings and statistics concerning online safety for children.
- Risks faced by children: oversharing, live streaming, grooming, social media, gaming, cyberbullying, sexting.
- What parents can do – including setting parental controls, monitoring apps, conversations, and family agreements.
- Where to go for help

Tuesday 21 st May	Online Safety	7.00pm – 7.45pm	£5pp
Tuesday 9 th July	Online Safety	7.00pm – 7.45pm	£5pp

Scan here for more information
or to book a place.



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>



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**



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



Tel: 0300 123 5198 / 01908 550630 • office@mkmoneylifeline.org.uk • www.mkmoneylifeline.org.uk
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by guarantee registered in England and Wales with company number 07917713. Registered charity No 1146001

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



MILTON KEYNES RUGBY CLUB PRESENTS

MK RUGGERFEST RUGBY 7S FESTIVAL



WHAT TO EXPECT:

- STREET FOOD & BEER, CIDER
- LIVE MUSIC STAGE ALL DAY
- FAMILY FUN DAY, FACE PAINTING,
- BOUNCY CASTLE, BAR, ICE CREAM
- AMAZING DAY OUT FOR EVERYONE!

DATE AND LOCATION:
SAT 8TH JUNE 10AM - LATE

EMERSON VALLEY SPORTS PAVILLION, BOWLAND DRIVE, MILTON KEYNES, MK4 2DN

GET INVOLVED.



FOR MORE INFORMATION VISIT:
WWW.MKRUGGERFEST.CO.UK





FREE CRICKET IN MK

For 5-11 Year Old Girls & Boys



ALL STARS: 5-8 year olds

6 WEEK EVENING COURSE (BURSARY CODE = MCULN)

Monday 17th June - Monday 22nd July. 5:30-6:30pm each week.
At Campbell Park, MK9 4AD

4 DAY SUMMER HOLIDAY COURSE (BURSARY CODE = VZGFO)

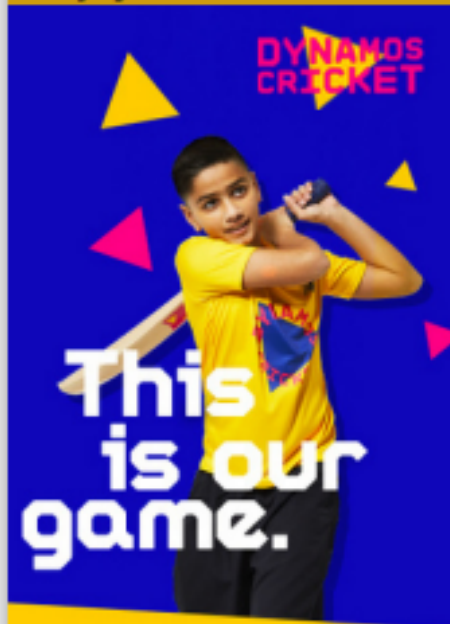
Monday 29th July - Thursday 1st August. 9:30-11:00am daily.
At Campbell Park, MK9 4AD

4 DAY SUMMER HOLIDAY COURSE (BURSARY CODE = EYKNT)

Tuesday 27th - Friday 30th August 9:30-11:00am daily.
At Open University, MK7 6AA

All Stars Cricket is suitable for all skill levels, providing your child with the foundations to begin a lifelong love of physical activity, while making friends in a safe & enjoyable environment.

BOOKING LINKS



Dynamos Cricket will help grow your child's love of the game, & will give them the opportunity to socialise & make friends in a safe environment.

6 WEEK EVENING COURSE (BURSARY CODE = BHBPD)

Monday 17th June - Monday 22nd July. 6:30-7:30pm each week.
At Campbell Park, MK9 4AD

4 DAY SUMMER HOLIDAY COURSE (BURSARY CODE = WSHZR)

Monday 29th July - Thursday 1st August. 11:00am-12:30pm daily.
At Campbell Park, MK9 4AD

4 DAY SUMMER HOLIDAY COURSE (BURSARY CODE = YLIIA)

Tuesday 27th - Friday 30th August. 11:00am-12:30pm daily.
At Open University, MK7 6AA

DYNAMOS: 8-11 year olds

Please ignore the prices shown and use the bursary codes listed above to book for FREE. Please note the codes can only be used once per parent for a maximum of 3 places. If you have any questions please contact: muhsin.raquib@bucks cricket.co.uk