LMS Matters

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JA DO



EYFS/KSI

Minnows

who achieved

100%

KS2
Hawthorn
who achieved
100%



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.

Dear Parents and Carers

Following my 'holiday' with Year 6 last week, I had the honour of supporting Mr Moran with the Year 6 Tag Rugby team at MKRFC as part of the Saints Cup run by Northampton RFC. I am pleased to say that following that morning, we will now be progressing through to the finals next week, to be held at the home of the Rugby Premiership champions, Northampton RFC, where will be playing on the pitch of Franklins Gardens! Mr Moran is a little miffed as he is on a residential next week so won't be able to attend, but I of course will give him all the details. Well done to everyone involved, it's a great achievement. Please also look out for the **GIVE RUGBY A TRY** flyer further on in this newsletter, it's a great way to get into the game for both adults and children.

On Tuesday, the children had the chance to watch the classical theatre production of **ALICE IN WONDERLAND.** They were excited to experience a live show and were a brilliant audience. EYFS, KSI and Year 4 watched the morning performance and the rest of KS2 watched the afternoon show. Following each performance, Year 4 and then Year 3 had the opportunity to attend a workshop with the actors. The children learnt about all aspects of the production, including the lights, the script, the backdrops, costumes and how they change so quickly. We even have some budding actors and actresses who had a go at reading from a script, learning to change their voices to suit the character. All of this could not have gone ahead without the fantastic donation of £1000 towards the cost of the shows and the workshops. Huge big thank you to PALMS.

NEW STAFF SPOTLIGHT! Hello everyone! My name is Emma Seaton and I am the new Learning Mentor / Parent Support Worker at LMS. I have two children, I love music, travelling and anything sparkly. I have worked in education and pastoral care for many years. I am passionate about the wellbeing of children and I am looking forward to getting to know the families and children at LMS, discovering and helping with individual needs. I am known for being kind, having a big smile, a listening ear and a calming voice and I plan to deliver hands-on activities, support and guidance to individuals in a nurturing and caring way. If you think I can support you or your child in any way, please get int touch with me via the school office.



This week, at the MK Headteachers' conference, I was honoured to meet some people linked to community groups across the city. The first was the **SUNFLOWER UKRAINIAN SUPPLEMENTARY SCHOOL** which provides an opportunity for Ukrainian children in MK to learn the language, deepen their knowledge about the Ukraine, its culture, their roots and traditions — to be proud of their ethnic origin. For more information please contact info@ukraineappeal.org.uk. The second group was the **AFRICAN DIASPORA FOUNDATION**. They are a dedicated group of individuals, each hailing from different corners of the beautiful continent of Africa. While they hold their heritage and homelands close to their hearts, they've also found a new home to be proud of — Milton Keynes. Their mission is to foster unity among the diverse African communities living in Milton Keynes. They aim to achieve this through education, respect, and celebration, as they embrace the richness of our various cultural backgrounds. Their goal is to discover common ground, nurture mutual respect, and revel in the joy of learning about each other's cultures and their own histories. They also hold a huge festival in Campbell Park on July 6th. Please see https://africandiasporafoundation.co.uk/ for more details.

Don't forget the **PALMS 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! Please also see the **SUMMER FAIR** posters further on.

Hopefully you have all noticed the outdoor **REGULATION STATIONS** are now fully planted around the school. These are designed to be smelt and touched and help children regulate their emotions around the school. Feel free to have a feel/sniff yourselves.

Have a super weekend and don't forget the 2024 Euros start tonight!



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 tem Monday 22 July Inset Day

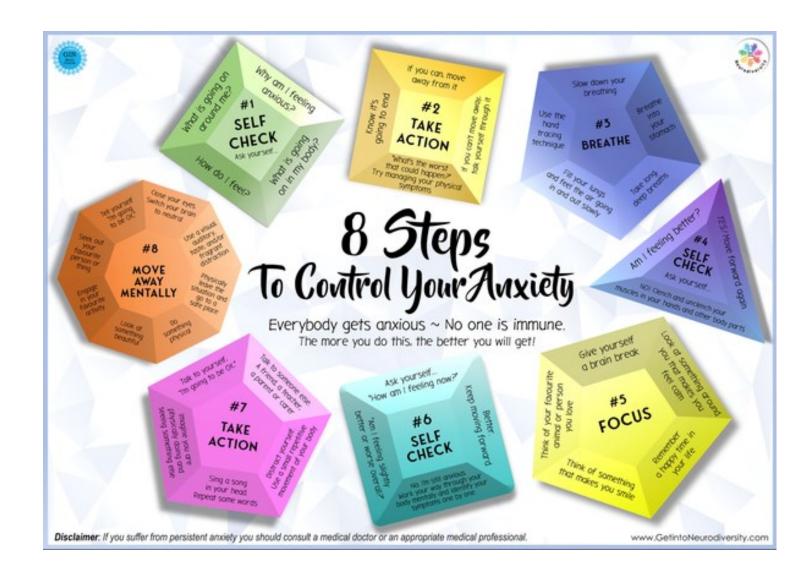
LMS Safeguarding

Managing anxiety in children and young people - Young Minds

As we come towards the end of the academic year, many children will be moving on, some within the school and others to new places. Almost all young people will feel anxious to some extent and for some this anxiety can become overwhelming. Young Minds has really helpful information and advice for understanding and supporting a young person with anxiety.

https://www.youngminds.org.uk/professional/resources/supporting -a-young-person-struggling-with-anxiety/

LMS Well-being



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:



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



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.

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

BONUS



Long Meadow Legends

Tadpoles for excellent behaviour & conduct at Thrift Farm; Bamiki for settling in really well, bringing a smile & trying her best each day and Milena for astounding Mrs Ruddock in phonics this week.

Minnows - for excellent behaviour & conduct at Thrift Farm; Sophia for having a 'can do' approach to her writing and Matheus for being a number bond superstar this week.

Sticklebacks - Holly for being a magnificent mathematician on National Numeracy Day; Jamal for showing brilliant friendship to others and Ivy for fantastic phonics skills.

Pondskaters - Aiden for outstanding contributions in our science learning; Calix for super maths learning outdoors and Florence for super maths learning sharing equal groups of objects.

Frogs - Dheer for creating a wonderful poster about personal hygiene; Eli for excellent perseverance with his learning and Anna for brilliant discussions during science.

Newts - Najib for always having a huge amount of enthusiasm; Kyran for being a brilliant school councillor and Abel for continued effort in lessons.

Hogweed - Freddie for his fantastic contributions during class discussions; Ewan for always putting in 100% effort with his learning and Harsimran for always being kind, thoughtful and for looking after others.

Bracken - Evie-Grace for being an all round superstar Amber for a huge improvement in her attitude towards her learning and Rishi for excellent effort in English.

Hawthorn - Amy for her super learning in art and James for his fabulous shape & symmetry learning and Kahlan for always being a fantastic role model at all times.



Long Meadow Legends

Foxgloves - Kemal for showing perseverance & a positive attitude during lessons; Lyla for her hard work & determination in every lesson and Tyler for challenging himself in handwriting.

Ferns - Beth for an absolutely outstanding mystery story; Tommy for trying really hard with his vocabulary choices & producing an outstanding mystery story and Jasmine for incredible use of language in her description.

Thistles - Hudson for writing a very mysterious Mayan mystery; George for showing a huge amount of independence in his learning and Keona for always having a kind and caring attitude towards others.

Brambles - Ruby for her fantastic effort & attitude at all times; Lara for being really helpful on the residential and Luke for trying to develop his leadership skills at the rugby tournament.

Teasels - Joshua for an even greater improvement in his attitude towards learning; Issa for improved behaviour and Jonathan for excellent progress in writing.

Sports Person of the Week

Lorelei for her brilliant effort & attitude towards cricket last half term; Ezra for his new, refreshed energy & participation in PE lessons and Lara H for always being fabulous and putting in 100% effort into everything she does.

Congratulations to the following children for taking part in the sports festival this week:

Isla-Rose; Emelia; Alex; Adnan; Leon; Robyn; Nandan; Connie; Archie; Isaac and Nevaeh

#PROUD



Aakesh R, Leon B, Nandan T, Harsimran J, Guilia M & Poppy W for their 50 day maths streaks; Maaria C for her 100 day English streak; Ivy A, Alexander G & Todd T, Wayne T, Maaria C & Oliver B for their 250 day maths streaks; Ivy A & Sehaj J for their 250 day English streak; Alba S for her 365 day maths streak; Nathaniel G for his 500 day maths streak; Mervin K, Ife B & Nevaeh H for their 750 day maths streaks; Nevaeh H & Ife B for their 750 day English streak and Hal T, Alice A, Shenley A & Isla-Rose H for their 1000 day maths streaks.

Well done!

doodle



Awadhya S, Alexander G, Ivy A, Cole E,
Aaryan V, Amelia L, Hal T, Enrico P, Ebun B,
Harsimran J, Simeon O-A, Alice A, Zoe E,
Will G, Matthew W, Harriet G, Srihaas M,
Katrina C, Emma G, Sehaj J, Aaron G, Ife B,
Hannah W & Connie V-W for completing
the Spring Doodle Challenge.

Well done!

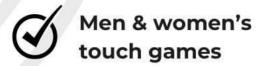
doodle 📏

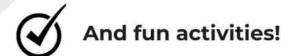












30TH JUNE 10 - 12 P.M.

BBQ & REFRESHMENTS

RFU WILL BE IN ATTENDANCE



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 17th May	Knife Crime	12.30pm - 1.15pm	Free
Thursday 13th June	Knife Crime	7.00pm – 7.45pm	Free
Friday 12th 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 21st 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 5BI

10:00-16:00 EACH DAY



2HRS OF PROFESSINAL MUSIC TUITION EACH DAY!

CHILD OR TEENAGER CAMPS AVAILABLE





ALL ABILITIES WELCOME AND INSTRUMENTS PROVIDED

• END OF WEEK PERFORMANCE!



VISIT – MK.THEROCKPROJECT.COM CALL - 07816669659

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





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.





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





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



Supported and funded by:









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by guarantee registered in England and Wales with company number 07917713. Registered charity No 1146001

Westcroft

COMMUNITY ARDER

Shenley Brook End & Tattenhoe Parish Council

Fridays 10am - 1pm

Westcroft Pavilion Cranborne Avenue Milton Keynes MK44GB

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?

food waste and save money. It is not means tested.

Where does the food come from?

Anyone who wants to prevent A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.

One Off £10 Joining Fee



INDIVIDUAL MEMBERSHIP P/WEEK

FAMILY MEMBERSHIP

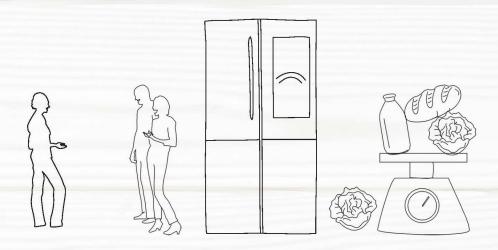
An **individual membership** provides up to 10 items of food per week, plus a selection of fruit and vegetables. (family membership is double that)

Want free food and a bunch of other benefits?

Sign up today! www.sofea.uk.com







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



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.



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.

BOOKING LINKS





- 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: 8-11year 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@buckscricket.co.uk