

LMS Matters



Tel No: 01908 508678

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

www.longmeadow.milton-keynes.sch.uk

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Dear Parents and Carers

Once again I have had the pleasure of being off site with the children this week. Firstly, we attended the finals day for the **SAINTS RUGBY CUP** after progressing through the MK round last week. This was an opportunity for the team to play on the pitch at Franklins Gardens and have their picture taken with the Gallagher Premiership Trophy (as Northampton RFC are the current champions). Secondly, I was then honoured to take a group of year 1s to MK College for a cricket taster morning with **BUCKS CRICKET**. Both groups had an amazing time and once again represented LMS fantastically. I love all the opportunities our children get!

Year 5 and Year 3 have had an amazing time on their residential this week. You can see just how much they have loved it on the school **TWITTER** (now called X) account (@LongMeadowSch) where you can see **ALL** the amazing things we get up to in all of our year groups.

This final half term is always a busy one so please ensure that you have taken note of our latest **DATES FOR YOUR DIARY** page which always forms part of our newsletter each week. This hopefully allows you to plan in advance for events involving your children.

Between 1st July-31st August, Doodle are running two exciting, aquatic-themed Summer Challenges — the DoodleMaths Challenge and DoodleEnglish Challenge! **THE DOODLE SUMMER CHALLENGES** are both designed to encourage a few minutes of daily Doodling, keeping your child engaged over the summer and boosting their skills. Plus, they can earn exclusive rewards by taking part! Please see the attached information sheet for exact details.

The **BUCKS COUNTY SHOW** is on 29th August 2024. This is an exciting day out for families at the end of the school holidays; children can go and enjoy Buckinghamshire's main summer attraction, a fun, action-packed day of entertainment, hundreds of animals competing, prestigious show jumping, wonderful shopping and breathtaking displays including an exciting motorbike stunt display team. They are also offering free children's tickets for the Show when bought with an adult ticket. Details on the flyer further on in this newsletter.

The **RARING2GO MK MAGAZINE** is now available [HERE](#). It's full of things to do and places to go during the summer break. It also includes articles about swimming lessons, water parks, managing allergies and lots, lots more. It's completely free to you all – so what have you got to lose?

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.

This week, I had the pleasure of hearing an LMS parent speak to their child after school. They didn't know I could hear them, so I knew it was genuine. The parent asked their child "Did you have a good day?" to which their child replied "Yes I did". The parent then asked "was it a good day or a great day?" to which their child replied "a great day". The parent then proceeded to ask them what made it a great day. How many times as parents/carers do we ask about our children's days to try and find something wrong so we can fix it. I have stolen this from this unnamed parent and tried it with my own children – it really works. This also fitted in so well with my assembly theme of feeling valued and the small things we can do to make others feel they are.

Finally this week I would like to wish all of our children, families, staff and communities a joyful and blessed **EID UL-ADHA!** May this celebration of sacrifices and compassion bring peace and unity to all!

Have a great weekend and see you all next week.



EYFS/KSI

TO BE ANNOUNCED

NEXT WEEK

%

KS2

TO BE ANNOUNCED

NEXT WEEK

%



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

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
Thursday 4 July	Year 3 Learning Fair (2.15pm)
Friday 5 July	Food Fayre
Tuesday 9 July	KS1 & EYFS Sports Day
Wednesday 10 July	KS2 Sports Day
Thursday 11 July	EYFS Learning Fair (2.00-2.45pm)
Thursday 11 July	Year 6 Performance (6.00pm)
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

Tips for helping children stay safe online - IWF / PIER

'Self-generated' child sexual abuse material (CSAM) has been the subject of research that PIER (Policing Institute for the Eastern Region) have just finished on behalf of the Internet Watch Foundation. 'Self-generated' CSAM are images and videos which are taken by children and then shared either:

- willingly, usually with a boyfriend/girlfriend, or
- unwillingly, through coercion, or
- shared by a third party without their consent.

Some of these images end up being distributed, sometimes sold, on the open and dark web by those with a sexual interest in children.

Just over 300 children took part in the research and talked about their experiences of growing up in a digital world, where they talk to their friends, game and do their schoolwork online. Many described receiving unwanted sexual images and some commented that it has become normalised and part of their lives. The apps they use, such as Snapchat and TikTok, are also used by perpetrators to talk to children and groom them into sharing sexual images. This is a serious safeguarding issue, with wide-reaching consequences that we all need to learn more about.

PIER and IWF have written a blog post for parents about how they can better understand their children's online world and its risks. The blog post can be found here: <https://www.iwf.org.uk/news-media/blogs/tips-for-helping-children-stay-safe-online/>

LMS Well-being

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou.

Now we spend so much of our lives online, it's easy to rely on social media to nurture and maintain our relationships. But this convenience has a flipside: it lacks the depth and richness that comes from physically spending time together.

As technology becomes increasingly pervasive, we mustn't forget the power of shared real-world experiences for strengthening connections, deepening relationships, and creating lasting memories. If there's someone in your life you'd like to be closer to, reach out this week and arrange to meet up. It's the best way to make them feel valued, develop intimacy, and build a lasting bond with them.

"What would you like to start (or stop) happening in your relationship (s)?" This open question is a simple, direct way to identify what you want—either from a specific relationship or their relationships in general—and where the gap lies between your current and desired situations. Once this gap is identified, you can explore why it exists and how to close it.

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





Long Meadow Legends

Tadpoles -

Minnows -

Sticklebacks -

Pondskaters -

Frogs -

Newts -

Hogweed -

Bracken -

Hawthorn -

Foxgloves -

Ferns -

Thistles -

Brambles -

Teasels -

Sports Person of the Week

#PROUD

TO BE ANNOUNCED NEXT WEEK!



Congratulations to our Top Doodlers...

Well done!

TO BE ANNOUNCED NEXT WEEK!



doodle



SUMMER FAIR

SATURDAY, 29TH JUNE
2:00 to 4:30pm

Parents/Friends at Long Meadow School (PTA)
would love to invite the whole community to
join in on a day of fun.

Get ready for a summer of fun at our
upcoming fair! We've got a full line-up
of family-friendly activities and
entertainment that will make this the
highlight of your summer.



Long Meadow School Garthwaite Crescent, Shenley Brook End MK5 7XX



PRIDE. PASSION. RESPECT



GIVE RUGBY A TRY



Learn new skills for
ages 5 - 16 in relevant
age groups



Men & women's
touch games



And fun activities!

30TH JUNE

10 - 12 P.M.

**BBQ &
REFRESHMENTS**

**RFU WILL BE
IN ATTENDANCE**



England
Rugby



BUCKS COUNTY SHOW

Children's Competitions

For Under 5's to 16 with free entry to all competitions

Unlock your creativity at the Bucks County Show! Kids of all ages can participate in exciting categories like painting seaside scenes, building Lego vehicles, crafting animal shapes from fruits and veg, photography and baking delicious rock cakes.

Show off your unique talents and make this year's event unforgettable.

Full details overleaf!

Prize money is awarded for 1st, 2nd and 3rd places.

buckscountyshow.co.uk

**FREE CHILD
TICKETS**
(SEE OVER)





Children's Competitions

Please state age on day of show on entry form. Entries are free of charge!

CH1 A fingerprint picture (under 5yrs)

CH2 Vehicle made of Lego/Duplo or similar materials (5-7yrs)

CH3 Sugar and spice rock cakes – see set recipe (5-7yrs)

CH4 Animal made from fruit and/or vegetables (5-7yrs)

CH5 An A4 painting or drawing entitled 'The Seaside' (5-7yrs)

CH6 Painted stone – 1 item (5-7yrs)

CH7 Chocolate & vanilla pinwheel biscuits – see set recipe (8-12yrs)

CH8 Logo creation – theme of 'Outer Space' (8-12yrs)

CH9 A painting or drawing entitled 'The Olympics' (8-12yrs)

CH10 A floral arrangement in a mug (8-12yrs)

CH11 Flowerpot person – max height 70cm, self-supporting (8-12yrs)

CH12 Sugared pretzels – see set recipe (13-16yrs)

CH13 Decorated photo frame – any medium (13-16yrs)

CH14 Design and make a board game – using any materials (13-16yrs)

Children's Photography (Entry fee £1)

Each exhibit must be unframed and mounted on stiff black card.

Maximum size 50cm x 40cm. Prints may be colour or black and white.

H41 Toys (5-9yrs)

H42 Friends (10-13yrs)

H43 Water (14-16yrs)

H44 Clouds (any age) H45 On my travels (any age) H46 Bucks County Show (any age)

Please visit www.buckscountyshow.co.uk or scan the QR code for more details and set recipes, which will be found in the Home & Garden Schedule.



FREE CHILD TICKETS

You can book entry tickets online and take advantage of our FREE child ticket offer.

The offer is to get up to 3 FREE child tickets (up to 16yrs) with a full paying Adult or over 65 ticket when purchased online. To take advantage book online using code 'SCHOOL24' at checkout.

This offer ends at midnight on 28th August 2024.

<https://buckscountyshow.ticketsrv.co.uk/tickets/schoolbookings>

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>

 **Milton Keynes**
City Council



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 **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



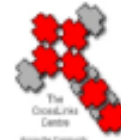
www.mkmoneylifeline.org.uk

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
Authorised and regulated by the Financial Conduct Authority No. 618802 • MK Money Lifeline is a company limited
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?

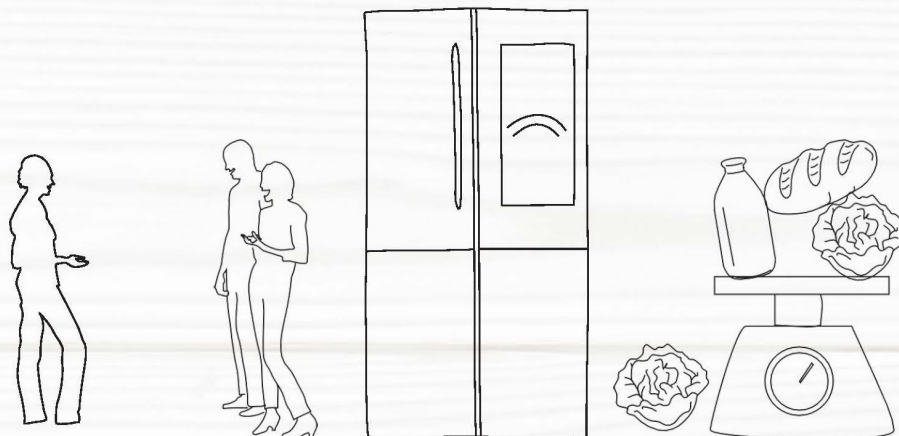
Sign up today!
www.sofea.uk.com

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



FREE CRICKET IN MK

For 5-11 Year Old Girls & Boys



ALL STARS: 5-8 year olds

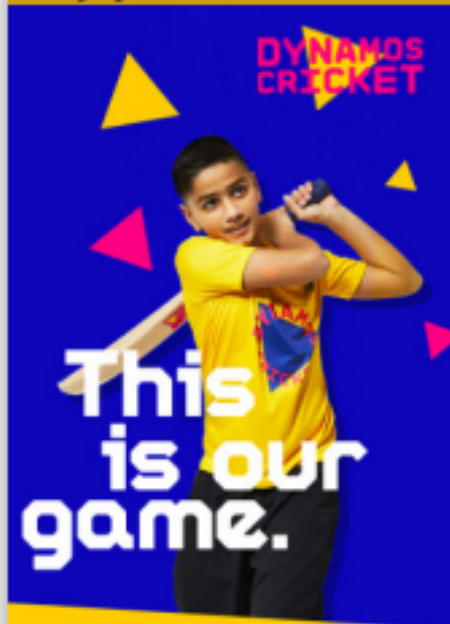
6 WEEK EVENING COURSE (BURSARY CODE = MCULN)
Monday 17th June - Monday 22nd July. 5:30-6:30pm each week.
At Campbell Park, MK9 4AD

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@bucksicricket.co.uk