

LMS Matters



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Dear Parents and Carers

Imagine my surprise when I arrived at school mid morning on Monday to find a hubbub of excitement in the KSI Playground as a huge group of children were playing in the new LMS Beach. Why surprised you may ask? – well, I hadn't expected Mr Bourke to be so efficient and fill the pit before we had time to launch it with the children! But the children and staff went with it and it was amazing to see. We will continue to launch things on both playgrounds next half term and a full launch of OPAL in September.

Thank you to all parents and carers who embraced **WALK TO SCHOOL WEEK** this week. It's so great seeing all the active travel (walking, cycling or scooting) which in turn reduces car rides which in turn reduces pollution around school. Thank you all once again.

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 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 see the full details and how to book further on in this newsletter.

I hope you have been able to see our newly planted **OUTDOOR REGULATION STATIONS**. These were kindly provided by PALMS and are intended to support children who need to regulate when being outside. There are a range of sensory plants (curry, lemon, lavender and mint), as well as some touchable grasses.

MILTON KEYNES CHORALE are putting on an animal-themed family concert (under 12s tickets are free, adults just £15). It's in the afternoon of Saturday July 6th at The Venue Theatre, Walton High School, MK7, and starts at 1.30pm with an hour of craft activities hosted by MK Play Association. The choir will then perform, amongst other poems and songs, 'Captain Noah and His Floating Zoo' and 'The Wind in the Willows' (everyone's favourite story about Rat, Mole and Toad) with music by John Rutter. Both of these pieces are very entertaining, and will be sung to a high standard with professional guest soloists. It's going to be a great concert, suitable for all ages with more craft activities in the interval for anyone who wants to participate. Tickets can be bought now from The Venue's website (<https://www.thevenuemk.com/event/a-musical-menagerie/>) and up to three under 12 tickets are available with each adult booking.

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/vzbjrfOLpQzSzaR8>

Finally this week, following a sharp increase in coughs and colds, please may I remind parents and carers that cough/throat sweets are not permitted in school at any point. This is to ensure they are not shared between children which could result in a reaction and they are, of course, also medicinal. Thank you in advance for your co-operation with this.

Have a restful week off and I look forward seeing you for the final half term of the year!

Mr Gray



Our weekly attendance trophy winners were...

EYFS/KSI

TO BE ANNOUNCED
AFTER HALF TERM...

who achieved

%

KS2

TO BE ANNOUNCED
AFTER HALF TERM...

who achieved

%



Our Dress
for Dinner
event raised
£179.13p for
St Mark's
Meals. Thank
you for your
support

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

Cyber Security Resources for Young People - Parent Zone

The issues around cyber security, have featured heavily in safeguarding discourse over the past few years. This is largely in response to the massive shift in people's social and familial life from the real world, to the digital space. It is vital that we begin teaching children and young people, the do's and don'ts of online safety before they have to learn the hard way. Parent Zone, an organisation that deals with the digital aspect of young people's lives have produced child oriented resources to this end. To find out more about these resources, please follow the link below:

<https://parentzone.org.uk/article/cyber-security>

LMS Well-being

How to manage our reactions and emotions effectively.

Your reaction to problems largely determines their impact on you. For example, someone cutting you off in traffic can trigger feelings of anger that can linger for hours. Or, worse... someone could trigger an emotional outburst, causing you to say something you later regret.

But, by distancing your actions from how you feel, you can dissipate your emotions and prevent a minor slight from escalating into a major problem.

A go-to trick is box breathing. Breathe in for a count of four, hold your breath and count to four, breathe out for a count of four, then hold your breath and count to four again. Repeat this cycle four times. Try it next time you feel your emotions might be about to get the better of you.

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

— Viktor E. Frankl

How good are you at finding the right word(s) to express your feelings? - The more accurately we can label our emotions, the greater our chances of regulating them properly.

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

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.



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.



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**



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**



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

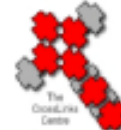
Working in association with:

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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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**



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 = YLIAA)

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