LMS Matters

Tel No: 01908 508678

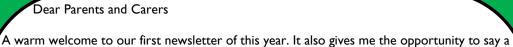
Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 01

Date: 13.09.24





huge welcome to our new EYFS children and families who have joined Team LMS this year. Welcome to the family! On that note, if you have children starting school for the first time or starting secondary school in September 2025 – please see the flyers for more information further on in this newsletter.

I started this week with a whole school assembly launching our **NEW BEHAVIOUR CURRICULUM** which the children and staff know as **LMS SUCCESS**. I gave you some details in my welcome back letter, but each week will share further details so you are able to support your children even more in school. As a school, following Ofsted, we are in a really great place. This means we can now tweak what works well and continue to drive forward in other areas. Please find our **LMS SUCCESS** page further on. As part of this, a gentle reminder that, to reduce the number of cases of headlice and to improve focus in class, we are asking for **ALL LONG HAIR TO NOW BE TIED UP**.

The new year also brings changes to our staffing. Miss McPhee has settled in and it's like she has always been here and Mrs Guadagnini is loving having a class of her own. It has also been great to welcome back our SENDCo, Mrs Sanders! We also have some new members of our SLT (Senior Leadership Team) with Miss Devlin and Mrs Stiles now being joint leaders of Upper Key Stage 2 and Ms Fraser and Mrs Frost being joint leads of EYFS. Miss Furneaux is now lower Key Stage 2 leader, with Mrs Wright leading KS1. As ever, if you have any concerns/queries, your first port of call is always the class teacher. If you don't get your answers there, the Phase Leader should then be contacted. Don't forget to say a 'good morning' or 'good afternoon' to them on the gates when you see them!

Are you in desperate need of help from Nick Knowles and his team of Purple Shirts? Well then you can apply to be on the next series of **DIY SOS!** Please see the attached flyer from South Shore/BBC.

The **BEN KINSELLA TRUST**, a leading national **ANTI-KNIFE CRIME CHARITY**, are providing a FREE Zoom information session on Wednesday 25th September at 6.30pm for parents/carers and family members. This is part of their "Stay True to You" campaign, helping to support practitioners and parents in keeping young people safe. The session aims to raise awareness of these issues and to give parents the confidence of signs and symptoms to look out for and tips on how to build stronger relationships and to have those difficult conversations. It explores some of the learning from the wider "Stay True to You" campaign. See the flyer further on.

HARVEST FESTIVAL is just around the corner and this year we will once again be supporting the **MK FOOD BANK** during this time. You can find their 'shopping list' further on in this newsletter, but we would encourage you to check dates on items as they are unable to use food that is past its 'best before' or 'use by' date. We will be collecting donations from **Monday 7th October until Friday 25th October**.

Ruby is doing the **MINI-MOO** for Willen Hospice this weekend and we wish her all the very best of luck! If you wish to donate to this charity close to our hearts, you can at: https://donate.willen-hospice.org.uk/pf/allison-neal

Finally this week, the autumn version of the free magazine **RARING 2GO** is now available. This edition has got lots of hints and tips to help the children enjoy reading as a family group along with some great suggestions of books to read . You can find your free copy <u>HERE</u>.

Have a great weekend together – you are going to have very tired children on your hands!



EYFS/KSI

Sticklebacks

who achieved

100%

KS2

Thistles

who achieved

99.7%



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.



School Term and Bank Holiday Dates 2024 / 2025

Term	Open morning of:	Close at the end of afternoon session of:
Autumn Term 2024	Thursday 5 September 2024	Friday 25 October 2024
	Monday 4 November 2024	Friday 20 December 2024
Spring Term 2025	Tuesday 7 January 2025	Friday 14 February 2025
	Monday 24 February 2025	Thursday 3 April 2025
Summer Term 2025	Tuesday 22 April 2025	Friday 23 May 2025
	Monday 2 June 2025	Tuesday 22 July 2025

Training days agreed to date: (on these days children do not come to school but staff do)

Tuesday 3 September 2024 / Wednesday 4 September 2024 / Monday 6 January 2025 / Friday 4 April 2025 / Wednesday 23 July 2025

Good Friday: Friday 18 April 2025

Easter Monday: Monday 21 April 2025

May Day: Monday 5 May 2025

Autumn Term 2024

Tuesday 17 September PALMS Donut Day Friday 20 September Jeans for Genes Day Friday 27 September MacMillan Coffee Morning Friday 4 October PALMS Non-Uniform Day Year 6 Mock SATs w/c Monday 7 October Thursday 10 October World Mental Health Day Thursday 10 October Year 3 Holdenby House Thursday 17 October Year 4 Learning Fair

Thursday 17 October PALMS Discos (KS1 5.30-6.30pm / KS2 6.45-7.45pm)

w/c Monday 21 October Parent Consultations
Thursday 24 October Individual School Photos

Monday 28 - Friday 1 November Half Term
Thursday 7 November Bags2School

Friday 8 November Year 4 Fitzwilliam Museum

w/c Monday 11 November Anti-Bullying Week
Monday 11 November World Science Day

Thursday 14 November Year 6 MK Discovery Centre

Friday 15 November Children in Need
Friday 15 November Year 1 MK Museum

Friday 29 November PALMS Launch: Design a Decoration competition

Friday 6 December PALMS Christmas Fair

Monday 9 December Year 1/2 Carol Concert (9.15-9.45am)

Tuesday 10 December Year 1/2 Carol Concert (2.15-2.45pm)

Thursday 12 December Christmas Jumper Day

Thursday 12 December EYFS Christmas Performance (1.30-2.30pm)

Friday 13 December PALMS Festive Friday
Friday 13 December Year 6 Learning Fair
Monday 16 December PALMS Christmas Dash

Stay & Play Sessions - (9.00 - 10.30am)		
Wednesday 25 September	Superheroes	
Wednesday 9 October	Pirates	
Wednesday 23 October	Autumn	
Wednesday 6 November	Fireworks	
Wednesday 20 November	Space	
Wednesday 4 December	People Who Help	
	Us	
Wednesday 18 December	Christmas	

LMS Safeguarding

In cyber security, can you define the following: **phishing**, **smishing**, **vishing** and **quishing**?

Phishing is a malicious email that encourages you to click a link which could install trojan software to access your computer, email server or data. It might also leave a keylogger which would record your keystrokes, perhaps revealing your password.

Smishing is a malicious text message (SMS) that will have a link to click on your smartphone.

Vishing is a voice message or an actual caller aiming to find out your personal information, access your bank account or encourage you to make payments.

Quishing is a QR code that will take you to a malicious or fake site. There are examples where criminals have set up fake payment pages for car parking charges using their QR code stuck over the top of the legitimate QR codes on signage.

LMS Well-being

While a key aim of positive psychology is to reduce mental hardship, many things worth doing require us to endure some form of adversity. This makes mental toughness a valuable skill (which, like all skills, can be deliberately practiced). A fantastic way to develop it is by engaging in challenging activities that tax us mentally, physically, and emotionally, such as rock climbing, combat sports, or public speaking.

These can all take us out of our comfort zone and strengthen our ability to cope with stress. We can then draw on this strength to help us face our fears, deal with everyday challenges, and perform at our best when it matters most.

"Has anybody you know achieved the same goal as you? How did they manage?". The first step to accomplishing a goal is believing it's possible. This question will help you recognise that your ambition is attainable and creates a foundation for building the confidence necessary to overcome personal challenges and achieve your desired outcome.

"The ability to continue moving when you are feeling scared, fearful or lazy is the sign of true mental strength."

Congratulations to our Top Doodlers...

Alexander G, Kadmiel K, Dheer Jadav, Daksh H & Jacob Clayden for their 50 day English streaks; Aadvik P, Daksh H, Aadhya P & Theo Y for their 50 day maths streaks; Aadhya P, Amy F, Winky P, Ebun B, Kadmiel K, Harsimran J & Poppy W for their 100 day maths streaks; Amy F, Winky P & Ebun B for their 100 day English streaks; Wayne T, Amelia L, Evie-Grace H & Oliver B for their 250 day English streaks; Dheer J for his 250 day maths streak; Philip N, Siddharth K & Anna A for their 365 English streaks; Siddharth K, Anna A & Sehaj J for their 365 maths streaks; Jessica H & Dominic L for their 500 day maths streaks; Matthew W, Charlie M & Mervin K for their 1000 day English streaks

Well done!





Long Meadow Legends

Tadpoles Class for completing their first 3 days of school.

Minnows Class for having a super start to school.

Pondskaters - Rio for his wonderful writing in English.

Sticklebacks - Mollie for an excellent English sentence using 'and' and phonetically spelling camouflage.

Newts - Yilmaz for being a super role model to his classmates.

Frogs – Zaid for proudly showing his understanding of our LMS Success & giving 100% to his learning.

Bracken - Isaac for involvement during lessons.

Hogweed - Teodor for starting the school year with enthusiasm & maintaining focus throughout the day.

Foxgloves - Mohammed for a fantastic start to Year 4.

Hawthorn - Toby for making an incredibly positive start to Year 4.

Ferns - Shenley for settling fantastically, working hard and being incredibly helpful.

Thistles – Jayden for having such a positive attitude this week—not just in the classroom but in the pool as well!

Brambles - Sehaj for being a lovely, kind and positive influence to the rest of the class.

Teasels – George for an excellent start to Year 6!

Sports Person of the Week

Freddie L for his great energy and enthusiasm—he used his prior knowledge to help demonstrate excellent technique when passing in rugby.

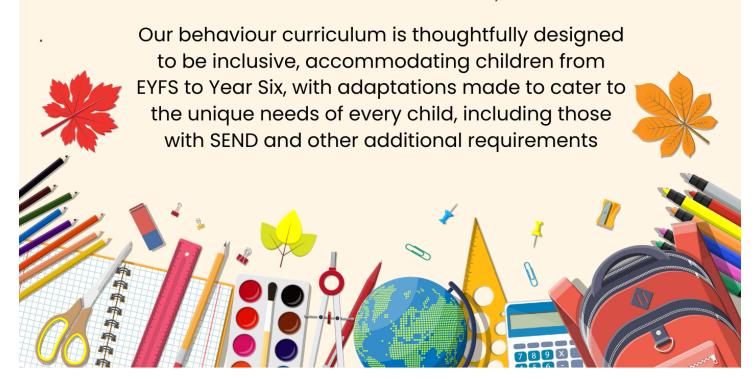


At LMS, we want to prepare our children for the life that lies ahead of them and believe that explicit teaching of outstanding behaviour is an integral part of this.

Our curriculum, has been meticulously crafted to shape the character of our children, preparing them for a prosperous future. Central to this endeavour is our behaviour curriculum, 'LMS Success'.

Within this curriculum, we share exemplary good behaviour through clearly defined expectations, established routines, and ample opportunities for both our staff and children to practise, model, and refine these behaviours.

Our aim is for our children to grasp the how and why of behaviour and have frequent chances to put this knowledge into practice, so these behaviours become second nature in their daily lives.





Our staff use a **SILENT SIGNAL** to gain the attention of the class. This is done by raising one hand

When the children see this, they should respond by being silent and responding with **STAR**

- **s** Sitting or standing up straight
- T Tracking the teacher
- A Attention at all times
- R Respect towards others

We Know that we '**Walk tall'** to keep everyone safe in school and to make sure the learning of other children is not disrupted as people move around our school.

- Walking quietly, facing forward Shoulders back
- Chin up and grin!
- Steady pace so no gaps
- Without touching/leaning on walls and displays



Apply online from 1 September 2024 to 15 January 2025

You must apply by 15 January 2025 or you will have limited choice

Starting school for the first time in September 2025?

For children born between 1 September 2020 and 31 August 2021

Find out more at:

Starting primary or junior/middle school in September 2025 Milton Keynes City Council (milton-keynes.gov.uk) To access support with making an application, face to face drop-in sessions are available at Milton Keynes City Council Civic Building on the following dates between

11.30am - 3.30pm

- 18 September
- 23 October
- 25 September
- 30 October
- 2 October
- 20 November
- 9 October
- 8 January 2025
- 16 October
- 15 January

1.00pm - 4.00pm on the dates below

- 27 November
- 11 December
- 4 December

Apply here



Milton Keynes City Council

MARKET AND STORY

Maximise your chance of getting a preferred reception class place

Apply on time

- The closing date is 15 January 2025
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your oreferences
- Notifications of the places offered will be made un-16 April 2025 (unless your application is late)

Apply online

- You can only apply on the at Citizen Portal - Sign in (milton-keynes.gov.uk) between 1 September 2024 and 15 January 2025
- You will be able to view, update and submit your application through the portal
- Communication with you will be quicker and your application will be secure
- You will be able to log on from 16 April 2025 to view the school that has been allocated

Use all four preferences

- You can apply for up to four schools. The schools will not know in which order you have placed the preferences.
- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then the order of preference is important, so ensure you list the schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences. It does not need to be your first preference.
- A Guide for Parents and Carers is available on our website for further guidance

Choose wisely

- Ensure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked.
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Give considered on to your secondary achool liaison group, is your preferred achool linked to the secondary school within your area?
- Don't assume your child will get priority just because they attend a nursery duss attached to your preferred school
- Consider how you will access your school place

Admissions information for all schools is available on our website.

Starting primary or Junior/middle school in September 2025 | Milton Keynes City Council (milton-keynes.gov.uk)

Apply online from 1 September 2024 to 31 October 2024

You must apply by 31 October 2024 or you will have limited choice

Moving up to secondary school in September 2025

As your child is now in Year 6 it is time for you to apply for a secondary school place for September 2025.

You can apply online and find out more information on the council's website at

Starting secondary/upper school in September 2025 | Milton Keynes City Council (miltonkeynes.gov.uk)

Please read carefully the Guide for Parents and Carers on our website. To help you understand the likelihood of securing a place at one of your preferred schools, you should make particular note of the 'key facts' section for each school which tells you the cut off point for places offered last year.

Make sure you read the oversubscription criteria for each school that you want to apply for as many schools are oversubscribed each year.

Details of open events for all secondary schools in Milton Keynes are also included in the guide.

Parents and carers can express a preference for four schools.

If you pay your council tax to Milton Keynes Council, apply on our website. If you pay your council tax to another local authority you must apply through that local authority even if you want to apply for a Milton Keynes school.

To access support with making an application, face to face drop-in sessions are available at Milton Keynes City Council Civic Building on the following dates between

11.30am - 3.30pm

- 18 September
- 25 September
- 2 October
- 9 October
- 16 October
- 16 October
- 23 October
- 30 October
- 20 November
- 8 January 2025
- er 15 January

1.00pm - 4.00pm on the dates below

- 27 November
- 11 December
- 4 December

Apply here



Milton Keynes
City Council

M19522 August 2024

Find out more at:

Starting secondary/upper school in September 2025 Milton Keynes City Council (milton-keynes.gov.uk)

Maximise your chance of getting your preferred secondary school place

Apply on time

- The closing date is 31 October 2024
- Any applications received after this will be processed after national offer day
- A late application means you are less likely to get any of your preferences
- Notifications of the places allocated will be made on 3 March 2025 (unless your application is late)

Apply online

- You can only apply online at Citizen Portal - Sign in (milton-keynes.gov.uk) up until midnight on 31 October 2024
- You will be able to view, update, and submit your application throughout the application window
- Communication with you will be quicker and your application will be secure
- You will be able to log on from 3 March 2025 to view the school that has been allocated

Use all four preferences

- You can apply for up to four schools. The schools will not know in which order you have placed the preferences
- Each preference is considered in its own right, so please ensure that you give yourself four separate chances
- If more than one school is able to offer your child a place then
 the order of preference is important, so ensure you list the
 schools in the order that you want them considered
- It's best to include your catchment school as one of your preferences, it does not need to be your first preference.

Choose wisely

- Make sure you are aware of the oversubscription criteria for your preference schools. This is how all the applications will be ranked
- Don't assume you will be allocated a place at your catchment school if you don't state it as one of your preferences
- Don't assume your child will get priority just because they attend a primary school within the area of the secondary school
- Consider how you will access your school place.

Admissions information for all schools is available on our website.

Starting secondary/upper school in September 2025 | Milton Keynes City Council (milton-keynes.gov.uk)

South Shore





DIY SOS IS BACK! And we are on the lookout for new projects.

Are you a home owner in desperate need of our help?
Or do you know someone whose life could be transformed with a Big-Build?
Nick Knowles and the Purple Shirts are on the hunt so if your home, isn't fit for purpose then we'd love to hear from you.
Please get in touch at diysos@southshore.uk
or apply online at

https://www.bbc.co.uk/showsandtours/take-part/diy-sos

We welcome applications from people of all backgrounds and would particularly encourage applications from those who are from under-represented groups.

We are happy to consider any health-related reasonable adjustments you might require to facilitate the completion of your application.

Please let us know by sending an email with details to diysos@southshore.uk

Any personal information you provide us will be used in accordance with our privacy policy. For further information on our privacy policy for programme applicants and to find out more about the rights in relation to your personal data please see the Applicant Privacy Notice: https://www.southshore.uk/policies.

Parents and Carers:



Helping our children stay out of harm's way

Informative and Empowering

Parenting children and young adults is hard, sometimes it can be scary and overwhelming with news stories and social media influencing how safe we feet our children are and the risks they may face in today's climate.

Workshop Details

Where?

Online via Zoom (link at bottom of flyer)

When

Wednesday 25th September

6:30pm-8:30pm

How Much?

FREE!

Book your space using the link below:

https://benkinsellatrust.beaconforms. com/form/498546b0

Topics Include:

The current stresses for young people, including fear, violence, knife crime and explaination.

Online harms, social media, drittmusic How to have meaningful conversations with our children

Empowering our shikkers to stay cate





Look Up – Look Out

Don't become a victim of a street robbery

- Be aware of your surroundings and who is around you LOOK UP not at your phone and LOOK OUT
- Keep valuables such as mobile phones, watches and cash out of sight, and remove headphones or ear pods
- Plan how you are getting home and the route you are taking
- Click on the link for further information: <u>How to</u> <u>protect yourself from street robbery | Thames Valley</u> Police







Student & Child Travel 2024-25

Dear Parents and Guardians,

Now that the time is fast approaching for all year 6 pupils to move up to secondary school, we understand that for some pupils this will mean taking a bus to school for the first time, so Arriva would like to take this opportunity to inform you of the options we have available to support you in getting your child to their new school safely.

Arriva's Child & Student Saver tickets not only provide your child with reduced priced bus travel costs on their journeys to-and-from school, but they can also use their ticket to travel at evenings, weekends and throughout all school term holidays.

You can spread the cost of your child's saver tickets over affordable monthly payments using our easy-to-use direct debit system. It's simple to apply, and there's no setup fee or minimum contract required, which means you can cancel your direct debit and stop your ticket at any time should your circumstances change.

To arrange your Direct Debit and for further information please scan the QR code or follow the link below:



www.arrivabus.co.uk/monthlytickets

Child Saver tickets are valid for pupils up to and including year 11.

Student Saver tickets are available for anyone aged 16+ in full time education.

To ensure you get your tickets in time for the start of the new academic year, you can register for this ticket now but set your payments to commence after the summer. Once we have received your first payment, your ticket will be sent to you, and you won't need to worry about your child paying for tickets on the bus. You can choose to receive the ticket by post or download the Arriva UK bus app onto the ticket holders' phone and we can send an m-ticket to their app instead.

For travel Information including local maps and timetables

www.arrivabus.co.uk

For further info, please email:

Studenttickets.ams@arriva.co.uk

Never lose your ticket again Choose to have your ticket on your mobile phone with the Arriva UK Bus App.



MK Food Bank

14 Burners Lane, Kiln Farm, Milton Keynes, MK11 3HB office@mkfoodbank.org.uk 01908 322 800







Most Needed Items!

Tinned Meat

Tinned Fish

Tinned Pulses

Tinned Fruit

Tinned Tomatoes

Long Life UHT Milk

Juice or Squash

Spreads - Jams, Peanut Butter

Tea / Coffee / Hot Chocolate

Tinned Pasta

Tinned Veg

Pasta Sauce

Dried Rice – 500g or 1kg packets

Rice Pudding / Custard

Cereal / Mini Cereal

Biscuits

Instant Mash



Helping those in crisis in Milton Keynes





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.

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,

MK23HQ

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:









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 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

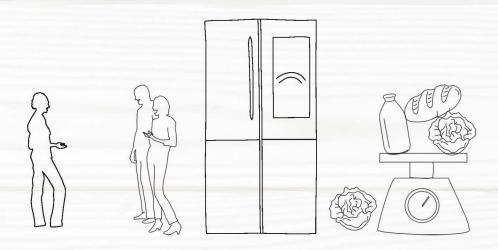
An **individual membership** provides up to 10 items of food per week, plus a selection of fruit and vegetables. (family membership is double that)

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