

# 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

This week started with our first **OPAL PLAY ASSEMBLY** of the year. These are designed to celebrate play, introduce new things, negotiate the 'how-tos' with the children and to innovate play already set up. This one was around our **OUTDOOR DISCOS!** I showed the children the equipment we have purchased and how this would be stored/used at lunchtimes. We then explored the **RISK MANAGEMENT** around them (plugging in, wires, the log it sits on falling, etc.) and came up with ways to solve this. We discussed the music, playlists and volume/how close we should be to it. I then created an overview and shared it with the staff; this means we can now get these up and running as soon as possible. The next two play events will be the beaches (on each key stage) and the use of tyres! Please **KEEP DONATING** and please complete your **PLAY SURVEY!**

A huge thank you to **PALMS** and the school staff that supported the **SCHOOL DISCOS** yesterday. As ever, these raised much needed funds for our school making a huge difference to what we can provide for your children.

You should by now have received the information letter regarding **LEARNING CONVERSATIONS** (formerly known as Parent Consultations) and over the coming days will receive a link to a Google form from your child's class teacher to allow you to select the time slots you would like. Please select as many as you can as putting just one reduces your chance of the teacher being able to accommodate this. Remember these are **ONLINE** and take place across the week. These meetings are a chance to see how your child is doing in class and in school generally. Please, please, please book a slot or contact the class teacher directly if you can't. These are a vital part of our home school relationship.

**MILTON KEYNES MUSIC SERVICE** have asked us to share some information about the services they offer. You will already know about the music tuition they provide for us at LMS, but there is a whole lot more. Make music, make friends at MK Music Service - musical groups for all ages from 2 to adult, they have something for everyone! Join an orchestra, band, Early Years group or Rock School! See the flyer further on for details!

As a Headship team, we are currently completing **TERMLY REVIEWS** in each year group. At LMS, we spend time in a year group for a whole morning, immersing ourselves into the teaching and learning taking place, to ensure your children get the best possible education every day. I love being in classes and I am so **#PROUD** of what we have seen so far. The effort, energy, love, care and attention every adult gives to your children would blow your mind if you could see it first hand.

**MK CITY COUNCIL** have sent us some information regarding **SWIMMING LESSONS** at local leisure centres as you may be interested in extending the swimming experience for your children outside of school swimming lessons. <https://www.wolvertonpool.com/swimming-lessons/>, <https://www.bletchleyleisurecentre.co.uk/swimming/swimming-lessons/>, [stantonburyleisure.co.uk/swimming/swimming-lessons/](https://www.stantonburyleisure.co.uk/swimming/swimming-lessons/) and [Children's Swimming Lessons - Woughton Leisure Centre | LeisureCentre.com](https://www.ChildrensSwimmingLessons.com).

Please don't forget to sign up for **MR BOURKE'S SELF DEFENCE CLASS** (for adults only), taking place on 4th and 11th November from 7-9pm. **FAMILY FIRST** are supporting the physical and mental well-being of families living in England. Their magazine is free and can be found at: <https://familyfirst.co.uk/magazines/family-first-issue-4-2024/>. Please also see the **WESTBURY ARTS CENTRE WINTER ART MARKET** flyer further on. Entry is free, 11-4pm on 16 and 17 November.

Finally this week, please ensure your child **HAS A COAT IN SCHOOL EVERY DAY** as the weather has certainly changed!

Have some great family time together this weekend.

Mr Gray



## EYFS/KSI

**Newts**

who achieved

**98%**

**KS2**

**Ferns**

who achieved

**99.4%**



Don't forget  
this week's  
update of  
**LMS**  
**SUCCESS** –  
our behaviour  
curriculum -  
further on in  
this  
newsletter!



## FOR YOUR DIARY

### 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

w/c Monday 7 October	Year 6 Mock SATs
Wednesday 9 October	EYFS Drawing Club Workshop (3.15-4.15)
Thursday 10 October	World Mental Health Day
Thursday 10 October	Year 3 Holdenby House
Thursday 10 October	PALMS Discos (KS1 5.30-6.30pm / KS2 6.45-7.45pm)
Thursday 17 October	Year 4 Learning Fair
Thursday 17 October	EYFS Phonics Workshop (5.30-6.30pm)
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
Tuesday 17 December	EYFS/KS1 Awards Assembly (9.10-10.10am)
Tuesday 17 December	Year 3/4 Awards Assembly (2.15.3.15pm)
Wednesday 18 December	Year 5/6 Awards Assembly (9.10-10.10am)
Thursday 19 December	Party Day
Friday 20 December	Last day of term
Monday 6 January	INSET Day

#### Stay & Play Sessions - (9.00 - 10.30am)

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

### Ketamine:What You Need to Know - The Conversation

Drugs are an unavoidable issue in the modern educational environment in the UK. Smoking behind the bike sheds was once undertaken to mark oneself out as an outcast. A rogue to a particular peer group that made that individual 'cool'. As a result their social stock would increase alongside their status within the year group. For a while that position had been overtaken by cannabis, but particularly older children have to keep pushing the boundaries. Harder drugs such as speed, ecstasy or, in the case of this article, 'ketamine' are now the next level of that old formula. Known better as a raver's drug previously used as a horse tranquilizer, it is now seeing usage in the educational environment. However, unlike better recognised substances such as cocaine and cannabis, ketamine is not as widely known. Yet that hasn't stopped it becoming more prevalent. The Conversation has recently published an article looking at this drug in detail. Please follow the link below:

<https://theconversation.com/ketamine-what-you-need-to-know-about-the-uks-growing-drug-problem-239412>

### LMS Well-being

As human beings, we are hardwired for social connection and interaction. Our ancestors survived by depending on the collective for food, shelter, physical caregiving, reproduction, and the exchange of goods and services. In today's world, we still need social connection for emotional wellbeing, a sense of community and support. Despite this psychological need for connection, loneliness is a common experience. Loneliness is widely reported across multiple age groups, genders, and cultures. With such overwhelming numbers, a solution must be found. But to solve a problem, the best place to start is by understanding the psychology behind it. Loneliness can be defined as a feeling of uneasiness or discomfort from either being alone or perceiving oneself to be alone. It is associated with perceived social isolation, rather than objective isolation. Symptoms of loneliness range from psychological to physical. Adjectives such as boredom, self-pity, sadness, empty, and ashamed have been used to describe the feeling of loneliness.

You could categorise behavioural symptoms of loneliness into four areas:

- Sad passivity, which includes crying, sleeping, doing nothing, overeating, taking tranquilizers, and excessive drinking and drug use
- Active solitude activities, which involve writing, listening to music, exercising, working on a hobby, studying, and working to avoid loneliness
- Spending money through excessive shopping or buying unnecessary items
- Social contact by reaching out to friends, engaging in social activities, and doing things to avoid being alone

Worksheets and activities are wonderful ways to address loneliness allowing you to take control of your own emotional wellbeing. Have a look at this [3-STEP MINDFULNESS WORKSHEET](#), this [SELF CARE CHECK UP](#) or the Emotional Wellness toolkit that can be found [HERE](#).

# Congratulations to our Top Doodlers...

**Aadhya P for her 100 day maths streak; Nathaniel G & Aakesh R for their 250 day English streak; Najib J for his 250 day maths streak; Naomi R for her 500 day English streak; Eli G for his 750 day maths streak; and Zoe E & Alice A for their 1000 day English streaks!**

**Well done to all the children who took part in this summer's DoodleMaths and DoodleEnglish Summer Challenge**

**Aadvik P, Cole E, Awadhya S, Alexander G, Dheer J, Amelia L, Nathaniel G, Theo Y, Dominc L, Siddharth K, Ebun B, Enrico P, Hal T, Harsimran J, Wayne T, Alice A, Eli G, Aadhya P, Jessica H, Simeon O, Amy F, Charlie M, Matthew W, Will G, Zoe E, Harriet G, Sehaj J, Emma G, Isla-Rose H, Kadmiel K, Katrina C, Mervin K & Srihaas M**

**#PROUD**



**doodle**



## Long Meadow Legends

**Tadpoles** – Ashley for showing courage in phonics lessons – doing what he can even though it worries him.

**Minnows** – Hayden for being confident when coming into school & completing his jobs independently.

**Pondskaters** – Sadie for her amazing writing & making so much progress.

**Sticklebacks** – Ivy for fantastic writing.

**Newts** – Eddie for a good sandwich design and evaluation in DT .

**Frogs** – Quinn for super identification of addition & subtraction facts.

**Bracken** – Brooklyn for demonstrating greater confidence in maths lessons.

**Hogweed** – Siddharth for his enthusiastic participation & attentive listening during history lessons.

**Foxgloves** – Ryan for putting in lots of effort during his English lessons.

**Hawthorn** – Oscar for settling in so well & becoming a super member of Hawthorn class (and also being a fab artist!).

**Ferns** – Matthew for awesome accuracy in maths (and being an amazing athlete too!).

**Thistles** – Harriet for always having valuable ideas & thoughtful points to share during class discussions.

**Brambles** – Lily for her infectious positivity.

**Teasels** – Emelia for being an excellent friend to everyone in her class.

### Sports Person of the Week

Noah H for being amazing in the last two weeks with our football topic; he has worked really hard and is now able to pass the ball with his feet all whilst having a huge smile on his face!

#PROUD



## Long Meadow Sports Legends

Special shout out to all of the following children who have taken part in various sporting events over the last few weeks

### **Lower KS2, Gymnastics Centre:**

Y3: Ruby, Summer, Layla, Noah C, Myla, Reggie

Y4: Naomi, Ryan, Ian, Emily

### **Cross Country team:**

120+ runners in each race, we had a number of excellent finishes including 3rd, 5th and 10th. Isla-Rose got 5 places higher than last year too. Every runner finished the course and the support they gave each other throughout the morning was fantastic. Freddie has his medal that he got for finishing 3rd place in the junior boys' race.

Y3: Arnold, Luca, Nathaniel, Brooklyn, Madison, Ava

Y4: Freddie, Henry, Rishank, Abbey, Evie-Grace

Y5: Matthew, Joey, Logan, Zoe

Y6: Kadmiel, Isla-Rose

### **Upper KS2, Gymnastics Centre:**

Y5: Mari, Roxie, Kendrick, Eva, Kalissa, Max, Jessica Y

Y6: Logan, Emelia

### **Lower KS2, Cross Country race with Giles Brook School:**

In horrendous conditions, pouring rain, they all ran their best and made me proud! Evie-Grace finished 1st in the race and Juwon persevered to make it all the way to the end with super determination.

Y3: Dominic, Daksh, Dheer, Juwon, Eden, Brooklyn, Madison

Y4: Safiya, Evie-Grace, Abbey, Lacey, Joshua K, Sam, Zain, Harriet, Zac, Oscar, James, Eli

#PROUD



**COME AND SEE WHY WE ARE**

**#PROUD OF OUR SCHOOL**

**Friday 11th October: 1.20pm - 2.20pm**

**Monday 14th October: 10.15am - 11.15am**

**Wednesday 16th October: 1.20pm - 2.20pm**

**Tuesday 22nd October: 1.20pm - 2.20pm**


**Friday 25th October: 10.15am - 11.15am**

**Monday 4th November: 1.20pm - 2.20pm**

**Thursday 7th November: 10.15am - 11.15am**

**Please phone 01908 508678 to book onto one of our tours**

**More dates will be added throughout the term**




## LMS Success! Preventing Bullying

Know that bullying is:

- Hurting someone else on purpose Repetitive – it happens time and time again
- Can be physical, verbal or emotional

Know that bullying can be indirect. This means:

- Leaving people out of groups or games
- Talking about someone behind their back
- Standing by and watching someone get bullied without letting an adult know

- Know that if this happens online, it is called cyberbullying
  - Know that if you think you are being bullied you should tell an adult
  - Know that if you think someone is being bullied you should tell an adult
  - Know that bullying is unacceptable and that it will be dealt with seriously by all adults at LMS
- 





## Recognition

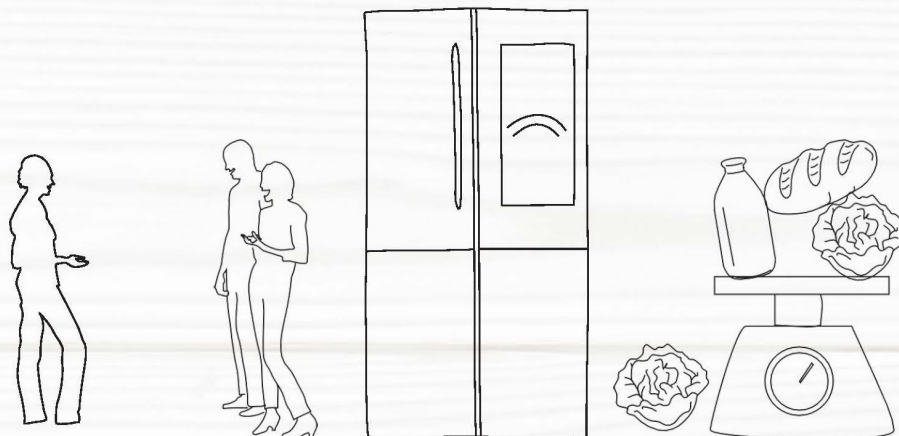
Green Points  
Whole class rewards  
LMS Legends  
HT/DHT stickers  
Home contact  
Social media  
Teacher specific  
rewards

Reminder, orange,  
yellow, Red  
Verbal reminder  
given  
orange- time out in  
class  
Yellow- time out in  
Buddy Class  
Red- time out with  
SLT

## LMS Success

Lifelong  
behaviours  
Have manners  
Be safe

Visible consistency.  
(Children and adults)  
Daily meet, greet and  
smile  
Walking tall- quiet and  
calm  
terrific transitions  
Holding doors open  
Expected behaviours  
praised first Simply  
the best manners  
Daily reinforcement  
of our values



**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](mailto:karen.wheeler@shenleybrookend-pc.gov.uk)**

Westbury Arts Centre

Supporting Arts, Culture & Creativity



WWW.WESTBURYARTSCENTRE.ORG.UK

SATURDAY 16th & SUNDAY 17th NOVEMBER 2024

WESTBURY ARTS CENTRE 11AM - 4PM

# WESTBURY'S WINTER ART MARKET

Seasonal gifts for sale 🍷 jewellery 🍷 ceramics 🍷 glass 🍷  
textiles 🍷 candles 🍷 prints 🍷 mosaics 🍷 chutneys 🍷  
wood carving 🍷 bird boxes 🍷

FREE ENTRY - Refreshments available



WESTBURY ARTS CENTRE, FOXCOVERT ROAD,  
SHENLEY WOOD, MILTON KEYNES. MK5 6AA

PPL  
PRS

Accessible parking spaces are available to anyone who requires them. There are no disabled toilets or baby-changing facilities. Well behaved dogs on leads are welcome.

Fabricated loose parts e.g.

Astro turf off-cuts

Boards, old cabinet doors, panels

Bread, milk, bottle and grocery crates

Briefcases

Buggies, pushchairs

Cable drums

Carpet samples/squares

Fabrics – all shapes and sizes

Foam pipe covers and noodles

Guttering

Hoses

Keyboards

Metal pots, pans, trays etc, especially catering sizes

Nets: fishing, cargo, football

Office removal crates Tea Crates

Old clothes, jackets, overalls, hats, bags

Old household appliances, hoovers, fax machines, microwaves etc

One-ton dumpy bags

Pallets

Phones

Piping, gas, water and drainage

Planks – decking

Plastic road barriers

Small wheely bins

Steering wheels

Suitcases

Tarps

Traffic Cones

Tubes of all kinds

Wooden block and off-cuts Carpenters, builders





And Natural loose parts such as:

Branches and sticks

Fruit trees

Grass Plants

Leaves

Logs

Mud

Pea gravel

Peat

Pinecones

Play bark/woodchip

Sand (washed dredged not 'sharp')

Sea pebbles

Shells

Varied aggregates, slate, flint, clay

Wood off-cuts

If you have or can help with any of these, please put them in the **OPAL DONATION STATION** in the main foyer, or speak to the school office.



# CAREERS FESTIVAL

Get involved in  
some interesting  
STEM events  
that will get you  
thinking about  
the railway in  
Britain.



**SIGN UP HERE**



[Or, click here  
to sign up](#)

Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> November 2024  
9:00 am - 3:00 pm

The Quadrant: Milton Keynes  
Elder Gate, Milton Keynes, MK9 1EN



# 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*

# ZONE INN

8 - 11YRS  
WITH A  
SUPPORTING  
ADULT

CHILL - CHAT - SUPPORT

11+ - 18YRS  
SUPPORTING  
ADULT WELCOME

GREENLEYS  
CHILDREN CENTRE  
SATURDAY  
10AM - 12NOON

SAFE  
CONFIDENTIAL  
SPACE

EXERCISE &  
WELLBEING  
ACTIVITIES

POSITIVE  
KIND  
SUPPORTIVE

USE THE

10 KEYS TO HAPPIER  
LIVING

AS TOOLS TO HELP  
IMPROVE WELL-BEING

MINDFULNESS

CONFIDENCE &  
RESILIENCE  
BUILDING

ACTION FOR  
HAPPINESS

A WELL-BEING SERVICE PROVIDED BY RELATEMK

FOR MORE DETAILS CONTACT 📞 01908 310010 ✉️ [APPOINTMENT@RELATEMK.ORG](mailto:APPOINTMENT@RELATEMK.ORG)

🌐 [WWW.RELATEMK.ORG](http://WWW.RELATEMK.ORG) OR DROP IN AND MEET US



# MILTON KEYNES MUSIC SERVICE



***Make music, make friends at MK Music Service - musical groups for all ages from 2 to adult, we have something for everyone!***

Join an orchestra, band, early years group or Rock School!

We teach in schools too, contact us for details of our provision ...  
...we have lots to offer.



See what goes on at the Music Service by viewing our **[NEW VIDEO!](#)**

[www.miltonkeynesmusicservice.com](http://www.miltonkeynesmusicservice.com)



Supported using public funding by



ARTS COUNCIL  
ENGLAND



MK Milton Keynes  
City Council

## Milton Keynes Music Co-operative

The largest provider of music tuition across Milton Keynes offering a wide range of instrumental and vocal lessons to all ages.



Discover the Joy of Music with Milton Keynes Music Co-operative – view our **[NEW VIDEO!](#)**

[mkmusiccoop@gmail.com](mailto:mkmusiccoop@gmail.com)

Tel 07984 240967



**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**



# **VI-KARE AFTER SCHOOL SEN CLUB**

**3-6PM**

**EVERY FRIDAY**

**CHURCH END RD, SHENLEY  
BROOK END, MILTON  
KEYNES MK5 7AA  
£15**

**OTHER CARERS AND THEIR  
CLIENTS ARE ALSO  
WELCOME FREE OF CHARGE**



**Contact Vicki**

**Call 07555036759**

**What's app 07725626697**

**Email**

**vi.kare2023@gmail.com**

# 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](http://www.sofea.uk.com)

Registered Charity Number 1155783



POWERED BY





**Book Now!**



**£20** Per Day  
OR  
**£50**  
For Three Days

**Special Guests  
Across The  
Week!**



# Halloween Trick + Treat Girls Camp



**9am - 1pm**

**AGES 8-16**

**28<sup>TH</sup>, 29<sup>TH</sup>, 30<sup>TH</sup>  
OCTOBER**

 **Fairfields Sports Hub, MK11 4BA**

For more information contact  
[jon.dewick@mkdonsset.com](mailto:jon.dewick@mkdonsset.com)

**01908622888**

