

# LMS Matters

Tel No: 01908 508678

Email address: [office@longmeadow.milton-keynes.sch.uk](mailto:office@longmeadow.milton-keynes.sch.uk)

[www.longmeadow.milton-keynes.sch.uk](http://www.longmeadow.milton-keynes.sch.uk)

Issue: 08

Date: 08.11.24



Dear Parents and Carers

This first week back ended with our first **FREEDOM FRIDAY** which is part of our **OPAL** development. This meant that the children tried two new things. Firstly they could go on to whichever playground they wanted, when they wanted. They did this by using the back path to travel between them. They then also got to choose when they ate their lunch during 2 periods. As this will be happening every day once we are fully up and running we wanted to see how it went. We will be asking the children and staff for their feedback so we can make changes for next week. The plan is then to have Freedom Fridays and **MIX UP MONDAYS!** I also completed another **PLAY ASSEMBLY** with the children this week where I launched the **BEACH** (sandpit) and the **TYRES** (which will be going out next week). Thank you all for all of the **DONATIONS OF WELLINGTON BOOTS** so far. If you have any that have been grown out of, please could you give them to us. This is part of the master plan! Please leave them next to the **DONATION STATION** in the foyer.

If any of our parents/carers are interested in learning more about the power of play and want to get top tips for play at home, **@OPAL\_CIC** is running a short webinar next week. Book your free place here: <https://bit.ly/4fgpQKK>. #PlayForEveryChild OPAL Director Michael Follett will be exploring some of the key benefits of play and sharing his top tips for play at home.

As you may already know, Friday 15th November is this year's BBC **CHILDREN IN NEED**. Our school is excited to be joining in with others around the UK to participate in fundraising for this good cause. We will be hosting a non-school uniform day on Friday 15th November. All children will be able to wear non-school uniform, spotty, or brightly coloured clothes. In exchange for the children wearing their own clothes we would be grateful for donations of £1-£2. This year we have set up an online donation page through ParentPay to avoid parents having to search for change on the day; simply visit <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=16061> to give what you can. The added benefit of making your donation online is that you can add Gift Aid, making your money go even further!

You would all have received a letter this week about the two **PARENT GOVERNOR** roles we have vacant at the moment. The school's governing board is responsible for providing confident and strategic leadership, and creating robust accountability, oversight and assurance for the school's educational and financial performance. The board is passionate about education and committed to continuous school improvement to ensure the best possible outcomes for our pupils. As a parent governor, you'll work with the board to ensure it effectively carries out the duties referred to above. You'll also play a vital role in ensuring that the board is connected with, and is aware of the views of, parents and the local community. Please use the link on the letter to put in your application.

**GYMFINITY KIDS CLUB** in Milton Keynes next to Stadium MK tell us they are UK's leading provider of gymnastics-based activities, including Ninja, which is a freestyle version of gymnastics similar to parkour, as well as other activities such as running holidays clubs during the school holidays and birthday parties. You can find out more about them here: [gymfinitykids.com](http://gymfinitykids.com) and to get an insight into what their classes and gyms are like over on their social media: [instagram.com/gymfinitykids.com](https://www.instagram.com/gymfinitykids.com). Their flyer can also be found further on.

We have received a thank you letter from the **MK FOODBANK** for all of our donations for their appeal. This letter can be found further on. Thank you also from LMS for your kind donations. We truly make a difference to the lives of people less fortunate than ourselves.

Don't forget that **PALMS** are working in conjunction with **THE LITTLE RECYCLERS** to collect bags of clothing to raise money for the school. Our collection date has been arranged for **FRIDAY 15TH NOVEMBER**, when you can bring your bags to school, they get collected and weighed and we get money! There is a list of things that they will accept and things they won't, so please check the list before filling your bags. The flyer can be found further on in the newsletter. Thank you in advance.

It has been great to have the children back this week. I can't believe it is November already though and will soon be Christmas.

Have a great weekend everyone.

Mr Gray



## EYFS/KS1

### Sticklebacks

who achieved

**99.4%**

## KS2

### Thistles

who achieved

**100%**



## TTROCK Stars

Weekly class champions!

KS1

**Newts**

KS2

**Foxgloves**



Save the date

**Biscuits and Books will be on 13th November in the morning.**

# DATES

## 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

Friday 8 November	Year 4 Fitzwilliam Museum
w/c Monday 11 November	Anti-Bullying Week
Monday 11 November	Peter Pan Theatre Production
Monday 11 November	World Science Day
Tuesday 12 November	Year 6 Virtual SATs Information meeting (5pm)
Thursday 14 November	Year 6 MK Discovery Centre
Friday 15 November	The Little Recyclers
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 20 November	Space
Wednesday 4 December	Christmas

## **LMS Safeguarding**

### **Online Parenting Courses - Family Lives**

Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you're looking for. The family unit is more dispersed than ever, with some families existing hundreds of miles from what may be called a 'core unit'. The rapid pace of societal change in the UK rapidly outstrips the knowledge of the immediate past. The result is that many parents may find themselves lost in a maelstrom of contradictory advice. For adults, time has never been more compacted. Family Lives has produced a series of online parenting courses, to make this challenge a little easier. If interested, please follow the link below:

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Family Lives offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

## **LMS Well-being**

### **Embrace change with resilience and positivity.**

Change is stressful. It requires letting go of the familiar and stepping into the unknown. But if it really is the only constant in life, then learning to embrace it will serve us well. So, rather than fear or resist an impending change, we should accept it and focus on its potential benefits.

By framing the new opportunities it presents through a lens of "I get to" rather than "I have to" we can centre our attention and energy on the best aspects of a change and accentuate the positives. Change is always the beginning of something new. By choosing our attitude in this way, we give ourselves agency over how that new thing impacts us, and we get to decide how we experience our future — even when the change is imposed upon us against our wishes.

***“In any given moment, we have two options: to step forward into growth or step back into safety.” — Abraham Maslow***

“What would you experience if you were to step outside your comfort zone into your fear zone?”. People often resist or avoid change because they fear the unknown. Getting someone to identify and label their fear allows them to "rehearse" experiencing it, which can help them find the courage to overcome it and move forward.

# Congratulations to our Top Doodlers...

Noah A, Kyan M, Sadie S, Indie N,  
Giulia M, Nyla A, Lacey W,  
Maximillian B & Jasmine W for their  
50 day maths streaks; Indie N,  
Giulia M, Jake H, Hrishikesh D &  
Jasmine W for their 50 day English  
streaks and Dylan K for his 365 day  
maths streak!

**#PROUD**



**doodle**



## Long Meadow Legends

**Tadpoles** – Atenea for being our Super Subitiser of the Week and persevering with her more than, fewer than learning and Tyler for being an all-round superstar!

**Minnows** – Alfred for being a superstar Autumn maths detective.

**Pondskaters** – Isobel for being a science superstar!

**Sticklebacks** – Arshmah for a fantastic start to Year 1 – #PROUD

**Newts** – Bertie for thinking scientifically during our investigation.

**Frogs** – Elijah for increased confidence when adding 2 digit numbers.

**Bracken** – Iclal for great perseverance with her handwriting.

**Hogweed** – Amel for consistently challenging herself in maths.

**Foxgloves & Hawthorn** – To be announced next week.

**Ferns** – Eva for showing fantastic resilience & perseverance in Bikeability.

**Thistles** – Lacey for her super attitude during Bikeability and Jacob for having an amazing week learning to ride a bike & getting more confident in the water during swimming.

**Brambles** – Henry for really challenging himself in English with his choice of vocabulary, punctuation & sentence structure.

**Teasels** – Katrina for being the Queen of Coding!

### Sports Person of the Week

Keona A for a fabulous start to our gymnastics topic. Keona was able to use the progressions through the lesson to effectively perform the beginnings of a vault with the correct run-up and hand placements.

#PROUD

Special mention to Year 5 for participating in Bikeability this week and representing LMS so well – well done to Rafe, Folu, Jacob & Eva who before Monday could not ride a bike and now can!

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.





# SCHOOL FUNDRAISING

More clothes -  
more funds for  
your organisation.  
1 kg = £0.55

YOUR COLLECTION IS  
ARRANGED ON:

15th November

FILL ANY BAGS WITH CLOTHING AND  
BRING THEM TO SCHOOL/ORGANISATION  
WE WILL COLLECT AND WEIGH THEM

WE ACCEPT

- Good quality clean clothing (adult's, children's, baby)
- Shoes (paired)
- Bags
- Hats & scarves
- Belts
- Fashion accessories
- Swimwear, lingerie
- Jewellery
- Perfumes

WE DON'T ACCEPT

- Uniforms
- Dirty, wet, ripped, damaged clothing
- Traditional clothing
- Duvets & pillows
- Single shoes
- Toys, stationery
- Bric-a-brac & electrical items
- Books, CDs, DVDs
- Workwear
- Carpets, rugs, mats, curtains
- Hygiene items, diapers
- Linen & towels

PLEASE NO UNIFORMS & DUVETS!

RAISE MONEY FOR YOUR SCHOOL BY GIVING  
AWAY YOUR UNWANTED CLOTHES







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)**



TRI-MK  
FOUNDED 2017

# Triathlon Club

AGES 8-18

**FINISH  
LINES NOT  
FINISH TIMES**

Phoenix Tri-MK train every Thursday  
- **Juniors (Ages 8 - 12)** from 19:15 -  
20:45 & **Seniors (Ages 13 - 18)** from  
20:00 - 21:30

**Venue - Leon Leisure Centre, Sir  
Herbert Leon Academy, Fern Grove,  
Bletchley, Milton Keynes, MK2 3HQ**

For a free trial session  
contact:-

**Stuart - [chair@tri-mk.com](mailto:chair@tri-mk.com)  
Crispin - [secretary@tri-mk.com](mailto:secretary@tri-mk.com)**

**South Central  
Regional Club of  
the Year 2022**





# 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

MINDFULNESS

AS TOOLS TO HELP  
IMPROVE WELL-BEING

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

# ENGLAND ROCKS

12TH - 14TH NOVEMBER  
7:30AM TO 7:30PM DAILY



PLAY IN ANY  
GAME TYPE!

1HR TIME LIMIT  
PER PERSON!



WINNING CLASS WILL HAVE THE  
HIGHEST NUMBER OF CORRECT  
ANSWERS PER STUDENT!



TIMES TABLES  
ROCK STARS





Longmeadow School

4<sup>th</sup> November 2024

Dear All,

I am writing to thank you for your recent kind and generous donation of food items in support of the Food Bank from your Harvest Festival. Your support is greatly appreciated and enables us to continue to help those who are facing hard times in our area.

As a small, independent charity, we rely solely on the kindness of donors such as yourselves, and I can assure you that every item you have donated will go to continue the work that we do in Milton Keynes.

Kind regards,

**Lisa Marsh**

Lisa Marsh  
Business Support & Volunteer Co-ordinator  
**Milton Keynes Food Bank**

Office Address: MK Food Bank  
14 Burners Lane, Kils Farm, Milton Keynes, MK11 3HB  
Tel: 0300 303 4933  
email: [office@mkfoodbank.org.uk](mailto:office@mkfoodbank.org.uk) web: [www.mkfoodbank.org.uk](http://www.mkfoodbank.org.uk)





# **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**



MILTON KEYNES

**TRY US FOR  
FREE!**

FROM ONLY

**£7.49**

PER CLASS  
AFTER TASTER  
SESSION

**LEARN  
NEW SKILLS!**

**NINJA  
CLASSES**

**GYMNASTICS  
CLASSES**

by

**Beth  
Tweedle**

**NO  
CONTRACT!**

**PLUS CLASSES FOR  
YOUNGER CHILDREN**

**Gymfinity Kids**  
CLUBS



# WHAT THE PARENTS SAY...

MY SON HAS BEEN ATTENDING NINJA CLASSES OVER THE PAST YEAR AND HE LOVES IT! - TANJEELA

IT'S NOW LIKE A SECOND HOME TO US - SOPHIE

MY LITTLE ONE ENJOYED HIS TASTER SESSION. THE COACH WAS AMAZING AND FRIENDLY.- VENESSA

FULL OF ENGAGING ACTIVITIES THAT DEVELOP THEIR PHYSICAL SKILLS AND CONFIDENCE. - ASAD

HIGHLY RECOMMENDED!

FOR ALL ABILITIES



## HOW TO FIND US...

**Gymfinity Kids Milton Keynes**  
1st Floor (Above Fitness First)  
Stadium Way West, Milton Keynes,  
MK1 1ST

T: 01908 032050

E: [info@gymfinitykids.com](mailto:info@gymfinitykids.com)

T&C's apply. See website for details.

SCAN HERE  
TO BOOK A FREE TASTER



**Gymfinity Kids**  
CLUBS

book your FREE taster session at:  
[gymfinitykids.com](http://gymfinitykids.com)