

# LMS Matters

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Issue: 09

Date: 15.11.24



Dear Parents and Carers

It has been a full on busy week at LMS! We started the week with our annual **PANTOMIME**, which this year was **PETER PAN**. There were lots of pirates, Hooks, Tinkerbells, Lost Boys, Wendys and Peters filling the hall. During the performance the children joined in with the 'panto sayings' as well as booing, clapping and cheering the actors. Mrs Wright, Miss Owen, Mrs Guadagnini and Mrs Small even got to show off their dance moves! Watching live theatre is an amazing, memorable learning experience and it would not have been possible without the massive donation from **PALMS** for the cost of the two performances. A huge **BIG THANK YOU** from all of us at **LMS**.

We then had one of our awesome **BISCUITS AND BOOKS** sessions. It is so lovely to see parents, carers and family members sharing their love of reading with the children. You cannot underestimate the impact this has on the children and the school had an amazing, warm, loving feel – thank you to those who were able to support it. Our promotion of the **LOVE OF READING** is also taking part in our library **REFURBISHMENT**. Mrs Evans and her team of library warriors have redesigned the space, thinned out our books (she thinks we had nearly 12,000 in there!) and reorganised the books themselves to ensure our children get access to the books that they love and want to read. We can't wait to see the results next week and get the children back using it!

**MILTON KEYNES BADMINTON ACADEMY** tell us that it is their belief that badminton has the power to affect children's lives in a positive manner. The enthralling mix of angles, speed, control, touch and power make it one of the most unique and exhilarating sports on the planet. MKBA aims to introduce this thrilling and challenging sport to children from all over the UK and to give them an opportunity to experience only the best that badminton has to offer. They are running **SHUTTLE STARTS**, their junior programme for beginners. Please see their flyers further on in this newsletter for details.

Our latest **TTROCKSTARS BATTLE MK** runs from 18th November to 6th December 2024. Answer as many questions as possible, play in any game type; winning classes have the highest number of correct answers per pupil. This one is **LMS vs SUMMERFIELD vs EMERSON VALLEY** – let's do this!

There is a **BRAND-NEW DRAWING** competition that will give pupils the power of creativity. They can draw themselves as a superhero, create a new animal, human, robot or alien hero, or draw an everyday hero such as a nurse, police officer or firefighter. Pictures chosen for publication will be published in a full-colour book, so get out the colouring pencils and pens for a colour explosion. We know seeing their work in print is a fantastic motivator for our pupils, and they'll love the prizes too! You could win an incredible £1000 for our school, and the top 5 artists will win a creative goody bag. All entries to Ms Owen by Friday 13th December 2024 please. More information can be found [HERE](#).

Our chosen **CHRISTMAS CHARITY** this year is **ST MARK'S MEALS** where we are supporting their **CHRISTMAS CRACKER APPEAL**. Can you make some Christmas magic happen.....and ensure that dinner arrives on the table for children across MK? All you have to do is figure out a cracking way to raise money. You could perform Carols in your staff canteen until they pay you to stop singing, get sponsored to tell cracker jokes in important meetings throughout December, hold a raffle ...the world's your oyster really. Whether you want to donate personally or send us money you have raised this Christmas, you can do so quickly and easily via this link, or transfer the money (referencing your Christmas collection) via BACS to St Mark's MK, The Cooperative Bank, 08-92-99, 67265972 or use this link <https://stmarksmk.enthuse.com/beacrackerforstmarksmeals#!/>.

Today was our second **FREEDOM FRIDAY** which is part of our **OPAL** development. We took on board all of the feedback from staff and children and have tweaked what we are doing. Next week we want to get your input so look out for this. 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.

Finally this week, today we supported **CHILDREN IN NEED** as decided by our **SCHOOL COUNCIL**. We set up a 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!

The weather is meant to take a turn next week, so please ensure that your children all have an appropriate coat and outdoor clothing as the cold isn't a reason for us not to go outside!

Have a great weekend everyone. Mr Gray



To be  
announced  
next week!



**TTROCK Stars**

**Weekly class champions!**

**KS1**

**Frogs**

**KS2**

**Foxgloves**



**PALMS**

**Christmas Fair**  
06.12.24 - see  
their flyer for  
details of how to  
book a visit to  
Santa's Grotto  
or to arrange  
your festive  
family photo!

# 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

### Report Remove - Childline

The children and young people of today have been socialised within the confines of the internet age. Pornography has been an important element in the online space since the beginning. Its ubiquity has coloured the boundaries of acceptable behaviour among those approaching adolescence. Whilst the meeting of one's first 'intimate' partner may still occur within the scholastic state, much of the relationship will take place in the e-space. Cycling to a girlfriend or boyfriend's house has been usurped by a constant exchange of texts and images across telephonic networks. The erosion of the aforementioned boundaries of acceptability in cross-gender conduct may lead to individuals engaging in a trade of explicit images without thinking forward to the potential consequences. This is exacerbated among school aged individuals, as their under-developed decisional matrix leads them to be particularly vulnerable to 'heat of the moment' actions. This has led to a swathe of cases across the smart phone era, in which concepts such as 'revenge porn' have entered the safeguarding and legal lexicon. Childline has built a new tool designed to aid subjects of this format of harassment to gain back control of their images and their internet life. If interested please click on the link below:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove>

## LMS Well-being

As a parent/carer you serve as a lighthouse, steadfast and committed to guiding others through life's complexities. Your light often shines most brightly when things get tough, offering unconditional acceptance and reminding your children that they are not alone. Yet holding space well for others is not possible without first meeting one's own needs. Just as a lighthouse requires fuel to keep its light burning, parents must prioritise the care of their own body, mind, and spirit. By doing so, you strengthen your light and the ripple of positivity that extends to those you support.

***“People who really want to make a difference in the world usually do it, in one way or another. And I’ve noticed something about people who make a difference in the world: They hold the unshakeable conviction that individuals are extremely important, that every life matters. They get excited over one smile. They are willing to feed one stomach, educate one mind, and treat one wound. They aren’t determined to revolutionise the world all at once; they’re satisfied with small changes. Over time, though, the small changes add up. Sometimes they even transform cities and nations and, yes, the world.”*** – Beth Clark



Congratulations to our  
Top Doodlers...

**#PROUD**



**doodle**



## Long Meadow Legends

These will be held Monday and  
announced on next week's newsletter!

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.





## Our Mission

Here at **MKBA** it is our firm belief that badminton has the power to affect children's lives in a positive manner. The enthralling mix of angles, speed, control, touch and power make it one of the most unique and exhilarating sports on the planet. **MKBA** aims to introduce this thrilling and challenging sport to children from all over the UK and to give them an opportunity to experience only the best that badminton has to offer.

Our group's entire philosophy, direction and purpose is driven by our passion to uncover and produce the finest young badminton athlete's in the UK. **MKBA** is geared to help youngsters on the road to badminton stardom and we are proud to say that any child with potential, who enters a **MKBA** academy, will very soon have that potential realised and developed.

**MKBA** has a proven track record of success and accomplishment at county, national and international level and in the next 3 years we will extend our vision even further. Building on the strong foundations developed at our academy headquarters here in David Lloyd Leisure Milton Keynes. From this privileged position we will now endeavour to expand and create more **MKBA** Academies in sites around the UK. Our exclusive partnership with FZ FORZA and David Lloyd Leisure along with our pioneering structure and expert team of professional coaches puts us in pole position to deliver a leading array of the best badminton training centres in the United Kingdom.

**MKBA** has important duties and responsibilities to uphold towards every member of our group. We strive to construct a clear route from foundation levels through to the attainment of excellence. We pledge to invest our time, energy and experience in all our players throughout their time in **MKBA**. We vow to ensure that each child is given access to a comprehensive sports provision that places no barriers in front of them and stimulates progress and growth. All of our players are encouraged to reach their maximum potential and are only constrained by their own levels of interest and ability.

In return **MKBA** and our coaches expect commitment, dedication and respect from players and parents alike. We require everyone associated with **MKBA** to follow our code of conduct and to show outstanding behaviour and sportsmanship at all times even in the face of adversity. Our standards must set an industry bench mark and we must become the model for all other groups and players to follow.

**MKBA** has everything a young player needs to become a champion. We have put together an all-encompassing programme that is delivering unrivalled success. Our mission remains constant; we will teach and promote our wonderful sport to children from all corners of our nation. We will use our special brand to seek out and attract talented and enthusiastic youngsters who can take advantage of the exclusive opportunity that only **MKBA** can provide. Our message is simple:

Join the team... Where Champions are Born

[www.mkba.co.uk](http://www.mkba.co.uk)



**CALLING ALL YEAR 2,3,4,5,6 & 7 PUPILS**

**ENGLAND'S TOP BADMINTON ACADEMY IS RECRUITING!**

**COME ALONG AND TRY OUR SHUTTLE STARS COACHING FESTIVALS**



Shuttle Stars is Badminton England's new flagship junior programme for beginners looking to get their Badminton journey off to a smashing start.

Discover the excitement of the world's fastest racket sport at our Shuttle Stars Festivals!!!

Our fun, FREE 75 minute come and try sessions are designed to introduce beginners to Badminton basics with guidance from top national coaches.



Email [rossreid@mkba.co.uk](mailto:rossreid@mkba.co.uk)  
To book a spot for our next event in December





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**



**MK SCHOOLS**



**BATTLE MK**

**18 NOVEMBER - 06 DECEMBER 2024**

\* ANSWER AS MANY QUESTIONS AS POSSIBLE \*  
PLAY IN ANY GAME TYPE \* THE WINNING CLASS WILL HAVE  
THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL \*  
ASK YOUR TEACHER FOR FULL DETAILS AND RULES \*





# 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



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

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LEARN  
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CLASSES

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CLASSES

by

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Tweedle

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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)