

# LMS Matters

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Dear Parents and Carers

*"Kindness is like snow. It beautifies everything it covers"* - Kahil Gibran

A surprising snow fall this week kept us on our toes but it is lovely to see the joy that things like snow bring to our children. We do however need them to have the appropriate clothing for cold weather.

**HELP KEEP ANTIBIOTICS WORKING** - children often get coughs, colds and stomach bugs. They can spread much more easily in the colder months when we spend more time indoors. We are currently seeing this across our school. Understanding how to manage common illnesses will help you keep your child comfortable and stop germs spreading further. The [NHS website](#) and the [Healthier Together](#) website both give advice for parents about childhood illnesses. It's also important to understand when and why a doctor may prescribe antibiotics for your child and when they may not. Antibiotics are used to treat or prevent some types of infections. They work by killing bacteria or preventing them from spreading. But they do not work for everything, including viruses which cause colds and flu. If we use antibiotics too often, there is a risk of them not working any more. Antibiotic resistance is a serious global health issue but there are simple steps parents can take to ensure the safe and appropriate use of antibiotics. What is antibiotic resistance? Bacteria are becoming increasingly resistant to common antibiotics used to kill them, meaning the antibiotics do not work as well and making infections much more difficult to treat. Antibiotics are designed to treat bacterial infections, such as pneumonia or certain ear infections. However, many common illnesses, including colds, flu, coughs, and most sore throats, are caused by viruses. **Antibiotics do not kill viruses** and using them unnecessarily can lead to antibiotic resistance. This leaflet provides general advice about antibiotics and the simple steps parents can take to ensure the safe and appropriate use of antibiotics. [General advice about antibiotics – Medicines For Children.](#)

This year, **WILLEN HOSPICE** are running a **XMAS CARD COMPETITION**. They are proud to serve their community as the only hospice in Milton Keynes that provides free, compassionate care to those who need it. They will deliver entry form cards to us next week and entrants can design any Christmas themed drawing in the allocated space on the card. Once the entry form has been completed, these are placed into a Christmas postbox they will provide. There will be a Sum-Up QR on the entry card which takes you to a suggested £1 donation link, but they will also leave a Willen Hospice donation bucket if you prefer this method too.

The latest **RARING2GO!** magazine is now available for all parents and carers. This winter edition gives ideas of fun things to do, deals for days out, ideas of lots of things to make, as well as information to help you and your children. You can find the **FREE** magazine [HERE](#).

Don't forget that 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!

The **SCHOOL COUNCIL** has been busy fundraising already this year! They raised over £250 for Children in Need last week from our non-school uniform day. Their PJ day before half term raised over £300, so they have been busy looking at ways to use this money in positive ways to enhance their learning environment. So far they have purchased new mud kitchen utensils and potion bottles for Early Years, wooden tens frames for Year 1 to use in maths, and a sensory water mat and light bubble tube for the Nest. They are looking forward to buying lots of lovely things for the school to improve our learning experiences. Thank you again for all your support, without you this wouldn't be possible!

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 them 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#!>.

I hope you have a happy family time this weekend and I look forward to welcoming you all back to another fab week on Monday!

Mr Gray



**EYFS/KS1**

**Sticklebacks**

who achieved

**97.7%**

**KS2**

**Brambles**

who achieved

**96%**



**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

### County Lines report

The National Police Chiefs' Council (NPCC) and the National County Lines Coordination Centre (NCLCC) has published its strategic threat report about county lines based on data from April 2023 to March 2024.

Key findings from the report indicate that county lines have become **more localised**, seeing a tripling of the number of lines that start and finish within the same police area. This means that drug runners, often teenagers, are travelling shorter distances and when found are usually in a different area of their city. It is likely that recruitment of children, often via social media, will also become more localised. Criminally exploited young people are often identified after episodes of going missing, particularly over several days. Where drug delivery journeys are shorter, exploited children may be running lines without necessarily being 'missing' for long periods of time, making identification harder. Most exploited children were missing from home (61%), but 16% of the total were missing from a care home. Seventy per cent of children were recorded as missing on multiple occasions, on average 18 times. **Drug running** is the most dangerous part of the county line operation as they are carrying valuable cash and drugs. They also find themselves involved at the frontline of violent conflict with other lines, typically over territory. Children are frequently used to launder the proceeds of organised crime through their bank accounts which will be controlled by the gang. The threat of mental, physical and sexual abuse is constant.

Children are **groomed** with promise of money and gifts before being trapped into the day to day delivery of drugs. The most prevalent tactic to maintain control is debt bondage. Typically, this means the child being robbed (usually by someone in the criminal gang unknown to the victim) and then being held responsible for the loss of drugs or cash (or both). In 2024, police found evidence for the first time of these debts being sold on to another criminal gang.

### LMS Well-being

Something we can learn from artists: They typically experience prolonged flow states while engaged in creative pursuits. Yet, curiously, they're often disinterested in their completed works. This suggests that flow states are more closely linked to the process of doing something than its outcome or purpose. Knowing this, we can make it easier to get in the zone by creating the right conditions through tweaks such as:

- Matching an activity's difficulty to our skill level so it offers the right level of challenge
- Creating a more enjoyable environment (e.g. background music)
- Eliminating distractions (yes, including our phone)
- Mentally framing tasks to align with our values

By "hacking" flow in this way, we can experience it more frequently, regardless of the task, rather than waiting for the muse to find us.

**"Flow is being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz."** — Mihaly Csikszentmihalyi

How can you align your daily activities more closely with your core values and purpose?. Flow is closely linked to intrinsic motivation. When we have a strong desire to do something, we find it easier to get in the zone. This question helps people consider what changes they can make to their actions or mental framing to create a sense of alignment with their personal values.

# Congratulations to our Top Doodlers...

Sophia S, Aadvik P, Amelia B, Yusuf R,  
Juwon O, Aaryan V, Toby E,  
Mohammad H, Joshua K, Leon B &  
Alec V-W for their 50 day maths  
streaks; Yusuf R, Juwon O, Noah W,  
Joshua K, Alec V-W & Srihaas M for  
their 50 day English streaks; Cole E for  
his 100 day English streak; Lok H for  
her 100 day maths streak; Cole E for  
his 250 day maths streak and Maddie C  
for her 750 day maths streak!

**#PROUD**



**doodle**



## Long Meadow Legends

**Tadpoles** – Eli for blowing us away with the improvements in his learning!

**Minnows** – Elizabeth for always demonstrating our school values; Primrose for being our Subitiser of the Week and Aiden for being an absolute superstar this week.

**Pondskaters** – for amazing behaviour on our trip to MK Museum—I was proud to be their teacher, and Kyan for always giving 100% effort in everything he does.

**Sticklebacks** – Bobby for being AMAZING and Riley for managing distractions brilliantly.

**Frogs** – Indie for always being so kind and caring and Harper for outstanding contributions in maths.

**Newts** – Daisy for improved confidence & independence in English.

**Bracken** – Cassius & Yusuf for writing a rap explaining why it's not ok to bully.

**Hogweed** – for showing incredible teamwork and enthusiasm throughout our Diwali Day celebrations.

**Foxgloves** – Corey for his brilliant effort in maths; Erica for always showing good manners and thinking of others and Hal for his efforts in science lessons.

**Hawthorn** – James for making a positive start to a new half term; Zeynep for always displaying super 'lifelong behaviours' and Jessica for an awesome effort with her persuasive hot write.

**Ferns** – Charlie for doing an amazing job with problem solving in maths this week and Ivory for smashing multiplication in maths & regions in geography.

**Thistles** – Georgette for always contributing her ideas in lessons and for listening to advice about how to improve.

**Brambles** – Alex for developing super explanations in maths using mathematical vocabulary and Leon for persevering with his maths learning.

**Teasels** – Luca for being an absolute legend, helping others in PE & demonstrating new skills.



## Sports Person of the Week

Max B (15/11) for demonstrating and using the block tackle in hockey to successfully defend 1 vs 1 and make it difficult for people to pass him.

Jasmine W & Darcie D (22/11) for working wonderfully as a pair despite the freezing cold morning – they developed their defending skills and understanding of what was meant by ‘goal side’ when marking before helping to tidy the equipment away.

## Boys’ Football League

The Y5/6 boys’ football team finished their league – they performed with great effort and played some excellent football

Matthew W, Hudson, Will, Henry W, Joey, Tyler, Kemal & Henry S

## Thornton Trail

Brooklyn, Abbey, Evie-Grace, Zoe, Pippa, Maya & Isla-Rose attended Thornton College to run in their annual girls’ cross country race. All of the girls made me incredibly proud of how well they did on a really tough course.

## LMS Cross Country

Well done to our Y5/6 runners Logan, Oliver, Zoe, Jayden, Maya, Isla-Rose and Casper for running superbly, representing the school in true LMS style!

#PROUD





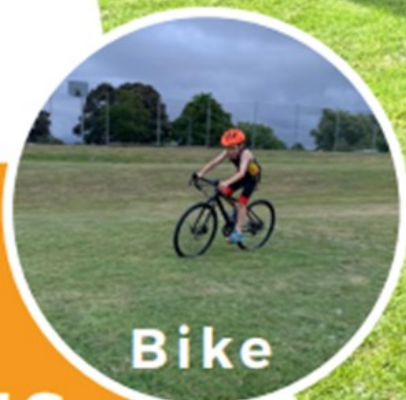
TRI-MK  
FOUNDED 2017

# Triathlon Club

AGES 8-18



Swim



Bike



Run



**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



Scan here for founders,  
coaches, members, &  
parents' views of  
Phoenix Tri-MK

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.

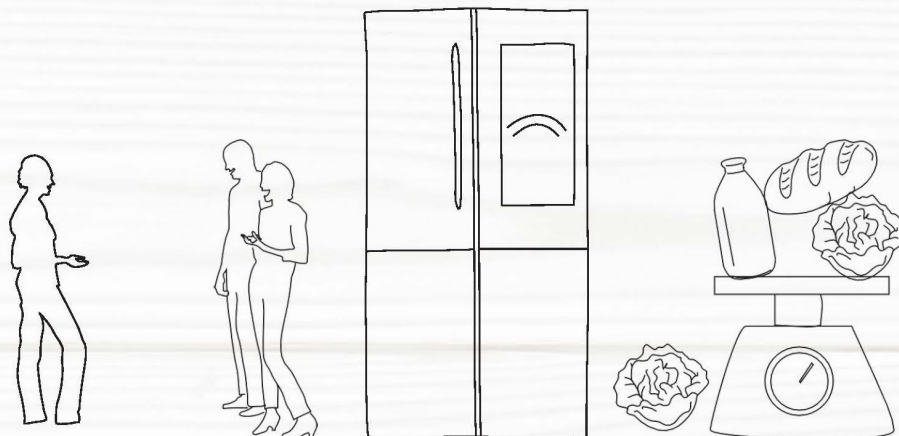
Discover the excitement of the world's fastest racket sport at our Shuttle Stars Festivals!!!

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)**





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)





**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



MILTON KEYNES

TRY US FOR  
**FREE!**

FROM ONLY

**£7.49**

PER CLASS  
AFTER TASTER  
SESSION

LEARN  
NEW SKILLS!

**GYMNASTICS  
CLASSES**

by

**Beth  
Tweedle**

**NINJA  
CLASSES**

PLUS CLASSES FOR  
YOUNGER CHILDREN

**NO  
CONTRACT!**

**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)



# **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**