

# LMS Matters

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Dear Parents and Carers

Winter illness has hit the school hard this week, with both staff and children being cut down with a vicious virus. As a school, we have tried to cover staff absence internally with staff known to the children and we hope you have seen little disruption. We wish all the children and staff who are unwell at the moment a speedy recovery. Don't forget, there are simple things we can all do to help prevent the spread of infections:

- cover your nose and mouth with a tissue when coughing and sneezing, dispose of used tissue in a waste bin, and wash hands
- cough or sneeze into the inner elbow (upper sleeve) if no tissues are available, rather than into the hand
- keep contaminated hands away from their eyes, mouth and nose
- clean hands after contact with respiratory secretions and contaminated objects and materials

This week saw our annual **CHRISTINGLE** assembly take place, led by Revd Mike Morris from the Watling Valley Partnership. Whatever your religion, Christingle is a joyful celebration that brings families and communities together to share kindness and spread the message of hope. Year 5 children, as part of their RE curriculum, got to make and take a Christingle home after sharing some of their wishes for the world with KS2. We then were able to light the candles and sing a Christmas carol together. This time of reflection can be really powerful.

The theme of kindness was also seen in my assembly this week, where I shared with the children details of the **WHITE RIBBON CHARITY**. Firstly, may I say a huge thank you to the parents/carers who took the time to email or speak to me about how happy they were that we were supporting this cause and raising awareness. With the children, I spoke about how the charity encourages everyone to make a promise to never hurt someone or keep quiet when someone make us feel sad or afraid. The key take away is that **"kindness starts with me"**. We discussed what kindness looks like but also what kindness feels like, how we need to embrace our differences and treat everyone with kindness, use words and actions that are helpful and kind and to speak to an adult if they need support. I also asked them to remember these when they are....at home...in class...on the playground...or doing their favourite hobby.

As per last week's newsletter, 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. A large number of our families have been supported by them. They have now delivered entry form cards and entrants can design any Christmas themed drawing in the allocated space on the card; these can be collected from the school reception. Please also return completed forms there. Once the entry form has been completed, there will be a Sum-Up QR on the entry card which takes you to a suggested £1 donation link, but we also have a Willen Hospice **DONATION BUCKET** in Reception if you prefer this method. Thank you for supporting this great cause!

As you are aware, we have **FLU VACCINATIONS** taking place in school on 12th December. On top of this, the **NHS** has organised **IMMUNISATION CATCH-UP** walk-in clinics to help children catch up on routine vaccinations. The clinics offer vaccinations for diseases such as measles, mumps, rubella, and other preventable illnesses. They are open to all eligible children without the need for prior booking - parents and carers can simply walk in at their convenience. The next clinic for school aged children will be held this coming **Saturday 7 December from 10am till 2pm at Marsh Drive Community Centre, Marsh Drive, Great Linford, Milton Keynes, MK14 5HH.**

As a school we will be celebrating **NATIONAL CHRISTMAS JUMPER DAY** on Thursday 12th December. There is no donation needed at all, it's just a little part of our celebrations around this time of the year. This is of course not compulsory and normal school uniform needs to be worn with the jumpers please.

Our **OPAL** lunchtime journey goes from strength to strength with **FREEDOM FRIDAY 5** taking place today! The children appear to really enjoy the change and we are adding new activities week on week. Next week, (following our play assembly on Monday), we will be introduce **DEN BUILDING** and **LOOSE PARTS** play. Please keep donating whatever you can in the **DONATION STATION** at the front of the school, it really is appreciated.

I wish you all a lovely weekend. Keep safe in the incoming storm and I hope to see you all at the **PALMS CHRISTMAS FAIR** this afternoon from 3.30-5:00pm.

Have a fab weekend all.

Mr Gray



To be  
announced  
next week!



**TTROCK Stars**

Weekly class champions!

KS1

**Frogs**

KS2

**Bracken**



Please check the  
Dates For Your  
Diary section for  
details of all the  
Christmas  
events taking  
place over the  
next couple of  
weeks.

# 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 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	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 4 December	Christmas
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## **LMS Safeguarding**

### **Safeguarding Awareness for Parents & Carers - England Football Learning**

Safeguarding is about creating safe environments and preventing children from experiencing harm or abuse. Its core mission is comprised of the measures institutions take to protect young people and children. Football is by far the most popular sport in the country, particularly among teenagers and children. England Football's learning faculty has designed a short safeguarding course for parents. The course is designed to help parents make an informed choice about the footballing infrastructure in which children are enrolled. The course explains the vital role of safeguarding within the sporting sphere and is well worth a look. If interested in this e-seminar, please follow the link below:

<https://learn.englishfootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>

## **LMS Well-being**

**"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou**

Now that we spend so much of our lives online, it's easy to rely on social media to nurture and maintain our relationships. But this convenience has a flipside: it lacks the depth and richness that comes from physically spending time together.

As technology becomes increasingly pervasive, we mustn't forget the power of shared real-world experiences for strengthening connections, deepening relationships, and creating lasting memories.

If there's someone in your life you'd like to be closer to, reach out this week and arrange to meet up. It's the best way to make them feel valued, develop intimacy, and build a lasting bond with them.

*"What would you like to start (or stop) happening in your relationship(s)?"*. This open question is a simple, direct way to identify what someone wants—either from a specific relationship or their relationships in general—and where the gap lies between their current and desired situations.

Once this gap is identified, you can explore why it exists and how to close it.



# Congratulations to our Top Doodlers...

To be announced in next week's  
newsletter

**#PROUD**



**doodle**



## Long Meadow Legends

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

6TH DEC | 15:30-17:00

# Christmas Fair

Get ready for an afternoon filled with holiday cheer at Long Meadow School's Christmas Fair! With something for everyone, it's the perfect way to kick off the Christmas season while supporting our school community.



ORDER NOW

PREBOOK ONLINE ONLY



**SANTA GROTTO** – Meet the big man himself - Gift included

**FAMILY PHOTO** – Capture magical holiday memories

**RAFFLE** – Win exciting prizes in our prize draw

**TICKETS:** <https://www.pta-events.co.uk/palmspta/>

## Free Entry!

### Year 6 Young Enterprise Stalls

Support our students as they showcase their creative business ideas to raise funds!

### Gift Stalls

Discover unique, handmade items and holiday gifts from local vendors.

### Refreshments

Enjoy warm and seasonal treats for the whole family. Bring your own thermos mug and get 20p discount!

<https://www.pta-events.co.uk/palmspta/>







LONG MEADOW SCHOOL PRESENTS

# Stay and Play Sessions



Run by the school's Deputy and Assistant Heads

Different theme each session

- MESSY PLAY
- CREATIVE TABLES
- IMAGINATIVE PLAY
- SENSORY ACTIVITIES
- READING AREA
- REFRESHMENTS INCLUDED

Only  
£1 pp

- 15th January - Farm
- 29th January - Vehicles
- 5th March - Fairytales
- 26th March - Spring
- 30th April - Dinosaurs
- 21st May - Food
- 4th June - Weather
- 18th June - Summer
- 2nd July - Sports

CONTACT US FOR  
MORE INFO

01908 508678

office@longmeadow.milton-keynes.sch.uk



**FOR UNDER 5S**

**9am - 10:30am**

# Christmas Ornament Competition

Get ready to spread some festive cheer.

## What do I need to do?



**Create a Christmas Ornament:** Use any materials you like (paper, cardboard, fabric, glitter, etc.) to design and make your own Christmas ornament.

**Be Creative:** Your ornament can be anything festive – stars, snowflakes, baubles, or even your favourite Christmas character!

**submit your entry:** Bring your ornament to school by 6th December.

## Prizes:

Prizes will be awarded for the most creative, festive designs in each class!



## Important Notes:

Please bring into class the morning of 6th December 24.

Please make sure your ornament has your name and class on it.

All ornaments will be displayed at school during our Christmas fair 6th December after school!





**Ages  
5-14**

**SHOP & DROP  
23rd December  
8am - 12pm**

**£20**



# **Festive FUN DAY**

**At Stadium MK**

**"JINGLEMK"  
10% OFF**



**xmas games  
MULTI SPORTS  
Inflatables**



For more information contact [information@mkdonsset.com](mailto:information@mkdonsset.com)  
or 01908622888





# STAGE MASTERS

ACT DANCE SING

## MINI STAGE MASTERS FOR 4 AND 5 YEAR OLDS

WHEN: SATURDAYS 12:15PM-1:15PM  
WHERE: PRIORY RISE SCHOOL MK4 3GE  
1 HOUR- COMBINING ACTING  
DANCING AND SINGING  
£10 PER SESSION

SIGN UP FOR A FREE TRIAL NOW!  
CONTACT US VIA FACEBOOK/INSTAGRAM  
OR EMAIL: STAGEMASTERSUK@GMAIL.COM



# STAGE MASTERS

ACT DANCE SING

1 hour acting, 1 hour dancing,  
1 hour singing

**FOR: 6-18 YEAR OLDS IN GROUPS**

**WHEN: SATURDAY MORNINGS 9AM-12PM**

**WHERE: PRIORY RISE SCHOOL MK4 3GE**

**£22.50 FOR 3 HOURS OF  
HIGH QUALITY TRAINING**

**BOOK YOUR FREE TRIAL NOW!**

**FOLLOW US  
ON FACEBOOK  
AND INSTAGRAM**

**Email:  
Stagemastersuk@gmail.com**

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.





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)**

**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





# **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**

# 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



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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



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[gymfinitykids.com](http://gymfinitykids.com)