

LMS Matters

Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 13

Date: 13.12.24



Dear Parents and Carers

A warm welcome to the final newsletter of 2024!

Christmas certainly has kicked in, firstly with the **PALMS CHRISTMAS FAIR** last Friday after school. It was lovely to be part of this event and the whole afternoon had a lovely feel to it. Many thanks as always to PALMS and also to Year 6 with their Young Enterprise ideas. As ever, all the money raised goes back to your children. Thanks also to Santa and his elves for stopping by, we hope you are all on the 'Good' list this year. We then have been treated to the **YEAR 1 and 2 CAROL CONCERT** and **EYFS NATIVITY**. Nothing says Christmas more than carols and cute children with tea towels on their heads! We hope all the parents/carers enjoyed the performance and that the children enjoyed performing, as well as wearing their **XMAS JUMPERS** yesterday. I however took a lot of abuse for mine for some reason!

The news this week speaks of a "tidal wave" of **FLU INFECTIONS** which has led to a 70% increase in hospital cases in England in just seven days. Flu cases are currently highest among 5 to 14-year-olds, according to the UK Health Security Agency, but adult cases are expected to rise when schools and nurseries close. Cases of norovirus (the winter vomiting bug) and RSV (a common cause of coughs and colds, and a cause of chest infections in babies) are also on the rise. NHS leaders have issued a warning that cases of flu, norovirus and respiratory syncytial virus (RSV) are increasing, with a rise in COVID-19 also expected. Vaccines work against the 'quad-demic' In fact, by getting vaccinated, you halve your risk of catching any of the four illnesses The NHS provides vaccinations against three of the four illnesses: flu, COVID-19 and, as of September this year, RSV. The new RSV vaccine was developed as the illness can prove to be extremely dangerous for young babies and older people, especially those with heart or lung conditions, according to the NHS.

Don't forget we have got our rebranded **CHRISTMAS DASH** to help us all get into the spirit whilst doing something active. This will take place on **Monday 16th December 2024** with the first run starting at 1:15pm. The run will take place around the school grounds, starting and finishing in the school hall, which will allow us to ensure the route is always clear and every child gets around the course and back to their classes safely. The course will involve children running on both the playground surface and a small part of the field which is likely to be wet and muddy so please plan accordingly. Parents are invited to attend and watch the children complete the run. Entry and exit to the school site will be through the **MAIN GATE ONLY** (Garthwaite Crescent). We welcome your support along the route to cheer all of the children on but you **MUST** keep the route clear for the runners and stay on the designated playground areas. Directions will be given on the day by staff and Year 6. Please help them to keep the route clear.

ART AND WELL-BEING FOR YOUNG PEOPLE at Milton Keynes Arts Centre! These 10-week artist led workshop series are aimed at young people, ages 11-13 years old and 14-17 years old, in the Milton Keynes area who are experiencing mild-moderate mental health challenges such as anxiety, depression or social isolation. Each week participants will learn a new art technique. The activities will encourage an awareness and appreciation of art making to support wellbeing and offer a chance to meet like-minded people under the guidance of a professional artist. This workshop is pay what you can - starting from free - attendance by booking / referral. For 11-13 year olds - dates: Thursdays 16, 23, 30 January and 06, 13 February 2025 - Time: 6:00pm-8:00pm - Sign up here: <https://www.ticketsource.co.uk/milton-keynes-arts-centre/art-and-wellbeing-for-young-people-11-13-year-olds/e-kobmda>. For 14-17 year olds - dates: Thursdays 27 February and 06, 13, 20, 27 March 2025 - Time: 6:00pm-8:00pm - Sign up here: <https://www.ticketsource.co.uk/milton-keynes-arts-centre/art-and-wellbeing-for-young-people-14-17-year-olds/e-yelmgz>.

Our **OPAL** lunchtime journey goes from strength to strength with **FREEDOM FRIDAY 6** taking place today with the introduction of **DEN BUILDING** and **LOOSE PARTS** play. We are now on the look out for **ITEMS FOR OUR SANDPITS**. Do you have any **BUCKETS** and **SPADES**? Or things our children can play with in the sand? If you have some please drop these into our donation station asap.

Finally this week, as per my email, some parents/carers have received letters regarding **ATTENDANCE**. If you received one regarding your child being **PERSISTENTLY ABSENT**, please ensure you have contacted Mrs Seaton **ASAP**. If you received a letter regarding a risk, you **DO NOT** need to take any action, this is for information only. Please be aware that the absence figure is calculated on **AUTHORISED AND UNAUTHORISED** absences. We are fully aware of illnesses and complications but have a duty to inform parents if their child's attendance drops below a certain level. The **LOCAL AUTHORITY** have also unfortunately had to issue **FIXED PENALTY NOTICES** to some parents for **UNAUTHORISED LEAVE DURING TERM TIME**. This will now be the case for parents/carers going forwards.

Have a peaceful weekend everyone.

Mr Gray



EYFS/KS1

Tadpoles

who achieved

100%

KS2

Foxgloves

who achieved

99%



TTROCK Stars

Weekly class champions!

KS1

Sticklebacks

KS2

Bracken



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

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

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

LMS Safeguarding

Resources to support regulation, connection and rest during December (Beacon House)

Beacon House have published a brilliant collection of resources specially designed by their therapists to support regulation, connection and rest during December. Take a look here:

<https://beaconhouse.org.uk/winter-resources/>

LMS Well-being

Let's keep this
going for all the people
who are going through
a tough time.

For anyone who needs some
support right now. ❤️

CALM - 0800585858
Mind - 03001233393
No Panic - 08449674848
Bereavement - 08088081677
PAPYRUS - 08000684141
Samaritans - 116 123
SHOUT - 85258
Abuse - 080820005000
Refuge - 08082000247
shout text 85258



SIMPLE WAYS TO BOND WITH YOUR KIDS

- Start off the day with a hug
- Go on a one-on-one "date" (let them choose where!)
- Sit down on the floor and play
- Cook a meal or bake something together
- Tell them what makes them special
- Look at a photo album
- Play a card game or board game
- Take a photo together and put it in a frame
- Share stories from your childhood
- Read a story before bed
- Write a positive note and leave it on their pillow
- Ask them about their day
- Find a reason to say "thank you" every day
- Tell each other silly jokes
- Let them stay up late to watch a movie together
- Hold hands while you walk
- Share the high points and low points of your day
- Learn a special handshake
- Stay up and watch the sunset together

Congratulations to our Top Doodlers...

**Annabelle R, Cohen P, Layla A, Eli B,
Daniel N & Jessica Y for their 50 day
maths streaks; Cohen P, Milly C, Diana
M, Zac A-B, Alex D, Hania H, Martin C &
Thomas E for their 50 day English
streaks; Ivy M for her 100 day maths
streak; Aakesh R for his 250 day maths
streak; Amelia L & Wayne T for their
365 day English streak; Naomi R for
her 500 day maths streak and Hal T for
his 1000 day English streak!**



doodle



Long Meadow Legends

Tadpoles – Chloe for being so creative in drawing club.

Minnows – Esmae for being Subitiser of the Week, Geovana for being an absolute superstar & settling in so well & Hasadi for settling in well and her fabulous Fred talk say the word.

Sticklebacks – Dhiya for being a superstar & trying her best in all of her learning.

Pondskaters – Daisy & Joaquim for their fabulous dance in PE.

Newts – Jamal for working hard this week to manage distractions.

Frogs – Robyn for her positive 'I can do' attitude towards her maths learning.

Hogweed – Madison for always making great choices & following the rules.

Bracken – Kyran for excellent descriptive writing.

Foxgloves – Emily for working really hard & improving her TTRS rock status.

Hawthorn – Lois for always completing her work with such pride.

Ferns – Amy F for producing outstanding work on a regular basis.

Thistles – Jessica Y for being such a lovely, kind & supportive class member.

Brambles – Emily for demonstrating excellent resilience recently & Logan for always working hard, particularly when problem solving in maths.

Teasels – Poppy for fantastic use of new watercolour skills.

Teasels & Brambles for excellent ideas, resilience & drive for their Enterprise stalls at the Xmas Fair.

Sports Person of the Week

Lara H for always being fabulous and being ready to learn! She listens well and tries her best in everything, setting a great example of being a wonderful team player.

Tommy F for his amazing creativity when learning about rhythmic gymnastics and for coming up with some great ideas of how to use the different equipment.

**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
or 01908622888



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 - Fairytails
- 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





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

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
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



A WELL-BEING SERVICE PROVIDED BY RELATEMK

FOR MORE DETAILS CONTACT ☎ 01908 310010 ✉ APPOINTMENT@RELATEMK.ORG

🌐 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

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