

LMS Matters

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Dear Parents and Carers

As the weather has clearly changed, all of our minds wander to Christmas and what better way to start your festivities than by coming to the **PALMS CHRISTMAS FAIR** on 6th December from 3.30-5:00pm. Get ready for an afternoon filled with holiday cheer with something for everyone; it's the perfect way to kick off the Christmas season while supporting our school community. It is **FREE ENTRY** with 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) and refreshments (enjoy warm and seasonal treats for the whole family; bring your own thermos mug and get 20p discount!) There is also the chance to **MEET SANTA** (come and meet Santa in his magical grotto – spaces still available - [Book Your Visit here](#)), have a **FAMILY XMAS PHOTO (only £10)** - capture a beautiful Christmas memory with your loved ones - [Book Your Slot Now](#) and take part in the **RAFFLE!** (amazing prizes to be won - get your tickets now for a chance to win: a restaurant voucher, tickets to MK Lightning, free entry to MK Safari...and many more! [Buy Your Raffle Tickets Here](#).) All of these events must be **PREBOOKED ONLINE ONLY** and you can book yours via the links or at <https://www.pta-events.co.uk/palmspta/>. Please also find attached details of the Christmas Ornament Competition which is free to enter — good luck and I look forward to seeing you all there.

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!

MK DONS are holding a **FESTIVE FUN DAY** at Stadium MK on 23rd December from 8am-12pm. They say that their day event may help you with that last-minute Christmas shopping! The festive fun will be based at Stadium MK (Festive Fun day), 10% discount with code "**JINGLEMK**". Please see the attached flyer for further information.

As you are aware, we have **FLU VACCINATIONS** taking place in school on 12th December. Parents who wish to consent to their child having this year's flu vaccination should follow the link that has been emailed out by 9am on Tuesday December 10th. Flu can be a very unpleasant illness in children causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. Children usually begin to feel better within about a week. Complications of flu include acute bronchitis, painful ear infections, and pneumonia. Some children may need to go to hospital for treatment, including intensive care. Having the vaccine will help protect your child from what can be a very nasty illness in children. It will also reduce the chance of others in your family who could be at greater risk from flu (such as grandparents or those with long term health conditions) from getting flu from your child. It can help you avoid having to take time off work or other activities to look after your sick child or if you become sick yourself.

Our successful **STAY AND PLAY** sessions carry on next year, starting on January 15th with a **FARM** theme. These under 5 sessions are a great way to meet new people and find out more about our school. All of this great fun for £1. Please see all the dates for next year attached further on.

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#!/>.

Finally this week, we continue to see a rise in illness across a number of year groups. Please keep reminding your children to cough/sneeze into their elbows, use and throw away any tissues and wash their hands regularly.

Have a fab weekend all.
Mr Gray



EYFS/KS1

Newts

who achieved

99%

KS2

Teasels

who achieved

99%



TTROCK Stars

Weekly class champions!

KS1

Newts

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

A Note on Dangerous Gifts - Child Accident Prevention Trust

December is on the horizon. Families around the country are already putting up Christmas trees and tinsel is starting to grace our high streets. Before long mince pies, Mariah Carey and mysteriously familiar Santa Clauses will make their way into our lives. This is all in good fun, and children from Lands End to John O'Groats look forward to the build up to Christmas all year.

However, not all presents are created equally. More than ever our Christmas shopping is done online from an increasingly varied list of providers. From imitation manufacturers, to sellers platforms like Etsy and to third party small businesses that use known provider logistics services, we're all trusting people ever further removed from us to provide high quality goods. Unfortunately this is far from guaranteed. Production firms abroad or within a 'cottage industry' may not have the strict manufacturing standards applied in the UK, or expected as industry standard. The Child Accident Prevention Trust has published a list of eight gifts most likely to cause an accident this year. If interested please follow the link below. It's always important to remember that prevention is always better than repairing.

<https://capt.org.uk/8-dangerous-gifts-to-avoid-this-christmas/>

LMS Well-being

How to combat procrastination and boost productivity.

“You cannot escape the responsibility of tomorrow by evading it today.”- Abraham Lincoln

One of the main problems with procrastination (apart from stopping people from accomplishing what matters) is that it's so easy to do. To combat this, it's best to develop systems for behaviour management rather than relying on willpower or discipline. For example, if you're often distracted by scrolling social media on your phone, make it a rule to keep your phone in another room when you're working. This allows you to quickly break the habit while you work on addressing its root cause.

So, I invite you to consider this: what simple systems can you implement to eliminate distractions and get more meaningful things done?

How does procrastination show up for you (e.g. spending too long planning, getting side-tracked with unrelated tasks, waiting for the right moment, etc.)? By understanding how you procrastinate, you can become better at recognising when you're procrastinating and proactively adopt strategies to start taking action and get unstuck.

Congratulations to our Top Doodlers...

Nina B, Theo L, Milly C, Srihaas M & Nova B for their 50 day maths streaks; Aadvik P, Amelia B & Mohammad H for their 50 day English streaks; Daksh H for his 100 day English streak; Dominic L for his 500 day English streak and Maddie C for her 750 day English streak!

#PROUD



doodle



Long Meadow Legends

Tadpoles – Rihanna for being Subitiser of the Week and Sara for sharing her maths knowledge so well this week.

Minnows – Sophie for talking in sentences & trying her best in phonics.

Pondskaters – Ahmet for his fabulous writing this week.

Sticklebacks – Adhvaith for being a fantastic member of Sticklebacks.

Frogs – Karter for excellent observational skills when drawing a sunflower.

Newts – Florence for showing more independence & putting more effort into her learning.

Bracken – Rosie for her excellent learning in maths this week.

Hogweed – Alexi-Mai for being an outstanding role model to others.

Foxgloves – Noah for always doing the right thing & showing kindness to his peers.

Hawthorn – Evie for showing kindness to everyone, always!

Ferns – Kendrick for super fast times tables recall!

Thistles – Lyla for her fantastic work in maths this week & doing a great job with times tables.

Brambles – Maya for being an all round Legend!

Teasels – Jane for demonstrating excellent focus in all lessons.

Sports Person of the Week

Alexander G for being amazing in both his lessons this week, showing the school values & following all the golden rules – he has shown some excellent demonstrations when learning about agility.

Well done to the following children who played in the Y5/6 football games this past week – in freezing temperatures they had brilliant effort, never gave up, played some good football and had lots of smiles!

Max, Jayden, Folu, Jonny, Harry, Logan T, Alex D, Oscar, Dario, Jacob, Kaiyaan, Luca, Mervin, Thomas, Alex S & Philip.

Well done to Bobby, Kyan, Advaith, Annabelle, Dhiya, Hiba, Antonio, Isobel, Tom & Ahmet for taking part in the KS1 Festival.

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 - Fairytale
- 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!



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 *



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.

**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**

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

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





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



Longmeadow School

4th 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 web: 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

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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FREE!

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£7.49

PER CLASS
AFTER TASTER
SESSION

**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

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