

# LMS Matters

Tel No: 01908 508678

Email address: [office@longmeadow.milton-keynes.sch.uk](mailto:office@longmeadow.milton-keynes.sch.uk)

[www.longmeadow.milton-keynes.sch.uk](http://www.longmeadow.milton-keynes.sch.uk)

Issue: 15

Date: 17.01.25

Dear Parents and Carers

It was nice that the weather has taken a slight turn for the better, but as we know it brought with it mud, which then made **MIX UP MONDAY** and **FREEDOM FRIDAY** a tad more difficult as mud was brought into school. Thanks to everyone who brought other shoes into school. As a heads up, part of the **OPAL** master plan is for every child to have wellies in school every day (thus us collecting spare ones); these will be housed in special stores outside the building so this measure is just for the interim.

All of the excess **LOST PROPERTY** that has been collected in the foyer will be removed and recycled at the **END OF THE DAY** today. If you have lost anything, you need to check this today please.

Dis you know that **MK LIBRARY SERVICE** runs **LEGO** and **DUPLO** events at different libraries in the area? Please see the flyer further on in this newsletter to tell you where and when.

The programme makers of the BAFTA-nominated Channel 4 series, **THE DOG HOUSE**, tell us it is about to return for a new series. Described as one of the most heart-warming programmes on TV, they are starting the search again for people who can offer a loving home to a rescue dog and share their reasons for doing so. They wondered if you might be able to help? If interested, please see their flyer further on.

**MK CITY COUNCIL** are running an **AUTISM IN EARLY YEARS PARENT PROGRAMME** for parents who have an autistic child aged 2-5 years or a child with social communications needs – no diagnosis needed. Please see the flyer further on for details and how to book.

Don't forget to **SAVE THE DATE** for our **LEARNING CONVERSATIONS** which will take place during the week commencing 10th February. More details to follow!

**MAKEWELL**, who are part of ECG Healthcare Group Ltd, tell us they specialise in **ADHD** and **ASD** assessments, as well as providing a range of support services for families both locally and nationwide. As part of their commitment to supporting the local community, they are pleased to offer free sessions for parents of children with neurodiverse conditions. Please find attached a flyer for their upcoming sessions, designed specifically for families of children with ASD or ASD traits. To book a place in the session, please use the following link: <https://wemakewell.co.uk/service/free-send-parent-support-groups/>.

**MK COLLEGE** are offering **FREE ONLINE COURSES** for people to attend. Please see their flyer further on for details.

The 2024 UK Children's Society **GOOD CHILDHOOD REPORT** provides some especially useful insights. The report has been undertaken annually since 2009, so it enables us to see some interesting, and sometimes disturbing, changes in the welfare and wellbeing of young people in the UK today. This year's report recorded the concerns of over two thousand 10-17 year olds, as well as their parents and carers. Perhaps the most worrying finding of the report was the clear decline in UK children's wellbeing in five of the six areas of children's happiness recorded since 2009/10. These areas of increased unhappiness were life as a whole, friends, appearance, school and schoolwork. There were significant differences in life satisfaction between boys and girls. While one in five (19.8%) boys reported low life satisfaction, the figures for girls aged 15 in the UK was almost one in three (30.9%). While the long-term effects of COVID may be a factor in the decline of wellbeing felt by children in the UK, it cannot account for how the wellbeing in the UK has declined in comparison with 15 year olds across Europe. According to the report, in 2022 the UK had the lowest average overall life satisfaction among 15 year olds across 27 European countries. The UK also had the largest gap in average life satisfaction between the 25% most advantaged and the 25% most disadvantaged 15 year olds. An area of great concern outlined in the report was that of rising costs. Almost a quarter (23%) of parents and carers said that they had found it 'quite' or 'very' difficult to manage financially. These parental worries were also being picked up by their children. Two in five (41%) children and young people were 'very' or 'quite' worried about this issue. Over half of parents (53%) reported that they had struggled to afford a holiday away from home, and over two in five reported struggling to afford activities outside of school (43%) and celebrations on special occasions (41%). Again, these concerns were being picked up by children who reported that rising costs were affecting them.

Finally this week, a huge thank you to the **SCHOOL COUNCIL** who arranged today's **FANCY DRESS/ NON UNIFORM DAY** – we hope they raised lots of money for the school!

Have a great weekend and enjoy your family time.

Mr Gray



**EYFS/KS1**

**Sticklebacks**

who achieved

**99.4%**

**KS2**

**Brambles**

who achieved

**99.7%**



**TTROCK Stars**

**Weekly class champions!**

**KS1**

**Sticklebacks**

**KS2**

**Bracken**



**Movies & Munchies**

22nd Jan 2025  
3:15-5PM



Book your child's place by  
Friday 17th January at:

[https://www.pta-events.co.uk/  
palmspta/index.cfm](https://www.pta-events.co.uk/palmspta/index.cfm)

Places must be booked in  
advance, no entry on the  
door.

**PALMS**

# 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

### Spring Term 2025

Tuesday 7 January	PALMs Smarties Challenge launch (deadline 23/01)
Friday 10 January	Year 4 Anglian Water visitor
Friday 17 January	Whole School Fancy Dress Day - School Council Fundraiser
w/c Monday 20 January	Year 6 Mock SATs
Tuesday 21 January	Newts MK Trip
Wednesday 22 January	Newts MK Trip
Wednesday 22 January	PALMs Movies & Munchies
Friday 24 January	Year 5 Space Centre Trip
Tuesday 28 January	Frogs MK Trip
Wednesday 29 January	Frogs MK Trip
Wednesday 29 January	Biscuits & Books 2.45pm
Friday 31 January	Young Voices - Birmingham Arena
w/c Monday 3 February	Children's Mental Health Week
Thursday 6 February	PALMs Disco
w/c Monday 10 February	Parent Consultations
Tuesday 11 February	Safer Internet Day
17 - 21 February	HALF TERM

Stay & Play	
Wednesday 15 January	Farm
Wednesday 29 January	Vehicles
Wednesday 5 March	Fairytales
Wednesday 26 March	Spring

## LMS Safeguarding

### What's Porn Got to Do With It Seminar - Lucy Faithfull Foundation

The Lucy Faithfull Foundation is an organisation designed to prevent child sexual abuse. Their vision is to produce a world where children live free from sexual abuse. On 4th March 2025, the charity will be hosting an online seminar on Microsoft Teams looking at the damaging effect of pornography on children. In 2023, the Children's Commissioner's office shared that "by age nine, 10% had seen pornography, whilst 27% had seen it by age eleven". The event will be co-hosted with NWG Network and examine the effect of pornography on producing sexually harmful behaviours among young people and adults. If interested in attending, please follow the link below:

<https://www.eventbrite.co.uk/e/whats-porn-got-to-do-with-it-tickets-1111257223269>

## LMS Well-being

### How narratives shape our identity and behaviour.

***"As we become aware of ourselves as storytellers, we realise we can use our stories to heal and make ourselves whole."*** – Susan Wittig Albert

Our identity doesn't just define our sense of self—it shapes our whole reality and is a powerful driver of behaviour.

To facilitate lasting transformation, try to examine your current self-image in areas targeted for change. Encourage yourself to envision your ideal identity and cultivate a narrative embodying this new self. This can lead to more sustainable behavioural shifts than surface-level interventions alone.

Crucially, identity is fluid, not fixed. Try to recognise your dual role as protagonist and author of your evolving life story. This will then empower you to actively shape your future identity rather than being defined by your past or present. By reframing your narrative in this way, you can unlock profound personal growth.

What aspects of your identity have evolved over time? What prompted these changes? This helps acknowledge that identity is not fixed and normalises change, paving the way for transformation by modifying rigid self-perceptions while still allowing for a cohesive narrative.

# Congratulations to our Top Doodlers...

Zayn A, Yilmaz M, Aahil A, Evie-Grace H, Aiden A & Hania H for their 50 day maths streaks; Yilmaz M, Layla A, Najib J, Aahil A, Rishank D, Lacey W, Evie-Grace H, Parker W, Abbey W & Aiden A for their 50 day English streaks; Mollie R, Parker W, Kyan M, Noah A, Aadvik P, Amelia B, Giulia M, Indie N-S, Sadie S, Nyla A, Joshua K, Mohammad H, Lacey W, Leon B, Theo L & Jasmine W for their 100 day maths streaks; Giulia M, Indie N-S, Joshua K & Jasmine W for their 100 day English streaks; Winky P for her 250 day English and maths streak; Awadhya S & Dheer J for their 365 day maths streaks; Oliver B for his 365 day English streak; Anna A & Sehaj J for their 500 day maths streaks and Anna A for her 500 day English streak!



**doodle**



## Long Meadow Legends

**Minnows** – Primrose for being such a kind & thoughtful friend.

**Tadpoles** – Dhruvit for an outstanding improvement in his behaviour & Sara for being our Subitiser of the Week.

**Pondskaters** – Daisy for producing some lovely writing.

**Sticklebacks** – Annabelle for improving her writing.

**Frogs** – Ivy for outstanding maths learning.

**Newts** – Coby for an improved attitude towards maths & English.

**Hogweed** – Seraiah for his effort & determination in maths, handwriting & English.

**Bracken** – Juwon for sharing his knowledge about volcanoes!

**Foxgloves** – Grace C for working hard in maths & persevering with tricky questions.

**Hawthorn** – Simeon for confidently explaining his reasons in maths.

**Thistles** – Ivy for being such a positive member of the class.

**Ferns** – Kahlan for being both entertaining & a fabulous role model.

**Brambles** – Adam for his super effort with all of his learning this week.

**Teasels** – Poppy W for demonstrating great focus in lessons.

## Sports Person of the Week

Anika P for working hard to overcome some challenges in netball. She has already become more confident to catch, pass & move with a partner & has now started to show this within small games, and Orla O for being a super friend supporting others who were finding the task more challenging.

Well done!





# FREE SEND PARENT SUPPORT GROUP

## What does Autism mean to your family?

**Who is Makewell?** Makewell is a private Clinic in Milton Keynes providing Neurodiversity assessments, support, and treatment.

**What to expect?** We love to give back to the community! Come along for a talk by our Psychologist Jenny Wilson to discuss Autism and what a diagnosis means for your family. Even if your child isn't diagnosed but shows autistic or sensory traits, join us to learn strategies, meet other parents, and have a chat.

**When?** Monday 10th February, 12.30-2pm

**Where?** Cruck Barn, Alston Drive  
Bradwell Abbey, Milton Keynes, MK13 9AP

## Book your space here:

[www.wemakewell.co.uk/service/free-send-parent-support-groups/](http://www.wemakewell.co.uk/service/free-send-parent-support-groups/)

 [bookings@wemakewell.co.uk](mailto:bookings@wemakewell.co.uk)

 01908 731293



Discover our wide range of flexible, free courses.

🌟 Explore Level 2 and some Level 3 courses, all at no cost\* for eligible learners, from healthcare to business administration and more.

🚀 Upskill or learn something new with courses that adapt to your schedule. Study at your own pace, without the need to attend in person.



**Free Online  
Courses**

Apply today: [mkcollege.ac.uk](https://mkcollege.ac.uk)

## LEGO & DUPLO CLUBS

[www.milton-keynes.gov.uk/library-events](http://www.milton-keynes.gov.uk/library-events)



### TUESDAY:

4-5 at Central Library  
3.30-4.30 at Wolverton Library

### WEDNESDAY:

3.30-4.30 at Newport Pagnell Library  
3.30-4.30 at Bletchley Library

### THURSDAY:

3.30-4.30 at Westcroft Library

### FRIDAY:

3.30-4.30 at Stony Stratford Library  
3.30-4.30 at Kingston Library  
3.30-4.30 at Olney Library  
3.30-4.30 at Woburn Sands Library

### SATURDAY:

10-12 at Central Library  
10.30-11.30 at Woughton Library  
11-12 at Stony Stratford Library  
10.30-11.30 at Olney Library  
(first Saturday each month)





# HOLDING OUT FOR A HERO



**COULD YOU  
RESCUE A DOG?**

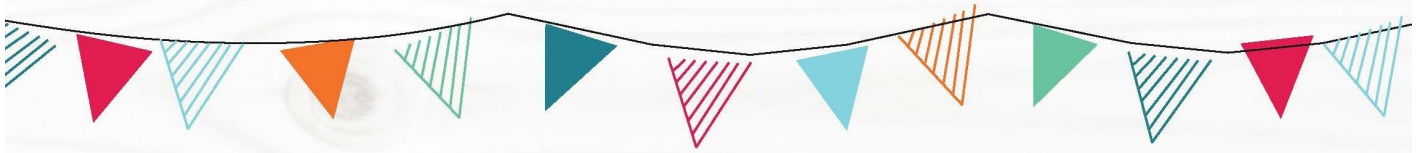
ON CHANNEL 4'S  
HIT SHOW

*the*  
**Dog House**

**APPLY NOW**



[WWW.CHANNEL4.COM/4VIEWERS/TAKEPART/THE-DOG-HOUSE](http://WWW.CHANNEL4.COM/4VIEWERS/TAKEPART/THE-DOG-HOUSE)



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)**



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](mailto:office@longmeadow.milton-keynes.sch.uk)



**FOR UNDER 5S**

**9am - 10:30am**







A PASSION FOR SPORT

# DODGEBALL CLUB

NEW! Shenley Brook End Location

First Session FREE!

**MONDAY EVENING FROM 5-6PM @ GARTHWAITE PAVILION**

**PLEASE REGISTER YOUR INTEREST VIA EMAIL**

For more info, please email:  
[mkmonstarsclub@gmail.com](mailto:mkmonstarsclub@gmail.com)

[www.mkmonstars.com](http://www.mkmonstars.com)

**£7  
PER SESSION**







# Autism In Early Years Parent Programme.

**For parents and carers who have an Autistic child aged 2-5 or a child with social communication needs – no diagnosis needed.**

Session	Date	Time	Location	Title
1	25.02.25	1pm – 2pm	TEAMS	Autism in the Early Years: What does it look like?
2	04.03.25	1pm – 2pm	TEAMS	Autism in the Early Years: Play and Learning
3	11.03.25	1pm – 2pm	TEAMS	Autism in the Early Years: Considering Behaviour
4	18.03.25	1pm – 2pm	TEAMS	Autism in the Early Years: Supporting Communication
5	25.03.25	1pm – 2pm	Hummingbird Children Centre	In Person Get Together: Parent Support

Four of the sessions will be on Microsoft Teams (cameras on) and one will be in person. For further information please click on the link: [Parent and carer programmes | Milton Keynes City Council](#)

To book a place please email us on [SENDsupport@miton-Keynes.gov.uk](mailto:SENDsupport@miton-Keynes.gov.uk) stating you would like to attend the Autism In Early Years Parent Programme and which sessions you want to attend.





# 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.

# **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](mailto:APPOINTMENT@RELATEMK.ORG)

🌐 [WWW.RELATEMK.ORG](http://WWW.RELATEMK.ORG) OR DROP IN AND MEET US