

# LMS Matters

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Dear Parents and Carers

It's that time of year again - the so-called "most depressing day" on the calendar. The morning alarm sounds a little harsher, the dreary weather feels extra damp, and social media is full of moans and groans. If you're anything like me, the train delays and never-ending drizzle don't exactly help. Cue the eye-roll and the internal soundtrack of, "Why does this always happen to me?" But...**BLUE MONDAY** isn't real. It's totally made up. It was invented to help sell holiday packages but, like all negative news, it travels fast.

In Monday's assembly, I shared with the children all about **MARTIN LUTHER KING DAY**. This is a public holiday in the United States (third Monday in January) honouring the achievements of Martin Luther King, Jr. A Baptist minister who advocated the use of nonviolent means to end racial segregation, he first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. The most influential of African American civil rights leaders during the 1960s, he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment, and the Voting Rights Act of 1965. King was awarded the Nobel Prize for Peace in 1964. He was assassinated on April 4, 1968.

Unfortunately, we had to postpone **FREEDOM FRIDAY** today due to the poor weather and high winds. Whilst once OPAL is fully up and running we will be outside in all weathers, today was different and we just wanted to ensure the safety and well-being of the children. Don't forget to ensure your child has a spare pair of footwear in school as, until the weather changes, these are needed to go in certain areas! We are also on the look out for more **BUGGIES, PUSHCHAIRS** and **SUITCASES!** Our children love pushing each other around in them!

We really hope the children enjoyed **MOVIES AND MUNCHIES** this week. I just wanted to say a huge thank you to everyone from PALMS and to all of the school staff that made this event run smoothly. Remember, every penny we raise goes straight back to your children but the events are only as good as the people that run them — get involved! PALMS are also thrilled to announce the date for the next **SCHOOL DISCO – Thursday 6th February!** Get ready for an evening of fun, music, and a chance for the kids to show off their best dance moves. Get your ticket (s) below, and make sure you choose the correct time for your child/ren's year group. KS1 (Early Years, Years 1 & 2): 5:30pm–6:30pm KS2 (Years 3, 4, 5 & 6): 6:45pm–7:45pm. Tickets are just £3 per child. Please do not go to ParentPay, tickets can only be pre-booked here: <https://www.pta-events.co.uk/palmspta/index.cfm?event=shop>. The deadline for pre-booking tickets is Monday 3rd February. After this date, tickets will still be available to purchase at the door on the night.

With **SCHOOL ATTENDANCE** as a priority for us this year, I just wanted to remind parents/carers about the difference between school days and school sessions. Quite simply, each day is broken up into 2 sessions (a morning and an afternoon session); when we look at unauthorised term time leave, for example, **FIXED PENALTY NOTICES** will be issued after **10 SESSIONS** of unauthorised absence, not **10 DAYS**.

We are thrilled to let you know about an exciting, free to attend science festival: The **OXFORD BROOKES SCIENCE BAZAAR**, on Saturday 1st March, 9:30am - 11:30am (relaxed autism friendly early opening), 11:30am - 4pm (open to all) at their Headington Campus (OX3 0BP). The Bazaar is designed to inspire curiosity and celebrate the wonders of science with engaging, hands-on activities for all ages, most suitable for 5-12 years. With over 70 activities there is sure to be something for all the family! You can get more info and book [HERE](#).

Did you know about the **HALF TERM ART CLUB: Drawing and Painting Workshop** with Sarah Watts. A masterclass workshop for young artists exploring drawing and painting. Led by experienced artist Sarah Watts, children will spend the morning exploring various drawing techniques before applying paint in the afternoon. Through hands-on activities and playful experimentation, young painters will learn to express themselves freely on canvas, creating their own finished painting to take home at the end of the day. For children 8-11 years old, Wednesday 19th February 2025 (11:00am-3:30pm) at Milton Keynes Arts Centre. Please note that this is a drop off session for children. They are unable to accommodate parents/carers. Book now! <https://www.ticketsource.co.uk/milton-keynes-arts-centre/half-term-art-club-drawing-and-painting-workshop-for-8-11-year-olds/e-xjmxpg>.

I hope you and yours are all safe through this stormy weather and I look forward to seeing you all next week!

Mr Gray



**EYFS/KS1**

**Minnows**  
who achieved  
**99.6%**

**KS2**

**Hawthorn**  
who achieved  
**99%**



**TTROCK Stars**  
Weekly class champions!

**KS1**

**Sticklebacks**

**KS2**

**Bracken**



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!

# 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

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	Learning Conversations
Tuesday 11 February	Safer Internet Day
17 - 21 February	HALF TERM
Thursday 6 March	World Book Day
Friday 7 March	Bag2School

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

## **LMS Safeguarding**

CyberFirst Navigators highlights some of the most common cyber scams and malicious activity that a pre-teen and teenage internet user might come across and empowers them to make choices to keep themselves more secure online.

The interactive video follows Olivia, Luca and Raheem as they navigate their lives online – from communicating with each other, to online gaming, to social media and ads. During the video, the characters are faced with various choices – the learner can make the choices for the character and watch how they play out.

Find out more about CyberFirst Navigators for 11 -14 year olds here: <https://www.ncsc.gov.uk/collection/cyberfirstnavigators>

## **LMS Well-being**

### **PERMA model of happiness: Positive emotions, Engagement, Relationships, Meaning, and Accomplishments.**

***“Spend more time doing things that make you forget about the time.”*** — Charlotte Eriksson

Food For Thought - Thought-Action Repertoire (TAR). Our TAR is the range of actions we can perceive and choose to take. The larger our TAR, the more perceived options we have available to make progress towards what's important to us—which correlates with our sense of wellbeing. Fostering positive emotions helps us expand our TAR and build long-lasting physical, social, intellectual, and psychological resources that make us more resilient. And so, the real value of experiencing positive emotions isn't in how they make us feel in the moment; it's in how they help us build functional reserves we can draw on to improve coping as and when we need it.

Your Relationship Circles. Research shows a direct link between our investment in positive social relationships and our subjective wellbeing. This simple exercise helps people analyse their social circle and create an action plan to spend more time with the people who matter to them most.

“How can you use your accomplishments to inspire and motivate others?”. This question ties many elements of the PERMA model together. It not only invites you to reflect on their accomplishments, it prompts you to think about how you can help others—which positively impacts your own emotions, relationships, and sense of meaning.



# Congratulations to our Top Doodlers...

**Ebun B for her 250 day English &  
maths streak and Siddharth K for his  
500 day English & maths streak!**

**Well done!**



**doodle**



## Long Meadow Legends

**Minnows** – Alexie for being our Subitiser of the Week and Talia for joining in with our ‘5 Little Speckled Frogs’ maths learning.

**Tadpoles** – Frankie for retelling the story of the Gruffalo as part of his Literacy Challenge.

**Pondskaters** – Antonio for being an LMS Superstar!

**Sticklebacks** – Noah for being an amazing friend and showing resilience.

**Frogs** – Cole for an outstanding improvement to his behaviour for learning, giving 100% effort.

**Newts** – Selena for a fantastic character description.

**Hogweed** – Anna for always following the rules, treating everyone with kindness & working hard every day.

**Bracken** – Nathaniel for his enthusiasm in English lessons this week.

**Foxgloves** – Sam for producing a brilliant step by step list of how we hear sound in our science lesson.

**Hawthorn** – Lois for speaking out with so much confidence.

**Brambles & Teasels** for fantastic efforts all round with their mock SATs.

**Teasels** – Srihaas for fantastic use of new and existing watercolour techniques in art.

**Brambles** – Beth for her continual hard work and determination.

## Sports Person of the Week

Zayn A for an excellent start to our ‘attack, defend, shoot’ topic. He gave some brilliant answers to questions and he was able to remember and demonstrate how to accurately pass a football to a teammate using the ‘L’ shape with his feet, making sure he was looking at the target he was aiming for.

Well done!

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.



# 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/)





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## 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?**

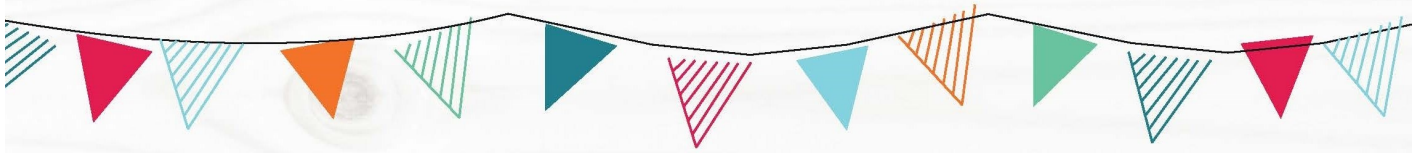
ON CHANNEL 4'S  
HIT SHOW

*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



**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.

# **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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FOR MORE DETAILS CONTACT ☎ 01908 310010 ✉ [APPOINTMENT@RELATEMK.ORG](mailto:APPOINTMENT@RELATEMK.ORG)

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