

LMS Matters

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Dear Parents and Carers

Last week ended with an amazing group of our children and staff attending **YOUNG VOICES** in Birmingham. The young voices mission is simple : to ignite a love for music, empower children to discover their voices, and build their confidence. They provide teachers with an invaluable platform to nurture creativity, musicianship, and teamwork. With unforgettable performances in prestigious arenas, Young Voices offers children a chance to shine, creating lifelong memories and fostering a sense of community. I am so **#PROUD** of each and every one of them and hope that the day was a memory that they will never forget. As ever, a huge thank you to all the staff that joined them and we apologise for Mr Bourke's dancing throughout!

Don't forget, next week sees our **LEARNING CONVERSATIONS** taking place face to face in school. These are an important part of our home/school relations. Please ensure you have signed up or have contacted your child's teacher. Please keep to your appointment time and remember that these are 10 minute appointments only.

Today we took part in **DRESS TO EXPRESS DAY** as part of Children's Mental Health Week in support of Place2Be, a leading children's mental health charity. This year's focus for Children's Mental Health Week was **'Know Yourself, Grow Yourself'** which is about getting children to discover how getting to know who they are can help them to build resilience, grow and develop. Today, pupils and staff used clothing to express themselves. I have personally taken a lot of abuse for my Man City colours and Mr Summers realised he is wearing a football shirt older than Miss Devlin and a scarf older than Mrs Evans!

As per my letter, we have a vacancy for a **PARENT GOVERNOR** on our Governing Body. All of the details, as well as a link to the application form, were in the email – so please check this out and help drive our school even further forward.

We are also on the look out to recruit some **MIDDAY SUPERVISORS** to support our children at lunchtimes. The role covers an hour a day over the lunch period. At LMS they are called the **PLAY TEAM** and help support our **OPAL** journey as well. If you think you might be interested and would like some information, please speak to the ladies in the office with your name and contact details and Mrs Franklin can send the information out to you. Come join the LMS team!

The **SCHOOL DISCO** last night was a huge success and as ever raised some amazing money for us! I am so thankful that we have such an amazing **PALMS** team and committed staff that make these events so special – I really hope the children had a fab time.

COMMUNITY LEARNING MK tell us they have a range of courses which can help you learn new skills or improve the ones you already have, change your career, offer opportunities, improve your health and wellbeing, meet new people or simply learn something new for the sheer joy of learning. They are sure you will find something there that interests you and they look forward to you enrolling with them. Please contact them on communitylearning.mk@milton-keynes.gov.uk or 01908 252500 if you need further help or see what's available at: <https://ebsontrackprospect-mk.tribal-ebs.com/page/findcourse>.

Unfortunately, I have been informed of a number of children that are **COMING INTO SCHOOL WITHOUT ADULT SUPERVISION** in the mornings. These children are then engaging in various types of physical games which could result in them getting hurt. As a gentle reminder, although our school site is open, parents are still responsible for the behaviour and safety of their children until the doors open formally. If we continue to see this inappropriate behaviour from some, we will have to contact parents directly or keep the school site shut for longer in the mornings. Thank you for supporting the safeguarding of your children.

The **EARLY YEARS ALLIANCE** have made us aware of their **FREE ANNUAL ONLINE FAMILY FESTIVAL**. Sessions are free to attend, and you can attend whichever ones you would like, you do not have to be online for all of it. This will also include the well-known Michael Rosen reading some of his poems. During this fun family event, which will take place via Zoom and is aimed at parents and carers of under-fives, they will share information and advice about how you can support children's learning and development at home through lots of exciting sessions for you and your children. Please see the flyer attached to this newsletter.

I hope you a lovely weekend and I look forward to seeing you all for the final week of this half term.

Mr Gray



EYFS/KS1

Frogs
who achieved
99.3%

KS2
Brambles
who achieved
98.7%



TTROCK Stars
Weekly class champions!

KS1
Pondskaters
KS2
Bracken



We are still on the
look out for
BUGGIES,
PUSHCHAIRS,
WELLIES and
SUITCASES! Our
children love
pushing each other
around in them!
#OPAL

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

w/c Monday 3 February	Children's Mental Health Week
Thursday 6 February	PALMS Disco
Friday 7 February	Dress to Express Day
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
Thursday 13 March	Year 1 Curly Tails
Thursday 13 March	Year 2 Easter Fundraiser - Stay & Play 3.15-5pm
w/c Monday 17 March	Year 6 Mock SATs
17 - 20 March	Book Fair
Tuesday 18 March	Year 4 River Explorers
Wednesday 19 March	Year 2 Learning Fair
Friday 21 March	Comic Relief
Tuesday 25 March	Year 3 Residential Parent Meeting (5.30-6pm)
Tuesday 25 March	Year 4 Residential Parent Meeting (5.30-6pm)
Thursday 27 March	Class Photos
Monday 31 March	Year 6 Bletchley Park
Tuesday 1 April	Year 6 Bletchley Park
Wednesday 2 April	Year 3/4 Awards Assembly 9.10-10.10am
Wednesday 2 April	Year 5/6 Awards Assembly 2.15-3.15pm
Thursday 3 April	EYFS & KS1 Awards Assembly 9.15-10.15am
Friday 4 April	INSET Day

Stay & Play	
Wednesday 5 March	Fairytales
Wednesday 26 March	Spring

LMS Safe

Last week I shared some information with you about WhatsApp. However, I have since been made aware that in April 2024 the age for WhatsApp use was lowered from sixteen to thirteen. If interested, there is a more relevant article on the WhatsApp age of consent issue below:

<https://parentzone.org.uk/article/whatsapp>

LMS Well-being

Ever had one of those moments scrolling through social media where suddenly you're neck-deep in comparison quicksand? You know the feeling - everyone else seems to have Instagrammable, colour-coordinated home decor and children who eat vegetables out of choice while you're celebrating because you remembered to put on matching socks this morning.

That sneaky little voice of "not-enoughness" does a proper job on us, doesn't it? It's like having a full-time critic living rent-free in your head, running a PowerPoint presentation of all the ways you're falling short.

The truth is, we're all comparing our messy backstage to everyone else's perfectly curated front stage. It's like trying to judge your attempt at cooking egg on toast in the air fryer skills against The Bosh Boys latest plant-based Instagram masterpiece!

Just remember...

That person you're comparing yourself to? They've got their own inner critic too. Theirs probably has a PhD in making them feel rubbish about the exact things you admire about them!

Your chaos navigation skills, your perfectly imperfect way of showing up, your full-fat self - that's your superpower. Not some watered-down, Instagram-filtered version of someone else's highlight reel.

The s****y committee in your head (as named by my full-of-wisdom mate Serena - you know, the ones having endless meetings about your inadequacies?) They're working with outdated data and using your past as a script for your future.

So here's my challenge to you this week: Get yourself something that reminds you not to compare yourself to others - I'm seriously suggesting you get a cactus (or any small reminder) to catch yourself when you're falling into the comparison trap. Every time you notice yourself falling into not-enoughness, let it be your signal to turn down the volume on comparison-itis and turn up the volume on your own uniqueness.

Congratulations to our Top Doodlers...

Theo L & Layla A for their 100 day English streaks; Daniel N & Layla A for their 100 day maths streaks; Kadmiel K for his 250 day maths streak; Wayne T for his 500 day maths streak and Mervin K for his 1000 day maths streak!

Well done!



doodle



Long Meadow Legends

Minnows – Geovana for being Subitiser of the Week & Elliot for having an amazing attitude to his learning this week.

Tadpoles – Connor for smashing his independent learning challenges this week!

Pondskaters – Tom for his amazing writing this week.

Sticklebacks – Zoe for trying her best in her learning & becoming more confident.

Frogs – Awadhya for his super problem solving skills in maths.

Newts – Bertie for a brilliant explanation to the class in geography this week.

Hogweed – Elsie for showing fantastic perseverance & participation in every lesson.

Bracken – Iclal for an excellent spooky story!

Foxgloves – Jessica for outstanding investigative skills in science.

Hawthorn – Diana for being a ‘star’ – sitting tall, listening & paying attention.

Ferns – Ivory for some fantastic writing this week.

Thistles – Alice for being such a kind & supportive class member.

Teasels – Poppy E for great investment with improving a slow write in English over 3 lessons.

Brambles – Tilly for her fabulous effort in writing – what amazing vocabulary!

Sports Person of the Week

Year 4 for their incredibly impressive morning of PE with the SBE leadership pupils.

Their behaviour, enthusiasm, engagement and wonderfully positive attitude provided lots of smiling faces throughout the morning. We received several positive comments from SBE students & teachers making myself and Mrs Hargreaves super proud of them all!

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/



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LEGO & DUPLO CLUBS

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?**

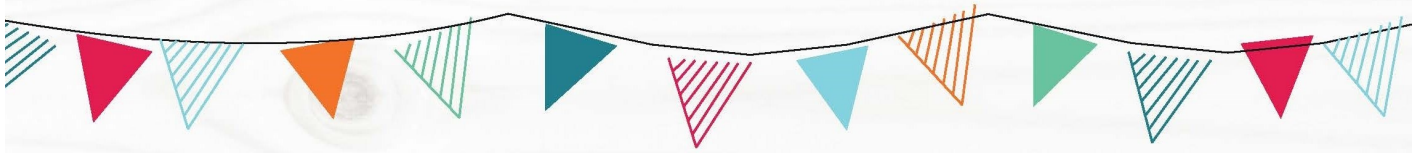
ON CHANNEL 4'S
HIT SHOW

the
Dog House

APPLY NOW



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MK4 4GB

For more details, call Karen on
07891 818 259 / 01908 521538 or email
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 - 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





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

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 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
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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

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