

LMS Matters

Tel No: 01908 508678

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

www.longmeadow.milton-keynes.sch.uk

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Dear Parents and Carers

This week saw **SAFER INTERNET DAY** with celebrations and learning based around the theme '**Too good to be true? Protecting yourself and others from scams online**'. Safer Internet Day is the UK's biggest celebration of online safety. Each year we cover an online issue or theme that speaks about the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day was focusing on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them. Please take a look at some information on **DOOM SCROLLING** and **ROBLOX** further on in in this newsletter.

Thank you to all the parents who made us aware of a **POLICE** presence in the community this week. This incident was not connected to our school in any way and the Police have paid us a visit this week to confirm this.

This week has seen our **LEARNING CONVERSATIONS** taking place face to face in school. These are an important part of our home/school relations. We hope you found the learning overview that the teachers provided useful. This is part of our communication development, to hopefully give parents/carers a clear overview of where their children are at and where they need to develop further. For those of you who did not turn up or make appointments, please look out for a text from the school about the opportunity for a short phone call with your child's teacher after half term.

As half term approaches, take a look further on for details of lots of places where **KIDS EAT FREE (or for £1)** in the half term holiday. There are some great deals so please check it out.

MK DONS are running a **FEBTASTIC FUN HOLIDAY WEEK** over half term. It is £15 per day and is full of multi activity fun! They are also running a **GIRLS' FEBRUARY FOOTBALL CAMP** for £20 per day or £50 for 3 days. See flyers for both of these further on in this newsletter.

SUNSHINE CHILDREN'S CENTRE at Merebrook Infant School are running a special half term **HOLIDAY CALENDAR** with some great groups and chill times for you all to access. Their timetable can be found further on in this newsletter.

WESTCROFT COMMUNITY FRIDGE now have a new opening time. They are a simple solution to wasting less food through the sharing of good quality food. They are now open on **TUESDAYS** from **3PM-6PM** at the **WESTCROFT PAVILION**. Their flyer with more details is included in this newsletter.

The **MILTON KEYNES MUSIC SERVICE** wanted to tell you all about a couple of exciting opportunities coming up for young players. **Orchestral Jamboree** – A fun day of music making where children get the opportunity to play in their own sections and in a massed piece. Suitable for students of Pre Grade 1 to Grade 1 standard on orchestral instruments. **MK Young Brass Hoppers** – A Brass Band that they put together each year. This year's performance will be at the Music for Youth festival at Christ the Cornerstone Church in April. Suitable for students of beginners up to Grade 5 standard on brass instruments. See the details further on.

DON'T FORGET- 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 lookout 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!

I hope you have a lovely half term break next week and I look forward to welcoming you all back to the second half of Spring Term on **MONDAY 24th FEBRUARY**.

Mr Gray



EYFS/KS1

Frogs & Newts

who achieved

99.3%

KS2

Hawthorn & Brambles

who achieved

98.3%



TTROCK Stars

Weekly class champions!

KS1

Newts

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 10 February	Learning Conversations
Tuesday 11 February	Safer Internet Day
17 - 21 February	HALF TERM
Wednesday 5 March	PALMS Cookie Day
Thursday 6 March	World Book Day
Friday 7 March	Bag2School
Monday 10 March	Tadpoles library visit
Thursday 13 March	Year 1 Curly Tails
Thursday 13 March	Year 2 Easter Fundraiser - Stay & Play 3.15-5pm
Friday 14 March	Minnows library visit
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)
Wednesday 26 March	Year 3 Brioche Pasquier visit
Thursday 27 March	Class Photos
Monday 31 March	Year 6 Bletchley Park
Tuesday 1 April	Year 6 Bletchley Park
Tuesday 1 April	Year 5 Residential Parent Meeting (6-6.30pm)
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 Safeguarding – Internet Safety Day special

WHAT IS ‘DOOMSCROLLING’?

ONLINE SAFETY GUIDANCE FOR PARENTS

Internet Matters have published a useful article for parents and carers focussing on doomscrolling. This term refers to the habit of continuously scrolling through negative news online, which can significantly impact both mental and physical health. The article provides valuable insights for parents on how to recognise if their child is doomscrolling and offers practical tips to help prevent this behaviour. Understanding and addressing doomscrolling is crucial in promoting a healthier online experience for our children. You can read the full guide [HERE](#).

ROBLOX MAJOR SAFETY UPDATES.

In November 2024 Roblox, the game used by 90 million people daily, announced some major updates which are available to users and parents. The rollout has already started and will be fully implemented by March 2025. These safety updates include:

- Limits to how children under 13 can communicate.
- Parental controls accessible from the parent’s phone rather from the child's device (remote management).

To see an explanation of all the new features visit the Roblox website [HERE](#). You can also see the full guide to Roblox parental controls on the Internet Matters website [HERE](#).

LMS Well-being

The age-old problem of wanting things that don't make us happy isn't just a by-product of poor forecasting. It's largely an impulse driven by a belief that we need more to feel whole.

Better decision-making may help us choose more wisely and minimise disappointment. But, to truly tackle the problem of ‘miswanting’, we should examine our motivations and identify what present needs are unfulfilled.

If you are susceptible to ‘miswanting’, encourage yourself to practice gratitude. Appreciation for what we already have helps us recognise the abundance already present in our lives. It transforms our relationship with desire, making it a powerful antidote to the psychological trap of ‘miswanting’ and a reliable way to escape the hedonic treadmill.

Congratulations to our Top Doodlers...

Reyansh B & Zain R for their 50 day English streaks; Lorelei R, Zeynep M & Zain R for their 50 day maths streaks; Harsimran for her 250 day maths streak; Ivy A for her 500 day English & maths streak; Sehaj J for her 500 day English streak and Nathaniel G for his 750 day maths streak!

Well done!



doodle



Long Meadow Legends

Minnows – Amelia for fantastic hold a sentence writing in phonics.

Tadpoles – Zane for being Subitiser of the Week & Edward for always trying his his best in every lesson.

Pondskaters – Bamiki for her fabulous contributions in geography.

Sticklebacks – Matheus for amazing learning & overcoming challenges.

Frogs – Leo for his positive attitude to all his learning.

Newts – Florence for writing her non-chronological report with confidence.

Hogweed Class for teamwork & creativity during DT lessons.

Bracken – Yusuf for excellent engineering skills in DT.

Foxgloves – Harsimran for fantastic maths learning when dividing one & two digit numbers to make decimals.

Hawthorn – Joshua for showing resilience & putting in so much effort in his artwork.

Ferns – Teagan for being a superstar all the time!

Thistles – Folu for his fantastic writing this week.

Teasels – Cedric for writing a fantastic flashback story.

Brambles – Martin for a really positive improvement in his attitude & learning behaviours.

Sports Person of the Week

Noah C for being a wonderfully supportive member of his class in PE, using his knowledge to support the learning of others.

A special mention to all that took part in these special events this week:

Y5/6 Climb Quest – Kalissa, Eva, Lyla, Hudson, Tommy, Logan, Alex, Orla & Emma

Y5/6 Tag Rugby – Alex S, Thomas, Martin, Leon & Aiden (a mention to Martin who was voted player of the match)








Y3/4 Swimming Gala – Lacey W, Harriet, Diana, Lok, Hal, Sam & Toby

Y3/4 Boys Football – Freddie, Josh K, Sufyan, Noah C, Aaryan, Luca, Arnold, Enrico & Henry

Well done!

Sunshine Half Term Holiday Calendar

We welcome families who live in Furzton, Emerson Valley, Shenley Lodge, Shenley Church End, Shenley Wood, Tattenhoe, Tattenhoe Park, Loughton and Loughton Lodge, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Medbourne.

Monday 17 th February	Tuesday 18 th February	Wednesday 19 th February	Thursday 20 th February	Friday 21 st February
<p>10.00am-10.45am Join the Sunshine team for Story, Songs and Rhymes at Westcroft Library</p> 	<p>10:00am-11:30am Family Games, Puzzles, and Lego Session</p> 	<p>10:00am -11:30am Family Play Come along for a fun indoor and outdoor play session</p> 	<p>10:00am -11:30am Baby Group A relaxed session including songs and rhymes.</p>	<p>9:30am -11:00am Family Walk to Furzton Lake</p> 
<p>Sensory room available call the centre to book</p> 	<p>1:30pm-3:00pm Drop in Café</p> <p>Community Fridge 2.00pm-4.00pm Westcroft Pavillion MK4 4GB Help reduce food waste</p>	<p>12:00noon-1:00pm Family Lunch Jacket potatoes. Call the centre to book your place.</p> 	<p>1:30pm-3:00pm Drop in Café</p> 	<p>10:00am -1:00pm Westcroft Community Larder at Westcroft Pavilion Contact SOFEA at www.sofea.uk.com</p>

Sunshine Family Centre, Merebrook Infant School, Furzton, MK4 1EZ. Tel: 01908 508566

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-9:15 Tea & Toast 10:00am-10:45am Term time</p> <p>Join the Sunshine team for Story, Songs & Rhymes at Westcroft Library with an opportunity to explore and borrow books.</p>	<p>10:00am-11:30am Stacy and Play</p> <p>A play session for under 5's with indoor and outdoor play. Includes a healthy snack and songs and rhymes.</p>	<p>8:30-9:15 Tea & Toast 10:00am-11:00am Messy Play</p> <p>Lots of opportunities to join in with sensory and creative play. A change of clothes is advised.</p>	<p>8:30-9:15 Tea & Toast 9.30-10.45 Baby Group</p> <p>A relaxed session including songs and rhymes. From newborn to non-walkers.</p> <p>Breast feeding support available. 11:15am-12:00pm Socotots</p> <p>Fun free football session for walkers to 5 years. No need to book.</p>	<p>8:30-9:15 Tea & Toast 9.30am-11.00am Walk and Talk</p> <p>Join us for a walk to the local parks.</p> <p>Sensory room available Monday and Friday 9:00am-3:00pm Contact the centre to book.</p>
<p>Socotots starting 24th February. 10:15-10:55 Walking to 3 years. 11:00-11:30 Non walkers from 6 months of age. Contact Socotots to book. SOCOTOTS 1 Toddler Football Classes 1, 2 & 3 months to 5 years</p> <p>12:30pm-2:30pm Welcome to the World</p> <p>A course for pregnant women and their partners. 20th January -17th March. Contact the centre to book.</p>	<p>9:00am-12:00pm and Thursday 1:15pm-3:00pm Employment Support Service</p> <p>One to one support available with an advisor. Contact the centre for details.</p> <p>1:30pm-2:30pm LIPS</p> <p>Let's Interact and Play Speech and language course to support your child. Contact the centre for information.</p>	<p>12:00-1:00pm Lunch Club</p> <p>Starting 5th February Call the centre to book.</p> <p>Join us for lunch and time to catch up with friends.</p> <p>1:30pm-2:30pm Healthy Movers</p> <p>Music and Story session. Followed by a healthy snack</p>	<p>10:00am-1:00pm Citizen's Advice</p> <p>Fortnightly appointments. Book at: Shenley Brook End Parish Council - Citizens Advice Milton Keynes miltonkeynescab.org.uk</p> <p>12:30pm-2:30pm Family ESOL</p> <p>6th February - 1st April English as a second language 8-week course with CLMIK. Contact the centre to book.</p>	<p>10:00am-12:00pm Music Bugs</p> <p>Contact michelle@musicbugs.co.uk to book.</p> <p>1:30pm-3:00pm Feel Good Friday Café</p> <p>Cuppa and Crafts</p> <p>An opportunity to try new crafts or just have a chat. All welcome to come along.</p>
<p>Other local activities 5:00pm-6:00pm Free Fun Football Shenley Brook End Parish Council Tattenhoe Sports Pavilion 8-16 years</p>	<p>Other local activities 2:00pm-4:00pm Community Fridge At Westcroft Pavilion, MK4 4GB</p>	<p>Other local activities YMCA Youth Club Shenley Brook End Community Centre. Term time 3:30pm-5:30pm 11-13 years. 6:30pm-8:30pm 14-18 years</p>	<p>Community Larder at The Hive, Whitehouse Community Centre supported by Family Centre staff. Contact the centre for start date. 1:30pm-3:00pm Contact SOFEA at: www.sofea.uk.com</p>	<p>Other local activities 10:00am-1:00pm Westcroft Community Larder Contact SOFEA at: www.sofea.uk.com</p>

We welcome families who live in Furzton, Emerson Valley, Shenley Lodge, Shenley Church End, Shenley Wood, Tattenhoe Park, Loughton and Loughton Lodge, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Medbourne.



Scan QR!



£15 *Per Day*



Febtastic Fun!

9am - 1pm

17th - 21st February

AGES 7-14



Multi-activity fun!

inflatables,

Football,

Arts and crafts,

Dodgeball

 **Brooklands Sports Pavillion, MK10 7HN**

**For more information contact
Information@mkdonsset.com
01908622888**



£20 Per Day
OR £50
FOR THREE DAYS

Special Guests
ACROSS THE
Week!



GIRLS FEBRUARY FOOTBALL CAMP

17th, 18th, 19th
FEBRUARY



9am - 1pm
AGES 8-16

📍 Woughton On The Green, MK6 3EA
For more information contact

Jon.Dewick@mkdonsset.com

01908622883



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.



PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025

moneysavingcentral.co.uk/kids-eat-free



MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

ZIZZI

From Monday 17th February until Sunday 2nd March 2025 kids eat free at Zizzi

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.



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/

 bookings@wemakewell.co.uk



01908 731293



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)





WESTCROFT

COMMUNITY FRIDGE

A simple solution to wasting less through the sharing of good quality food.

Tuesdays 3pm – 6pm

Westcroft Pavilion

Cranborne Avenue

Westcroft

MK4 4GB

**For more details, email
karen.wheeler@shenleybrookend-pc.gov.uk
or call 01908 521538 and press option 3**

BLMK

ORCHESTRAL JAMBOREE

2025



**Do you play a string, brass,
woodwind or percussion instrument
at pre-grade and grade 1 standard?
Then this fun day of music making is
for you!**

TO BOOK SCAN



Cost - £10

Sunday 23rd

March

10am - 4pm

Concert for parents

4pm

**Great Hall
Bedford School
De Parys Avenue
Bedford
MK40 2TU**

<https://www.bedfordshiremusictrust.org.uk/book-a-course/>

Play a brass instrument?

Want to perform at Music for Youth in MK?



Milton Keynes Music Service is putting together a one-off group, the **MK Young Brass Hoppers** to play in the regional festival of Music for Youth this year.

- This will be an inclusive ensemble intended for anyone from beginner up to grade 5 standard, up to age 18 - the event is non-competitive.
- The band can include any brass instrument, including plastic instruments.
- The rehearsals and event itself are completely FREE. Parents can watch the event for free too!
- Great opportunity to play with a group and meet new friends who also play an instrument!

We will have two rehearsals before the day. You will need to be available to attend all the dates below and make your own way to the rehearsals and the event.

- **Rehearsal 1** – Tuesday 18 March 2025 6pm to 7.30pm at The Church of Christ the Cornerstone, 300 Saxon Gate West, Central Milton Keynes, Milton Keynes MK9 2ES
- **Rehearsal 2** – Tuesday 25 March 2025 6pm to 7.30pm at Church of Christ the Cornerstone (as above)
- **Performance Day** – Wednesday 2 April 2025, 4:15-6pm, The Church of Christ the Cornerstone (as above)

If you would like to join **MK Young Brass Hoppers** and take part, please use the link below to apply:

<https://forms.office.com/e/hjXNJB22hH>

Closing date for applications is Friday 7 March 2025



Milton Keynes Music Service

Email: music@milton-keynes.gov.uk

www.miltonkeynesmusicservice.com

MK Milton Keynes
City Council



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





LONG MEADOW SCHOOL PRESENTS

Stay and Play Sessions



Run by the school's Deputy and Assistant Heads

Different theme each session

- MESSYPLAY
- CREATIVE TABLES
- IMAGINATIVE PLAY
- SENSORY ACTIVITIES
- READING AREA
- REFRESHMENTS INCLUDED

Only
£1 pp

- 15th January - Farm
- 29th January - Vehicles
- 5th March - Fairytales
- 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



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

ACTION FOR
HAPPINESS

CONFIDENCE &
RESILIENCE
BUILDING

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





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



**CLIMB
QUEST**
MILTON KEYNES



SCHOOL OFFER FOR CLIMB QUEST


Following our recent school trip to Climb Quest, they have sent us a discount code that can be used by any of our students who would like to visit before the end of February.

Climb Quest Milton Keynes, has over 25 climbing challenges suitable for all ages and abilities.

SAVE 20%

Book a session online and use code **MKSFEB225** at checkout to get **20% off** climbing sessions* up until **31.3.25**

**excludes birthday parties, exclusive group bookings, vouchers and after-school clubs. Code only valid for sessions on or before 28.2.25*



Find out more:
climbquest.co.uk or
[@climbquestmk](https://www.instagram.com/climbquestmk) on
socials