

LMS Matters

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Dear Parents and Carers

This week started with a sombre but necessary topic, **HOLOCAUST MEMORIAL DAY**.

My assembly marked the 80th anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi concentration camp complex. Every year on 27 January, people across the UK mark Holocaust Memorial Day by putting on events, assemblies, candle lightings, performances and many other activities. We do this to remember some events in the past when people were treated badly, and even killed, because of their religion or the colour of their skin. When you treat a group of people badly because of who they are – their race, or religion, or because they are different from you - this is called discrimination. The Nazis discriminated against the Jews because they were different from them. Discrimination still exists in our society today. I asked the children to be reminded of the power we all have to stand up and speak out against hatred and prejudice today.

You should have already or will be receiving a form from your children's teachers inviting you to choose two time slots for our **LEARNING CONVERSATIONS** in the final week of this half term. These are an important part of our home/school relations. Please ensure you have signed up or have contacted your child's teacher.

Coming round to all parents today will be the **MHST NEWSLETTER** for January. The Mental Health Support Teams (MHSTs) is an early intervention service that works in partnership with local schools to offer a whole school approach to mental health and wellbeing. They support children and young people, aged 5 to 18, and their families, with mild to moderate mental health difficulties. This includes anxiety and/or depression needs. Please look out for this email.

On Friday 7th February 2025, we will be taking 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. I am sure that you will agree that this focus on mental health is more important than ever at present and we hope that this day will help to shine a spotlight on this issue with pupils and our wider community. This year's focus for Children's Mental Health Week is '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. On the day, pupils and staff can use clothing to express themselves. Your child could wear their favourite colour or a unique outfit to express how they are feeling, it can be as simple or as elaborate as you like!

MK BREAKERS BASKETBALL CLUB tell us they are committed to promoting women's and girls' basketball to young individuals, with the aim of them creating positive and healthy relationships with sport from young ages. This weekend, their Division 2 Women's team host Plymouth Patriots looking to avenge their only defeat this season in their push to win the league and gain promotion to Division 1 next season! They would love to offer our pupils and staff free admission to this game! All they need to do is show up on the day and make some noise! Date: Saturday 1st February - Location: Bletchley Leisure Centre - Time: 5pm - Tip (Doors open 4:30pm)

Unfortunately, the **CAR PARK** in front of the school (which we do not own) only has 2 designated **DISABLED PARKING SPACES**. I have been informed that vehicles not displaying **BLUE BADGES** have been parking in these spaces. Please could all non blue badge holders refrain from parking in these spaces as members of our community need them. If parents/carers continue to use them without displaying a blue badge, we will have to pass their details to parking enforcement. Thanks in advance for your cooperation.

FREEDOM FRIDAY was back with a bang today, with us trialling a new lunch entry system. 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!

Don't forget – the **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.

I hope all of our children and staff love performing at **YOUNG VOICES** this evening, it really is a special event and is a memory that the children (and the parents/carers) will have forever. Look out for videos of our own Dancing Queen, Mr Bourke on Twitter!

Enjoy your family time together.

Mr Gray



EYFS/KS1

Tadpoles

who achieved

98.7%

KS2

Foxgloves

who achieved

99.3%



TTROCK Stars

Weekly class champions!

KS1

Pondskaters

KS2

Bracken



Don't forget to **SAVE THE DATE**

for our

LEARNING CONVERSATIONS

which will take place during the week commencing 10th February. Book your appointments now!

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 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 |
| 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 29 January	Vehicles
Wednesday 5 March	Fairytales
Wednesday 26 March	Spring

LMS Safe

How Safe is WhatsApp for Children - NSPCC

WhatsApp is one of the most popular instant messaging apps, used by over 2 billion people in 180 countries. It allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where lots of people can contribute. All you need to set up a WhatsApp account is a phone number. However, children and young people can easily subvert the restrictions placed on its access. Although rated at 16+, all that is required is a phone number. All it takes is one child in a class to be on WhatsApp, and all the others will wish to join. This can lead to increased vulnerabilities for child users. The NSPCC has released its own analysis about the dangers of the app. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/guarding>

LMS Well-being

The role of risk-taking in personal growth

“Life shrinks or expands in proportion to one’s courage.” – Anais Nin

Positive risk-taking can be a potent catalyst for growth, helping us overcome fear, develop self-confidence, and achieve specific breakthroughs. If you want your clients to improve their wellbeing and make meaningful progress this year, embracing risk is a valuable tool worth exploring.

Still, it should be done with caution. Everyone has a different risk tolerance, and we must ensure we set clients an appropriate level of challenge. Insufficient, and they won't reap the benefits, while too much can lead to anxiety, failure, and long-term regression.

"What does 'taking a risk' mean to you, and how do you feel about it?". This helps uncover your mindset regarding risk-taking, including your perception and tolerance for it, along with any specific fears or biases you may have.



Congratulations to our Top Doodlers...

**Zayn A & Hrishikesh D for their 50 day
English streaks; Hrishikesh D &
Simeon O for their 50 day maths
streaks; Aakesh R & Nathaniel G for
their 365 day English streaks and
Alexander G & Oliver B for their 500
day maths streaks!**

Well done!



doodle



Long Meadow Legends

Minnows – Asher for exploring & explaining a range of ways to make 6 & 7 using his spaceship & aliens.

Tadpoles – Louis for being a fantastic friend & a brilliant pupil and Ridhi for being our Subitiser of the Week.

Pondskaters – Nina for her fantastic attitude to learning this week.

Sticklebacks – George for always trying his best & managing his distractions.

Frogs – Thomas for outstanding contributions during our MK trip.

Newts – Dylan for having lots of enthusiasm in geography & on our minibus trip.

Hogweed – Aahil for his great work during RE lesson.

Bracken – Owen for demonstrating great confidence in his learning.

Foxgloves – Jessica for working really hard in maths & completing 10 questions independently.

Hawthorn – Rishi for always working hard & committing to his learning..

Ferns – James for challenging himself in maths.

Thistles – Kemal for being a brilliant class model & following the LMS learning behaviours.

Teasels – Alba for excellent ideas in ICT when creating her concept map to make a story suitable for younger children.

Brambles – Adam for persevering when things get tricky, thinking about his next steps with thought & care.

Sports Person of the Week

Dhiya for showing all of our LMS success behaviours, working well with others and demonstrating good sticky learning to throw to a target and act as a defender.

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/

 bookings@wemakewell.co.uk

 01908 731293

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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?**

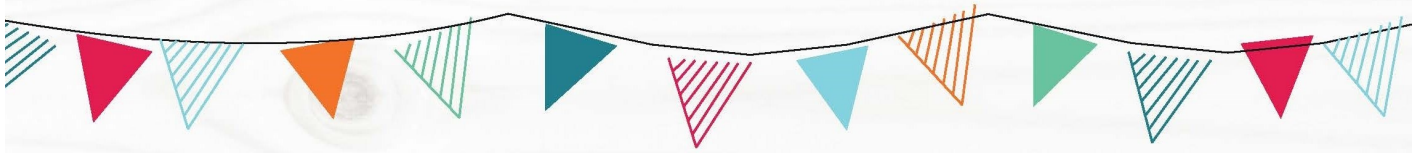
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07891 818 259 / 01908 521538 or email
karen.wheeler@shenleybrookend-pc.gov.uk



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

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CHILDREN CENTRE
SATURDAY
10AM - 12NOON

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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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