

# LMS Matters

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Dear Parents and Carers

It was my pleasure to accompany Year 1 to **CURLY TAILS** this week, as part of their science learning. This is a wonderful place, homing lots of rescued pigs. The children loved feeding them, as well as holding guinea pigs, and seeing chickens and sheep. The joy in their eyes was lovely to see. I also loved seeing the children grow in confidence in feeding what can only be described as huge, hungry animals. They all gave it a go. You can go and see for yourself, just visit <https://curlytails.org/> to book a slot. I am also pleased to announce that, to support their ongoing work, LMS will be sponsoring 2 pigs there for a whole year – more details to follow!

Early Years have enjoyed a trip to **MK CENTRAL LIBRARY** this week. This is an amazing experience for the children and hopefully, for those who have never been, opened their eyes to the joy of reading for pleasure. The children had a great time and also got to go in the minibus! There's lots going on there so if you want to find out more, you can at <https://www.milton-keynes.gov.uk/libraries/nearest-library/central-library>. Also, don't forget we are looking for **PARENT/CARER/GRANDPARENT VOLUNTEER READERS** in school. Due to the reorganisation of our support staff, time to hear lots of children read is now at a premium. Could anyone give up some of their time to hear our children read? We will of course support you in this so, in the first instance, if you think you can help, please contact the school office to give us your details – thanks in advance for your help!

**ASTRONAUT** Susan Kilrain, one of only three women to pilot the Space Shuttle, is coming to Cranfield to speak about her experiences working at NASA and her two missions to space. All modern day Astronauts were empowered by meeting an Astronaut. Now it's your turn! They are offering 20% off for parents. Includes meet and greet, autograph and more! **Discount Code: MKstudent**. Visit website: <https://thearmchairastronaut.co.uk/susan-kilrain> or see the flyer further on.

The latest **RARING2GO** magazine for Spring is out now and you can find it [HERE](#). This time there is a National Trust Easter guide, family gardening advice and lots, lots more. Please remember that this is absolutely **FREE** and also contains lots of extra discount codes for families.

Another of our school connections, **MK BREAKERS BASKETBALL**, are running an initiative called '**Her World, Her Rules**' taking place on Saturday 22nd March. It is a girls only event and only for Years 4/5/6. They offer a 2 hour basketball clinic at their home court in Bletchley Leisure Centre which includes skills and an off court education session too. It then gives them free entry to the Women's game after (biggest game of the season with the winner being promoted). Any girls attending would get the session, the game, a free t-shirt and a free basketball. Please check out the poster further on!

**FIVE RIVERS CHILD CARE**, a social enterprise with hubs and offices across England, work closely with foster carers and children, providing comprehensive therapeutic support to create lasting, positive change. As part of their mission, they are building partnerships with local schools to raise awareness about the current UK-wide shortage of foster carers. More than 6,500 foster carers need to be recruited to give children a safe a loving home. They really hope that there may be a potential audience they are not engaging with and they are trying everything they can to spread awareness for children who really need loving homes to grow and thrive. Please see their flyer further on for more details.

This **RED NOSE DAY**, on 21 March 2025, let's celebrate 40 years of going big, giving big, and feeling good together. So take on the challenge, host a bake sale, buy a Red Nose and join the nation for a night of laughs. As part of our fundraising we are asking for any donations to be made **VIA PARENTPAY**. The link for parents is <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=17187>. Thanks in advance.

The **SCHOOL BOOK FAIR** has arrived! This will be open after school on Monday 17th March until Thursday 20th March in the Library. Children will be able to use their World Book Day token BUT we do not have the free books that they can get from Tesco. Please come along and support us, the more books you buy, the more **FREE BOOKS** we also get. Whist you are in the library, you can also check out the first stage of our new mural in there. This is a combination of entries from a number of children to a competition Mrs Evans ran – can you spot if your child's is included?

Have an amazing weekend everyone and I can't wait to see you all on Monday.

Mr Gray



**EYFS/KS1**

**Tadpoles**

who achieved

**98.7%**

**KS2**

**Bracken & Ferns**

who achieved

**100%**



**TTROCK Stars**  
Weekly class champions!

**KS1**

**FROGS**

**KS2**

**BRACKEN**



We are still on the lookout to recruit some **MIDDAY SUPERVISORS** to support our children at lunchtimes. Please contact the office to give your details.

# 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 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 (5-5.30pm - virtual)
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 26 March

Spring

## LMS Safeguarding

### **Eating Disorder Support - Shout 8258**

Shout 85258 is a free and confidential text messaging support line for people struggling to cope. The digital service has issued new guidance on the issue of eating disorders. Eating disorders are recognised by the NHS as a 'mental health condition where you use the control of food to cope with feelings and other situations'. Recognising an eating disorder is the first step towards healing and regaining balance. There are various types of eating disorders, including Anorexia Nervosa, Bulimia, and Binge Eating Disorder. However, some individuals might not fit into these categories and instead experience Other Specified Feeding or Eating Disorders (OSFED) or ARFID (Avoidant Restrictive Food Intake Disorder), which is more common among individuals with autism. Understanding these different experiences helps us better support those going through these challenges. If interested in finding out more, please click on the link below:

<https://giveusashout.org/latest/how-to-support-a-young-person-with-an-eating-disorder/>

## LMS Well-being

***"The older I get, the greater power I seem to have to help the world; I am like a snowball - the further I am rolled the more I gain."*** - Susan B. Anthony

Western society often views ageing as a period of decline, but research tells a different story. While youth is often idealised, studies show that life satisfaction follows a U-shape — dipping in middle age and rising again later in life (Blanchflower & Oswald, 2008).

In fact, older adults report greater stability in wellbeing than younger generations, who are facing increasing economic and mental health challenges.

The field of positive ageing highlights key protective factors—perspective, resilience, and social connection—and challenges us to embrace the wisdom and growth that come with ageing.

"What aspects of ageing are you most excited about or looking forward to?". This is useful for overcoming anxiety about ageing, this question not only frames ageing as a positive experience, it also prompts you to identify specific things they can focus their energies on.

# Congratulations to our Top Doodlers...

**Reyansh B, Alec V-W, Max Beyers & Isobel M for their 50 day maths streaks; Amelia B, Najib J, Valerie K & Alec V-W for their 50 day English streaks; Yilmaz M for his 100 day maths streak; Parker W, Yilmaz M & Lacey W for their 100 day English streaks; Najib J for his 365 day maths streak; Noah C for his 500 day English streak and Elliot R for his 1500 day maths streak!**

**Well done!**



**doodle**



## Long Meadow Legends

**Minnows** – Alexie for his confident & positive attitude towards all his learning & Isla for becoming more confident

**Tadpoles** – Chloe for being Subitiser of the Week & Callum for brightening up our days with his humour and kindness.

**Pondskaters** – Lexie for her fabulous writing these past few weeks.

**Sticklebacks** – Aarav for an amazing non-chronological report on dinosaurs; Zoe for conquering her fears during our Curly Tails visit & all of Sticklebacks for a fantastic trip to Curly Tails!

**Newts** – Isra for demonstrating a good understanding of a wheel & axle mechanism.

**Frogs** – Giulia for excellent contributions during our learning about the Great Fire of London.

**Bracken** – Jake for increased participation in class discussions.

**Hogweed** – Nathan for completing his first week in Hogweed in class!

**Foxgloves** – Grace for showing incredible focus in maths & Harsimran for being a superstar and always doing the right thing.

**Hawthorn** – Safiya for never giving up!

**Ferns** – Will for his consistently high level of effort.

**Thistles** – Kaiyaan for always contributing fantastic ideas in class & always trying his best.

**Brambles** – Tommy for his excellent enthusiasm for our WW2 history topic.

**Teasels** – Hudson for bringing sunshine & laughter to our classroom each day.

### Sports Person of the Week

Adnan R for absolutely smashing both of his lessons this week, showing excellent technique and challenging himself to confidently perform in a group he wouldn't always choose to work with.

Ivy S for incredible focus and being super engaged in basketball – she worked brilliantly as part of a small team using skills she has learnt so far.



# MK BREAKERS HER WORLD HER RULES

HER  
WORLD,  
HER  
RULES

**School Years  
4-6 & 7-9**

Join us for free girls basketball & free entry to the women's biggest game of the season!

**SAT 22 MARCH  
12PM-2PM**

 **BLETCHLEY LEISURE CENTRE, MK2 2HQ**

- **FREE Girls Only Basketball Session!**
- **FREE Entry to Game at 3:30pm plus meet and greet the team!**
- **FREE HWHR T-shirt & FREE Basketball!**



**SCAN TO BOOK!**



**LIMITED SPACES!**



**FREE ENTRY TO GAME!**



# SPACE SHUTTLE PILOT

## *Susan Kilrain*

One of only three women to pilot the NASA Space Shuttle is coming to Cranfield to share her story!



Cranfield, Bedford  
Saturday 10 May 2025

Lecture  
Autographs  
Trade Stands  
Meet & Greet  
VIP Dinner Upgrade

Local students get **20% off**  
General Admission tickets with discount  
code "MKstudent" (while tickets last).



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



**FOR UNDER 5S**

**9am - 10:30am**

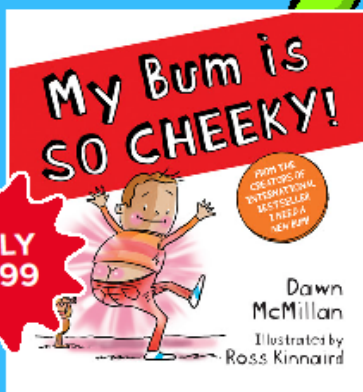




FREE BOOKS  
FOR YOUR SCHOOL  
WHEN YOU BUY AT  
THE BOOK FAIR!

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BOOK-STORE WITH  
HUNDREDS OF  
BOOKS FROM  
JUST £2.99

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A LAUGH OUT  
LOUD new  
illustrated series



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£12.99 **£9.99**

IN  
CINEMAS  
FEBRUARY  
2025

Date: \_\_\_\_\_

Scan the QR code  
to pay online!



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.

# 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/>



## Five reasons to change a child's life through fostering

- 1 To give children the chance to have a brighter and happier future.
- 2 To offer children a positive experience of family life.
- 3 To become part of a highly experienced, ethical and professionally committed team.
- 4 To receive professional support, 24/7, 365 days a year.
- 5 To access regular training and development opportunities.

To learn more about fostering with a Social Enterprise, call us now on 0333 0603 962  
[carer.enquiries@five-rivers.org](mailto:carer.enquiries@five-rivers.org)

Find out  
more here



As well as Easter eggs we are asking for  
Easter Themed Games · Colouring Books  
Activities · Arts & Crafts · Confectionery



# A list of EggstraSpecial EasterWishes

Can you help  
Team Henry and  
the Easter chicks by  
donating Easter treats  
for Children, teens,  
young adults and  
their families battling  
childhood  
cancer



If you would like to donate a treat from our Amazon Easter  
Wish List please visit <http://bit.ly/THATEaster>

Alternatively, if you would like to fundraise for us or donate to help support  
families battling childhood cancer please visit [https://www.justgiving.com/  
henryallentrust](https://www.justgiving.com/henryallentrust) or send a donation via PayPal [enquiries@thehenryallentrust.org.uk](mailto:enquiries@thehenryallentrust.org.uk)



**Spreading Some Henry's Happiness This Easter**  
[www.thehenryallentrust.org.uk](http://www.thehenryallentrust.org.uk)

# ZONE INN

8 - 11YRS  
WITH A  
SUPPORTING  
ADULT

CHILL - CHAT - SUPPORT

11+ - 18YRS  
SUPPORTING  
ADULT WELCOME

GREENLEYS  
CHILDREN CENTRE  
SATURDAY  
10AM - 12NOON

EXERCISE &  
WELLBEING  
ACTIVITIES

SAFE  
CONFIDENTIAL  
SPACE

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)

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



# **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**





# 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.