

# LMS Matters

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Dear Parents and Carers

It was lovely to see so many parents and carers at the **YEAR 2 LEARNING FAIR** this week. These are a great opportunity for the children to share their amazing learning with you all, whilst giving them the opportunity to also verbalise what they have done and learnt. This communication skill is vital for children and our format also does not impact more than it needs to into curriculum time – thank you for your continued support. **YEAR 4** also completed a visit in MK with the **PARKS TRUST OUTDOOR LEARNING TEAM** this week. They got a chance to look at and explore local rivers. This is a great, hands-on experience for them. It also makes me **#PROUD** when we then receive feedback from them *“Just a personalised note from the team! – we wanted to thank you all for how enthusiastic and knowledgeable all the children were. We also wanted to thank the staff for being so efficient and prompt with timings and with the minibus shuttling. Expertly handled and it made our job just that little bit easier, knowing we could manage our timings better as well. Thanks again, we look forward to working with you all again soon.”*

Unfortunately, I have been made aware of two things that are impacting upon our local community in a negative way. Firstly, the residents from **FOSSEY CLOSE** are struggling to enter and exit the road and their properties due to inconsiderate driving and parking from parents/carers of our school. There are many options for parking other than this road and we would ask parents/carers not to park there. Please leave earlier and try to find spaces further away. Secondly, I have also been made aware of some behaviour **AFTER SCHOOL** from children of LMS in the little park next to the school. Whilst the children are of course under parental supervision, I would hope that there was still no poor behaviour shown by our children, while wearing our school uniform. Also, I would kindly ask that if parents/carers have an issue with a child's behaviour that they calmly inform the child's parent/carer as opposed to approaching children directly. Thanks in advance for supporting this.

Don't forget that **MK BREAKERS BASKETBALL** are running an initiative called 'Her World, Her Rules' taking place **TOMORROW**, 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 afterwards (biggest game of the season with the winner being promoted). Any girls attending will get the session, the game, a free t-shirt and a free basketball. Please check out the poster further on!

Thank you for all your support of **RED NOSE DAY** today, when we celebrated 40 years of going big, giving big, and feeling good together. If you haven't yet, please make a donation **VIA PARENTPAY**. The link for parents is <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=17187>.

Sadly, we have seen a rise recently in **INAPPROPRIATE SOCIAL MEDIA** use outside of school between children of LMS. To support parents/carers in guiding their children to use such tools correctly, each week we will be sending out details, tips, tricks and tools of various sites and games so you have the information you need to keep all of our children safe. This week we are focusing on **WHATSAPP**. Please note the minimum age of 13 to use it. This messaging service can cause great upset with children saying and doing things on there that they would never do to someone's face. When this then affects relationships in school, parents/carers have a key role to play. As a parent of 2 children myself, I know the delicate balance between allowing them independence and not wanting them to miss out but also the negative impact it can have on young lives. For more details, please see the information further on.

So you have lots of warning, on **TUESDAY 22nd JULY** (the last day of the summer term) we will be trialling an **OPTIONAL EARLY PICK UP** at 1.30pm. The school will be open as normal but we wanted to give any parents/carers the opportunity to pick up early. This will not affect any attendance levels.

Next week sees **CLASS PHOTOS** being taken on **THURSDAY, YEAR 3** off on their visit to **BRIOCHE PASQUIER** on **TUESDAY**, as well as **PARENT/CARER MEETINGS** for **RESIDENTIAL VISITS** for **YEARS 3** and **4**, also on **TUESDAY**. In the last week of term we have **YEAR 6** off to **BLETCHLEY PARK** and our **AWARDS ASSEMBLIES** as we head to the end of term with **THURSDAY 3RD APRIL** being our last day! (We have an **INSET DAY** on Friday 4th April).

Finally, thank you to everyone who visited the **BOOK FAIR** at school this week. Despite the card reader not working and the change of location, parents spent an amazing £614! The Reading Champions and Library Monitors were able to choose 47 books for the school and order many more that had sold out. Thank you again for your support, it will make a great difference to the children's library experience.

Keep your fingers crossed that this slight increase in temperature continues!

Enjoy your family time together this weekend.

Mr Gray



**EYFS/KS1**

To be  
announced next  
week

**KS2**

To be  
announced next  
week



**TTROCK Stars**  
Weekly class champions!

To be  
announced next  
week



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

### Shore - Lucy Faithfull Foundation

Shore, launched in 2023 by The Lucy Faithfull Foundation, is an anonymous support platform designed to assist teenagers concerned about sexual thoughts or behaviours. It offers guidance on managing these concerns and promotes safe living both online and offline.

The website provides resources on topics such as healthy sexual relationships, understanding and changing harmful behaviours, and supporting others facing similar issues.

Shore features real-life stories to help users navigate their challenges. For those seeking direct assistance, confidential expert advice is available via email. By addressing these sensitive matters, Shore aims to prevent harmful sexual behaviours among young people.

<https://shorespace.org.uk/>

## LMS Well-being

**"Talk to yourself like you would to someone you love."** — Brené Brown

There is no shortage of female contributions to the field of positive psychology. Still, one of the most significant is Kristin Neff's concept of Mindful Self-Compassion (first published in 2003).

Overlooked for so long, self-compassion is now a cornerstone of modern mental health and positive psychology interventions. It's crucial for cultivating a healthy relationship with ourselves and a foundation for building resilience, enhancing wellbeing, and supporting personal growth.

Dr Neff's Self-Compassion Scale is a key diagnostic tool for assessing people's level of self-compassion in a standardised, measurable way. Freely available online, it's a valuable instrument that researchers, practitioners, and a wide range of helping professionals can easily access and use to help their clients live happier, more satisfying lives.

"If you woke up tomorrow and discovered that the critical voice inside your head had disappeared, what would be the first small sign that you were treating yourself more kindly?" Use this powerful "miracle question" to help yourself identify ways you are overly self-critical and propose actionable behaviour changes to overcome them.



# Congratulations to our Top Doodlers...

Well done!



**doodle**



## Long Meadow Legends

Minnows –

Tadpoles –

Pondskaters –

Sticklebacks –

Newts –

Frogs –

Bracken –

Hogweed –

Foxgloves –

Hawthorn –

Ferns –

Thistles –

Brambles –

Teasels –

## Sports Person of the Week

#PROUD

# Keep your child safe on WhatsApp

## What are the risks?

Bullying, particularly in group chats

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Seeing content of a sexual nature, or showing violence and hatred

Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because they know it will disappear

Sharing their live location, particularly with people they don't know in person

Spam or hoax messages

Being exposed to strangers through group chats

Group chats encouraging self-harm

WhatsApp says the **minimum age** to use it is **13**, but younger children can still access it easily.

## 6 steps to help your child use WhatsApp safely

### 1. Keep their personal information and location private

By default, WhatsApp shows profile photos, status and when you last used it to all users.

Encourage your child to only share this information with their contacts, and be careful about who they talk to on the app, as anyone could pretend to be a child online.

To check and change these settings:

•On an **iPhone**, follow the instructions to change [privacy settings here](#)

•On **Android**, follow the instructions to change [privacy settings here](#)

WhatsApp also has a feature that you can use to share your 'live location' with others. Tell your child to keep this turned off, or to only share their location with people they trust.

To check this:

•On an **iPhone**, follow the instructions to change [live location settings here](#)

•On **Android**, follow the instructions to change [live location settings here](#)

### 2. Remind your child to be careful about what they share

It's easy to forward messages, photos and videos to others on WhatsApp. Even if your child sets a message to automatically disappear, or deletes it after sharing it, the person they send it to could still screenshot it, forward it to someone else, or save it.

So, before they share anything, tell them to ask themselves: "Would I want others to see what I'm about to send?"

### **3. Remind your child they can leave group chats**

If they see something they're not comfortable with in a group chat, or are in a chat with someone they don't know and are uncomfortable with, they should leave the group. To do this:

- On an **iPhone**, follow the instructions to [leave a WhatsApp group here](#)
- On **Android**, follow the instructions to [leave a WhatsApp group here](#)

### **4. Make sure your child knows how to report and block people**

When they first receive a message from an unknown number, they'll have the option to report it.

If someone in your child's contacts is upsetting them or making them uncomfortable, they can report or block them at any point (WhatsApp won't tell the user they've been blocked/reported). To do this:

- On an **iPhone**, follow the instructions to [block and report another user here](#)
- On **Android**, follow the instructions to [block and report another user here](#)

### **5. Encourage your child to watch out for spam and hoax messages**

These can appear to come from contacts, as well as people they don't know. Tell your child to watch out for messages that:

- Ask them to tap on a link, or specifically to click on a link to activate a new feature
- Ask them to share personal information like bank account details, date of birth or passwords
- Ask them to forward the message
- Say they have to pay to use WhatsApp
- Have spelling or grammar errors

### **6. Tell our school about any bullying they experience**

**Look for signs they your child may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence or becoming distressed and withdrawn, or losing sleep.**



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**





# 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!**

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

ACTION FOR  
HAPPINESS

CONFIDENCE &  
RESILIENCE  
BUILDING



A WELL-BEING SERVICE PROVIDED BY RELATEMK

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.