

LMS Matters

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Dear Parents and Carers

It is nice to be able to actually give a warm, warm welcome to the last letter of this term. The term has flown by, but we are all ready for a break.

This week saw our **AWARDS ASSEMBLIES** for this term taking place. This is a time when we make the children feel like VIPs to celebrate their achievements this term. A huge thank you to everyone who was able to come and see the children get their awards, as well as being treated to some awesome performances from our talented instrumentalists. Well done to everyone.

The **DOODLE SPRING CHALLENGE** has started. From today, children can join one or both of the **DOODLE WOODLAND CHALLENGES** for English and Maths. You can register your child by visiting the **PARENT DASHBOARD**. For full details see the information sheet attached to this newsletter.

If you are already planning some **EASTER ACTIVITIES** with your family, the **PARKS TRUST** are running lots of exciting things over the break. They have an **EASTER EXTRAVAGANZA** on 16th April, an **EASTER TRAIL** on 5th April and **OPEN MORNINGS** throughout the break. If you are interested, you can find further details at: <https://www.theparkstrust.com/events/>. The bonus is that they are all **FREE!**

You will have also received the latest **PALMS NEWSLETTER** recently. It details all the amazing money they have raised for us, their future events, and how you can help support them and our children. With school budgets getting smaller and smaller, the extra money **PALMS** raise is even more vital. A huge thanks for everything they do.

The latest **MK LITFEST** is coming up on 9-12 April, in Milton Keynes Central Library, Parks Trust Pavilion and Waterstones MK: www.mklitfest.org. They have a wonderful selection of events, including a Children's Lit Fest on Saturday 12 April with interactive events for all ages. Laura Henry-Allain MBE, creator of CBeebies' Jojo and GranGran, brings all the fun of Maya & Marley and the Great Big Tidy Up for children aged 4+, reminding us that caring for each other and the world around us makes everyone happier! See the details further on.

Our **SAFEGUARDING** parent information this week is all about **MINECRAFT**. As ever, further on you can find information about this video game, what the concerns are, steps you can take to keep your child safe and other things you can do to ensure they enjoy themselves in a safe way when using it.

Don't forget to look further on to see where **KIDS EAT FREE** over the Easter holidays, every penny counts so check out the locations!

Don't forget school is **CLOSED** tomorrow, **FRIDAY 4TH APRIL**, (we have an **INSET DAY**) and we look forward to welcoming you all back on **TUESDAY 22ND APRIL**. Have a lovely break everybody.

Mr Gray



A huge well done to the classes with the highest attendance this half term:

Sticklebacks

98.1%

and

Bracken

98.2%



TTROCK Stars
Weekly class champions!

RESUMES
NEXT TERM



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.

D A T E S

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

Summer Term 2025

| | |
|--------------------|--|
| Tuesday 22 April | Summer Term begins |
| Tuesday 22 April | Year 6 Residential Parent Meeting (5pm - virtual) |
| Wednesday 23 April | EYFS Early Reading, Writing & Literacy Presentation (3.30-4.30pm Hall) |
| Friday 2 May | The Little Recyclers |
| Monday 5 May | May Day Bank Holiday |
| Wednesday 7 May | Year 5 Learning Fair (2.15pm Hall) |
| w/c Monday 12 May | Year 6 SATs |
| Monday 12 May | Mental Health & Wellbeing Fair (2-4.30pm) |
| Friday 16 May | Affect the Rules Day (St Mark's Meals) |
| Tuesday 20 May | EYFS Thrift Farm |
| Thursday 22 May | Year 1 Learning Fair (2.15pm Hall) |
| Friday 23 May | Year 2 Woburn Safari |
| 26 - 30 May | HALF TERM |
| Monday 2 June | Year 3 Residential - Caldecotte |
| Monday 2 June | Year 4 Residential - Wilderhope |
| Monday 9 June | Year 5 Residential - National Forest |
| Thursday 10 June | Theatre Production to Whole School - Jungle Book |
| Friday 13 June | Year 2 Evening Under the Stars |
| w/c Monday 16 June | National School Sports Week |
| Tuesday 17 June | Bucks CC Chance to Shine Cricket Engagement Day |
| Friday 20 June | PALMS Non Uniform Day |
| Monday 23 June | Year 6 Residential - Swanage |
| Monday 23 June | RWI Development Day |
| Saturday 28 June | PALMS School Fete |
| Friday 4 July | Food Fair |
| Friday 4 July | PALMS Frosty Friday |
| Tuesday 8 July | KS1 & EYFS Sports Day |
| Wednesday 9 July | KS2 Sports Day |
| Friday 11 July | Year 3 Learning Fair (2.15pm Hall) |
| Friday 11 July | PALMS Frosty Friday |
| Tuesday 15 July | EYFS & KS1 Awards Assembly (9.10-10.10am Hall) |
| Wednesday 16 July | Year 3 & 4 Awards Assembly (9.10-10.10am Hall) |
| Wednesday 16 July | Year 5 & 6 Awards Assembly (2.15-3.15pm Hall) |
| Wednesday 16 July | Year 6 Leavers' Disco (6-8pm) |
| Friday 18 July | PALMS Frosty Friday |
| Tuesday 22 July | Year 6 Leavers' Assembly (9am) |
| Tuesday 22 July | Last Day of Term |

Stay & Play Dates

| | |
|--------------------|-----------|
| Wednesday 30 April | Dinosaurs |
| Wednesday 21 May | Food |
| Wednesday 4 June | Weather |
| Wednesday 18 June | Summer |
| Wednesday 2 July | Sports |

LMS Safeguarding

Understanding the Intimate Behaviour of Teens - Lucy Faithfull Foundation

Every child will develop in their own way. During their teenage years most children will go through puberty, start to have sexual feelings, form different types of relationships and look for sexual experiences. As a parent or a teacher charged with their education, it can feel uncomfortable to think about this and to know how to help them. Teens get information and ideas about sex and relationships from the media, social media and friends. Needless to say, this is not particularly conducive to a good knowledge transfer. Indeed, learning in this manner can expose them to unnecessary risks. The Lucy Faithfull Foundation has published an article on these issues over on their website, if you're interested please follow the link below: <https://www.lucyfaithfull.org.uk/advice/concerned-about-a-child-or-young-persons-sexual-behaviour/helping-parents-and-carers-understand-the-sexual-behaviour-of-teenagers/>.

LMS Well-being

I recently listened to a podcast where the USA top lawyer was being interviewed about communication; one bit in particular resonated with me and I wanted to share it with you all...

"What people say, what people choose to say has a ripple effect that will reach far more than they ever thought it possibly could. It'll affect people that they don't even know exist. How they talk to people. and what you say today affects how people think of you. It affects where you go in your career. It affects how your children will talk to their children. It affects how other people will talk to their kids and without you even knowing it. Another example of that is the playground; everybody has a memory of somebody's words. It was probably very simple. The most simple words often are the most powerful.

You want your kid to be the best of whatever you want to try and raise a wonderful human. So you're very conscious of what you say to them because they soak it all up. I find that the best thing that anybody can do as a new parent is to be a safe space for their kids in communication. One of the most terrifying thoughts, anybody who's listening to you is a parent, is that your kid is not going to come to you in their time of need. So they're gonna be in high school and they're not gonna come to you with the problems. They're gonna go run and tell somebody else. They're gonna go deal with it in other ways that are not constructive because you have established a pattern of making them afraid to come to you and putting them down in a sense that they are afraid to come to you with their struggles.

You know, arguments are a window into another person's struggle and kids are no exception. And the way to think about that is to say things like, thank you for coming to me with this. I acknowledge you could have talked to someone else. I'm glad you talked to me. When you can show them that you're inviting them into that conversation, they're gonna be more receptive to coming to you again. I mean, that's the main takeaway is what you say to your kids. They will repeat how you say it to their kids, they're going to repeat in a certain way, and then I saw my parents argue a certain way. And that becomes our default of how we think other people should argue. "

Keep your child safe on Minecraft

What is it?

A game where children explore an online world. They can use 'building blocks' to customise the world and create new parts to it.

What potential risks should I be aware of?

Minecraft can be a good way for children to be creative and try out new things, but there are some risks you should be aware of too.

Inappropriate content: Minecraft has a PEGI rating of 7, but there may be violent content, or content that might not be age-appropriate for your child. Users can generate their own content – for example, when the TV show 'Squid Game' (rated 15) was popular, some users recreated it in Minecraft, meaning other users could see its violent contents without watching the show.

Contact: strangers might try to talk to your child using in-game chat functions. This could be harmless, but some adults could use platforms like Minecraft to contact children, build relationships with them and later cause them harm. Your child might also download Discord (which has an age rating of 13) to voice and video chat with others while playing.

Bullying and griefing: other children (or adults) could use chat functions to exclude, bully, or intentionally ruin the game in multiplayer mode for others (known as 'griefing').

In-game purchases: children can use 'Minecoins' to make purchases in the game. These are bought through the app store on the user's device.

Key terms children might use when talking about Minecraft include 'realms' (an online server players can use through paying a subscription), and 'whispers' (a private chat function).

5 steps to keep your child safe

1. Limit in-game communication and content for your child (e.g. to friends only)

Xbox

First, set up a family group under your Microsoft account, following the steps on the [Minecraft website](#). Then, follow the steps for [managing multiplayer game access and online communication](#).

PlayStation (PS)

First, set up accounts for your family members on [the PlayStation website](#).

2. Tell your child to be careful about talking to people they don't know

Anyone can pretend to be a child online, so they should be careful about what they share. Tell them not to share personal information like their phone number or what school they go to.

3. Make sure your child knows how to mute or block players

Xbox

PS4 and PS5

Nintendo Switch

4. Set spending limits or require approval for purchases

Xbox

PS4 and PS5

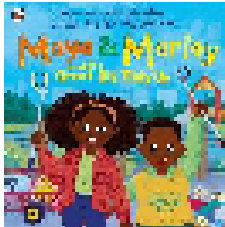
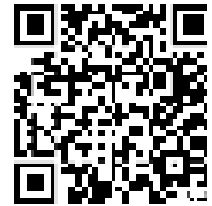
Nintendo Switch

5. Talk regularly with your child about what they're doing online

Make this an ongoing conversation – this means they're more likely to talk to you if something goes wrong or upsets them. See tips from the NSPCC on talking to your child about online safety: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>



EVENTS FOR CHILDREN AND YOUNG ADULTS MILTON KEYNES LIT FEST



Laura Henry-Allain: *Maya & Marley and the Great Big Tidy Up* (Age 4+)

Sat 12 April, CMK Library, 12noon – 1.00pm. £5 + £3 per adult
Laura Henry-Allain – creator of *JoJo and Gran Gran* – brings her adventurous new picture book to life, reminding us that caring for our world, and each other, makes everyone happier



Jack Noel: *Dadbot* (Age 6+)

Sat 12 April, CMK Library, 1.30pm – 2.30pm. £5 + £3 per adult
Meet the all-new *Dadbot* at this hilarious event full of robots, puns, drawing and dastardly dad-napping with award-winning Jack Noel! Josh and Daisy upgrade to a super-strength robo-dad, but evil Dr Egg wants to steal him. Can they save Dadbot before it's too late?



Onjali Q. Rauf: *The Letter with the Golden Stamp* (Age 8+)

Sat 12 April, CMK Library, 3.00pm – 4.00pm. £5 + £3 per adult
Onjali Q. Rauf shares the adventures of Audrey, a secret Young Carer, stamp collector – and thief – whose mysterious neighbour just might be spying on her. With two best friends and a friendly postman in tow, Audrey must find a way to save her family...



Anna February: *The Hive* (Young Adults)

Sat 12 April, CMK Library, 12noon – 1.00pm. £5
Anna February's debut YA novel is a thrilling dystopian murder mystery set in a ruthless future monarchy. Young bodyguard Feldspar awaits execution, guilty of living when her charge lies dead. With just one defender, a royal maverick, on her side, she has three days to uncover the truth...

... and don't forget the rest of our fabulous Spring Festival

Our annual face-to-face(s) festival returns between Wednesday 9 and Saturday 12 April, with author talks, book signings, writer workshops and more. Full programme details online now at the website!



Follow us at @MKLitFest on [Facebook](#), [X](#), [Instagram](#), [Threads](#) or [BlueSky](#), or visit the website at www.mklitfest.org to sign up for our newsletter.

mklitfest.org



A part of the
Arts Gateway MK
family.

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MK
LIT FEST

A fabulous festival of books, words, writers and ideas

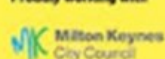
Central Milton Keynes

9-12 April
2025

MK Lit Fest

**Aki Schilz Anna February Dónall Mac Cathmhaoill Edward Stourton
Eley Williams Hallie Rubenhold Hannah Copley Henry Porter
Jack Noel Kaliane Bradley Laura Henry-Allain Lubaaba Al-Azami
Mark Billingham Michael Stewart Onjali Q. Raúf Sabrina Mahfouz
Sanjana Modha Sarah Pinborough Will Burns Zoe Gilbert**

Proudly working with



*Plus, sponsored by the Open University as part of our Online Programme,
four events on Free Speech and the Politics of Literature:
Literature and Offence; The Age of the Algorithm;
Historical Cancel Culture; Translation and Censorship*

Online on Mondays in March at 7.30pm





Nurture

Long Meadow Primary School

Thursdays 12:30 –15:00

24 Apr – 3 July

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging!

These 10 sessions fit together like a puzzle to help deal with the challenges so you can have a calmer, happier life.

The nurture programme uses these four building blocks of emotionally healthy relationships.

- Self-awareness
- Appropriate expectations
- Empathy
- Positive discipline

**Please contact Emma Seaton
to book your space .**

MK Milton Keynes
City Council



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 - Fairytale
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





Five reasons to change a child's life through fostering

- ❶ To give children the chance to have a brighter and happier future.
- ❷ To offer children a positive experience of family life.
- ❸ To become part of a highly experienced, ethical and professionally committed team.
- ❹ To receive professional support, 24/7, 365 days a year.
- ❺ 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

Find out more here



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.

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> or send a donation via PayPal enquiries@thehenryallentrust.org.uk



Spreading Some Henry's Happiness This Easter
www.thehenryallentrust.org.uk

Registered In England & Wales Registered Charity No. 1156701

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
AS TOOLS TO HELP
IMPROVE WELL-BEING

MINDFULNESS

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

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@milton-keynes.gov.uk stating you would like to attend the Autism In Early Years Parent Programme and which sessions you want to attend.



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

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

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

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

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

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

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.