

LMS Matters

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Dear Parents and Carers

This week has seen Year 6 take part in the compulsory national testing, known commonly as **SATs**. As ever, the children have been brilliant, calm and determined in a week full of tests for them. Whilst the pressure on them from the tests themselves is uncalled for, the pressure from LMS is minimal. Whilst we strive for academic excellence, we know the children of LMS are more than a number. I could not be more **#PROUD** of all of them and the Year 6 team. Another huge thanks to **PALMS** who provided an amazing breakfast every day for the children, ensuring they were fuelled, happy and ready to go!

Our annual **MENTAL HEALTH AND WELLBEING FAIR** took place on Monday. There were lots of great groups being promoted and lots of advice and support given. If this event supports just one child, parent or family, it is worthwhile. A huge thank you to Miss Kidd for her efforts organising this. This was part of **MENTAL HEALTH AWARENESS WEEK** and, with the theme of 'community', our Wellbeing Champions went on a walk and litter pick in the local area and also posted little packets of seeds through some of our neighbours' letterboxes as a 'random act of kindness'. They then went to Shenley Wood Retirement Village and spent time there playing games with the residents.



To show our support for **NATIONAL CHILDREN'S DAY** on Sunday 18th May, our Wellbeing Champions ran **'AFFECT THE RULES DAY'** today. The children were allowed to do different things than normal throughout the day. The day is celebrated to share the importance of children and young people and how their rights, freedoms and wellbeing all need to be protected in order for them to grow into happy, healthy adults.

Next week is **WALK TO SCHOOL WEEK** for KS1 and KS2 from 19-23 May; (due to their age EYFS will be completing their challenge next half term over a 2-4 week period). The nationwide event is organised by walking charity Living Streets and designed to help pupils experience first-hand the importance of walking to school. Children will be well on their way to reaching their recommended minimum 60 minutes of physical activity per day before even reaching the school gates! Not only will it set them up for a positive day in the classroom, but it will also help create healthy habits for life. This year's challenge, The Great Space Walk, encourages children to travel actively to school every day of the week. Meeting various colourful intergalactic friends along the way, pupils will learn about the important reasons to walk or wheel and its benefits for individuals, communities and the planet! Each pupil will be challenged to travel sustainably (walk, wheel, scoot, cycle or Park and Stride) to school every day for one week using the wallchart and stickers to log their journeys. **What do I need to do as a parent/carer?** We would ask, if possible, to make arrangements so that your child/children can travel actively to school during the week commencing 19th May, helping our school reduce congestion and pollution around the school gates. In return, your child will earn special stickers and a reward! Walking, wheeling, scooting and cycling all count! If you live far away from school, try parking the car ten minutes away and walking the rest of the journey.

As we move into this final week of half term (can't believe I'm actually saying that!) we hope that this weather continues and we can enjoy our outdoor spaces as much as possible

Have a great weekend and enjoy your family time!

Mr Gray



EYFS/KS1

Tadpoles

who achieved

99.6%

KS2

Hogweed & Hawthorn

who achieved

100%



TTROCK Stars

Weekly class champions!

KS1

FROGS

KS2

FOXGLOVES



Do you know someone who doesn't read this newsletter? If so, please tell them all the information, helpful links and support it gives!

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

Friday 16 May	Affect the Rules Day
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
Tuesday 10 June	Theatre Production to Whole School - Jungle Book
Thursday 12 June	EYFS Learning Fair (2.15pm Hall)
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
Thursday 10 July	Year 6 Performance to KS2 & siblings (1.45pm)
Friday 11 July	Year 3 Learning Fair (2.15pm Hall)
Friday 11 July	PALMS Frosty Friday
Monday 14 July	Year 6 Performance to parents (6pm—drop off at 5.30pm)
Tuesday 15 July	EYFS & KS1 Awards Assembly (9.10-10.10am Hall)
Tuesday 15 July	Year 6 Performance to parents (1.45pm)
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 21 May	Food
Wednesday 4 June	Weather
Wednesday 18 June	Summer
Wednesday 2 July	Sports

LMS Safeguarding

Suicidal Thoughts in Young People - Papyrus

It is not uncommon for young people to experience emotional distress or turbulence as they navigate adolescence. However, any talk of hopelessness, self-harm, or suicide should never be dismissed or minimised. Suicidal thoughts are a clear indication that a young person is struggling and needs support.

Recognising the signs can be difficult. Changes in behaviour, withdrawal from others, or increased risk-taking may signal deeper concerns. It's vital to create a safe, non-judgemental space where pupils feel able to talk. These conversations can be uncomfortable, but they can also be life-saving.

Papyrus, a national charity dedicated to preventing suicide in young people, offers practical advice on how to take these concerns seriously and respond appropriately.

<https://www.papyrus-uk.org/the-importance-of-taking-suicidal-thoughts-in-young-people-seriously/>

LMS Well-being

The science behind kindness and how it supports emotional wellbeing.

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." — Scott Adam

If laughter is the best medicine, then kindness is a close second. More than simply virtue, it measurably boosts the wellbeing of givers, receivers, and even observers. Studies show acts of kindness trigger a "helper's high" via dopamine, oxytocin, and serotonin release, reducing stress, anxiety, and depression. These neurochemical shifts can lower blood pressure, enhance immunity, and slow cellular ageing, making kindness a scientifically validated pathway to improved mental and physical health.

Prioritising kindness as an intentional practice—and encouraging others to do the same—offers a low-cost way to improve individual wellbeing, personal relationships, and, via a contagious ripple effect, the world at large. Science confirms: Kindness isn't just kind—it's transformative.

"Is there a relationship in your life where intentional kindness could repair a disconnect?". Acting with generosity has the power to do more than boost our general wellbeing. Reflect on where you could intentionally use compassion and empathy to heal personal relationships and create stronger social connections.

Congratulations to our Top Doodlers...

**Zac A-B for his 50 day maths streak;
Alec V-W for his 100 day English &
maths streaks; Ivy M, Mollie R, Lacey W
& Parker W for their 250 day maths
streaks and Isla-Rose H for her 1000
day English streak!**

#PROUD



doodle



Long Meadow Legends

Tadpoles – Advait for being a superstar in phonics this week!

Minnows – Isla for being Subitiser of the Week and Nico for demonstrating great perseverance & determination when writing during phonics.

Sticklebacks – Riley & Sophia for working with enthusiasm & confidence in DT.

Pondskaters – Isobel for her perseverance & enthusiasm in DT.

Newts – Daisy for a beautiful Amate Bark painting.

Frogs – Calix for excellent use of adjectives when improving his Flat Stanley story.

Hogweed – Ubayd & Siddharth for consistently challenging themselves, showing outstanding effort in every lesson.

Bracken – Arnold for demonstrating a great understanding of spreadsheets in computing.

Hawthorn – Tilly & Milly for so many wonderful ideas in their writing of a love story.

Foxgloves – Enrico for writing brilliant descriptive sentences in his Gnomeo & Juliet writing piece.

Ferns – Jonny for some fantastic writing in English.

Thistles – Betul for always giving 100% to all of her learning & for being such a lovely, kind girl.

Teasels – Hannah for having a very positive week during our SATs.

Teasels & Brambles for being ABSOLUTE LEGENDS! They smashed their SATs, remained calm, demonstrated determination throughout and believed in their abilities—amazing effort all round.

Sports Person of the Week

Juwon in Year 3, for his excellent focus and engagement this week. He worked hard to show some good examples of fielding and was a helpful partner to others to help their learning.

#proud



**Meet Peppa Pig at the
Leighton Buzzard Railway
at intervals on Sunday May 25th**

For details and to book train tickets go to
www.buzzrail.uk



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'...THAT ONE TIME AT BOUNCE CAMP'

SPECTACULAR 660FT INFLATABLE OBSTACLE COURSE

PERFECT FOR ANY OCCASION...
UNLEASH THE FUN WITH BOUNCE CAMP!

Navigate through tunnels, climb walls, and slide down giant slides. This course is the ultimate test of agility and endurance!

>> SAFE FOR ALL AGES <<

HAVE YOUR ADVENTURE!

BOOK ONLINE TODAY

✉ INFO@BOUNCECAMP.CO.UK | WWW.BOUNCECAMP.CO.UK

BRINGING BOUNCE CAMP TO A TOWN NEAR YOU -
THE ULTIMATE & ACTION-PACKED INFLATABLE OBSTACLE COURSE ADVENTURE!

EVENT DATES

APRIL

Leighton Buzzard:
9th | 10th | 11th | 12th
Milton Keynes:
14th | 15th | 16th | 17th
Houghton Regis:
19th | 20th | 21st

MAY

Hemel Hempstead: 17th
The Broughton Hotel:
24th | 25th | 26th

JUNE

Bedford: 7th | 8th
Urban Battlefields: 14th | 15th
Ampthill: 28th | 29th
Bletchley: 21st | 22nd

JULY

Harpenden: 6th | 7th
Duston Mill: 12th | 13th
Swanbourne: 19th | 20th
Tring: 26th | 27th

AUGUST

Newton Longville: 2nd | 3rd
Redbourne: 8th | 9th | 10th
Bletchley: 15th | 16th | 17th
Houghton Regis: 23rd | 24th | 25th
Leighton Buzzard: 30th | 31st

'THAT ONE TIME AT BOUNCE CAMP...'



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

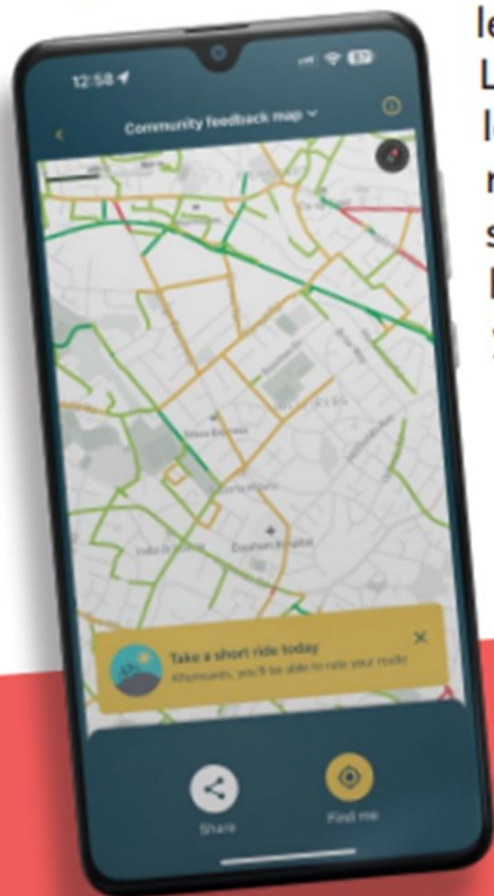
BIKE MONTH CHALLENGE RIDE 5

DESIGNED FOR
BEGINNER &
EXPERIENCED
CYCLISTS

Hi there! Your challenge is simple:
ride 5 miles this May!

Take on a fun, friendly challenge this **Bike Month**. Once you've ridden your 5 miles, you can then choose your next challenge - ride further, more often, or for transportation - you're free to create your own adventure!

Workplaces can compete with each other to see which can get the most people to ride 5 miles and top the leaderboards. And with the Love to Ride App, you can log your rides, check street ratings, see your carbon savings, set goals, and find help and support to ride your bike more often.



LOVE TO RIDE

TATTENHOE YOUTH FC LIONESSES



GIRLS FOOTBALL SESSIONS TUESDAY EVENINGS 5:30PM - 6:30PM



4 - 11 YEARS OLD



GIRLS ONLY



£3.50 PER SESSION
(FIRST SESSION FREE)

SCAN ME



IN PARTNERSHIP WITH

**WE MAKE
FOOTBALLERS**
MILTON KEYNES



FIND US ON FACEBOOK OR SCAN THE QR
CODE FOR MORE INFORMATION



TATTENHOEYOUTHFC.CO.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 - 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





Milton
Keynes
Arts
Centre

We Live Here



BUGS




Join us for a day exploring the
nature that surrounds us!

SATURDAY 24 MAY | 11AM - 4PM

LEON RECREATION GROUND, BLETCHLEY

[///bats.ages.curving](http://bats.ages.curving)

Bug Walks | Build a Bug Hotel
Drop in and Draw | Art Activities
Nature Surveys | Mini Beast Trail
Meet an Entomologist | Plant a Seed



Let us know you're coming by
booking a ticket!





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.

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 wheelie bins

Steering wheels

Suitcases

Tarps

Traffic Cones

Tubes of all kinds

Wooden block and off-cuts Carpenters, builders

