

# LMS Matters

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Dear Parents and Carers

The season of residential visits and trips is upon us and I am so glad that it is. **YEAR 3** have been to **CALDECOTTE**, spending two days and one night experiencing archery, rock climbing and canoeing, and **YEAR 4** have spent their residential at a YHA site called **WILDERHOPE MANOR** (with a visit to Cadbury's world and seeing a waterfall up close!). **YEAR 5** soon go to the **NATIONAL FOREST**, **YEAR 6** stay in **SWANAGE** and **YEAR 2** have their **EVENING UNDER THE STARS**. As ever, we value these highly at LMS as we wish to give our children experiences they may not have had before. We continue to develop and tweak these, both by reducing cost, but also by making sure the visits are the best for each individual year group. I am always so #PROUD of our staff who give up their own personal time to run these trips, particularly overnight. This is not an expectation for our staff and comes with no extra pay. It is just another way we show just how committed we are to the children. I know you will join me in thanking them for giving up time away from their families to give your family the best experience possible.

However, being around open water this week also coincides with **DROWNING PREVENTION WEEK** (14-21 June). Drowning Prevention Week (DPW) is the flagship water safety campaign, focused on raising awareness of water safety ahead of the school summer holidays. Did you know that child drownings have doubled in England in the last four years, from 20 in 2019-20 to 41 in 2022-23. In total, 125 children (ages 0-17) have lost their lives to drowning. We believe no child should drown. You can help by: familiarising yourself with the Water Safety Code, talking to your children about how to stay safe whilst in, on and around water this summer, and making sure your family and friends can enjoy water safely.

Evie Shore is a researcher at the University of Leeds, working with Dr Lauren Powell from the University of Sheffield. They are inviting any pupil aged 7-11 and their parents/carers to take part in a one-off 60-minute Microsoft Teams session to share their feedback on a psychoeducation magazine. Families who take part will receive a **£20 GIFT VOUCHER** for their time. The magazines were originally designed for children with ADHD and Autism — the ADHD Hero Activity Book and the Learning About Autism Activity Book — but have been modified to make them suitable for children who are undiagnosed, on a waitlist, or who experience similar challenges. Please note that children formally diagnosed with ADHD or Autism, or who are outside of the 7-11 age range, are not eligible. If families are interested, they should complete this [online expression of interest form](#) or contact her directly at [E.L.Shore@leeds.ac.uk](mailto:E.L.Shore@leeds.ac.uk). Please see their poster further on.

The **GREAT BIG GREEN WEEK** is being celebrated at **MK ARTS CENTRE** on Saturday 14 June for a day exploring nature and this time it's all about plants! They have a day full of fun activities for everyone! Go for a plant walk, help plant a seed, take part in Drop-in and Draw and other plant themed art activities, do a nature survey, follow the mini beast trail, enjoy a heritage talk and finally meet an ecologist! See the details in their poster further on.

**LONELINESS AWARENESS WEEK 2025** takes place from 9th-15th June, presenting a valuable opportunity for us all to address the growing concern of loneliness. This year's theme, "Meeting Loneliness Together", emphasises reducing the stigma around this natural human emotion and encourages collective efforts to foster connections. If loneliness is very severe, or lasts a long time, it might increase the risk of some physical conditions such as dementia, and mental health conditions such as stress, anxiety, low mood or depression. Could you do your part and check in with someone next week in any way you can?

It's great to be back and we can't wait to spend this final half term of the year with you and your children.

Mr Gray



**EYFS/KS1**

**FROGS**

who achieved

**96%**

**KS2**

**THISTLES**

who achieved

**99.03%**



**TTROCK Stars**  
Weekly class champions!

**KS1**

**FROGS**

**KS2**

**BRAMBLES**



Did you also know that our **SCHOOL HALL** is available for **HIRE**? If you wish to know more about hiring it for birthdays and special occasions, please speak to the school office for further 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

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

### A Guide to Looksmaxxing – White Hatter

We often talk about the problems facing young girls in the social media space. Yet young men are also coming under pressure from the rise of social media.

The term 'Looksmaxxing' is used to describe the pursuit of maximising one's physical appearance. This trend is often focused on males. At its shallowest end, the trend involves positive steps such as basic self-care instruction, personal grooming advice and physical training motivation. However, the escalation ladder can lead to increasingly dangerous advice which can impact on mental and physical health. To read more, please follow the link below:

<https://www.thewhitehatter.ca/post/the-rise-of-looksmaxxing-and-how-teen-boys-see-themselves>

## LMS Well-being

### Simple ways to enhance your skills in cross-cultural communication.

***“To communicate effectively, we must realise that we are all different in how we perceive the world and use this understanding to guide our communication with others.” — Anthony Robbins***

Self-awareness is the cornerstone of effective cross-cultural communication. Most psychological frameworks are rooted in Western perspectives, which can unconsciously bias our understanding and approach and create the potential for misunderstandings. By examining our assumptions and cultural influences, we can become more empathetic in our lives

This self-reflection allows us to better recognise and respect others' diverse world views, leading to deeper trust and rapport. Take some time to reflect on your own cultural lens so you can build authentic, effective helping relationships with others from all cultural backgrounds.

“How would you describe your own cultural background, and how do you think it shapes the way you communicate with others?”. Use this question to raise your self-awareness about your personal values and assumptions—and their consequences. This opens the door for reflection on how you might adapt your communication style to better suit different situations.



# Congratulations to our Top Doodlers...

**These will be announced  
next week.**



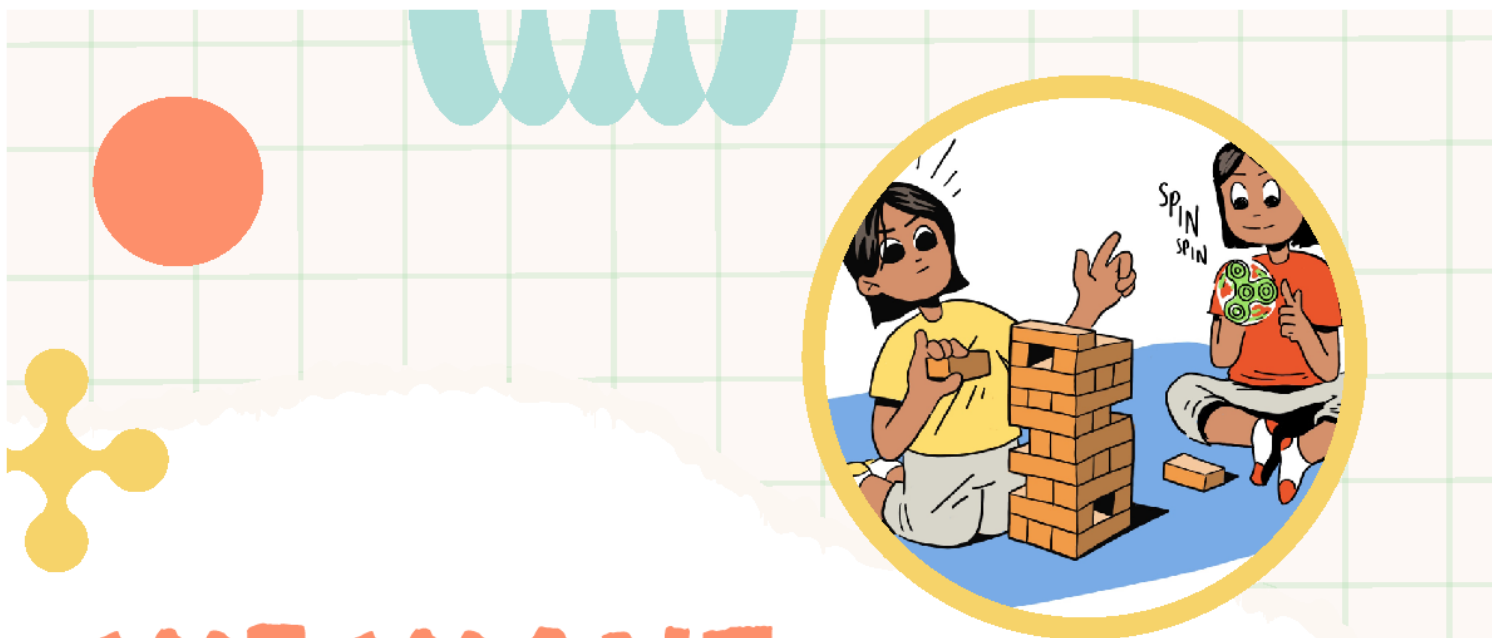
**doodle**



## Long Meadow Legends

These will return after next week!





# WE WANT TO HEAR FROM YOU!

## PARTICIPATE IN OUR STUDY!

*We want to know what you  
think about 2 magazines.*

If you took part, we would chat with you online for 1 hour to understand what you do and don't like about our magazines. You can take part if you are 7-11 years old without a diagnosis of ADHD or Autism, and both you and your parents want to share your thoughts.



## TO EXPRESS YOUR INTEREST IN TAKING PART:



Complete this short  
online form

## CONTACT US



[E.L.Shore@leeds.ac.uk](mailto:E.L.Shore@leeds.ac.uk)

**You'll also get a £20 gift  
voucher for your time!**

Ethics  
reference  
no. 2719



**UNIVERSITY OF LEEDS**

Children without diagnoses, or waiting for a diagnosis of  
Autism/ADHD are both welcome to take part

Milton  
Keynes  
Arts  
Centre

# We Live Here

PLANTS

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

**SATURDAY 14 JUNE | 11AM - 4PM**  
**FRED ROCHE GARDENS, CENTRAL MK**  
**[///litigate.still.songbird](http://litigate.still.songbird)**

Mini Beast Trail | Plant a Seed  
Drop-in and Draw | Art Activities  
Heritage Talk | Nature Surveys  
Plant Walk | Meet an Ecologist

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

**THE GREAT  
BIG GREEN  
WEEK**







# 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





## **Family Corner: helping families to develop positive home learning environments**

On Family Corner, the Alliance's family arm, we offer a wide range of exciting sessions for parents and carers who would like to learn more about supporting their children's learning. See if there is a session that catches your eye.

### **Exploring schemas**

Monday 16 June, 6pm - 7pm

Have you noticed your child likes to throw food from their high chair at mealtimes? Or separate the different foods on their plate? Or maybe they like to move things from one place to another? It could be that your child is exploring a schema. Schemas are repeated patterns of play which help children to learn and make sense of the world. This session will explore what schemas are and the things you may observe in your children, as well as consider ways that you can support your child with simple activities you can do in the home.

[Book now!](#)

### **Moving on up to school**

Monday 23 June, 1pm - 2pm

Join us for this family connect session where we will share tips and ideas to support you and your child in preparing for school. We'll explore fun learning activities that can be easily replicated at home to support your child's learning and development, and discuss top tips to help your child's transition to school to run smoothly.

[Book now!](#)

### **Understanding how your child learns through play**

Thursday 3 July, 10am - 11am

Children learn by exploring the world around them through their play. Play offers opportunities for children to try new skills as well as develop existing ones. During this session, we will consider why play is so important and how you can support your child's play in the home and how this will then help their learning and development.

[Book now!](#)

### **Supporting children's learning**

Tuesday 8 July, 1pm - 2pm

Join us as we discuss how you can support your child's development within the home learning environment. During this Family Connect, we will explain what the home learning environment is and why it is so important. We will also share ideas about how you can use everyday objects and experiences to enhance your child's learning.

[Book now!](#)

### **Process over product - simple low cost activities to support children's learning**

Wednesday 16 July, 1pm - 2pm

Children learn through play, but they learn best through the kind of play that allows them to explore and experiment, where 'it's not about the destination, but the glory of the ride'. Join us for this Family Connect session where we will explore ways to let children's imaginations run wild, using free and found resources from around the home.

[Book now!](#)

# 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





**DIY SOS IS BACK!  
AND WE ARE ON THE  
LOOKOUT FOR  
NEW PROJECTS**

ARE YOU A HOMEOWNER IN  
DESPERATE NEED OF OUR HELP?  
OR DO YOU KNOW SOMEONE WHOSE  
LIFE COULD BE TRANSFORMED WITH  
A BIG-BUILD?

NICK KNOWLES AND THE PURPLE  
SHIRTS ARE ON THE HUNT - SO IF  
YOUR HOME ISN'T FIT FOR PURPOSE  
THEN WE'D LOVE TO HEAR FROM

PLEASE APPLY ONLINE:

**WWW.BBC.CO.UK/SHOWSANDTOURS  
/TAKE-PART/DIY-SOS**

**B B C South Shore**

We welcome applications from people of all backgrounds and would particularly encourage applications from those who are from under-represented groups. We are happy to consider any health-related reasonable adjustments you might require to facilitate the completion of your application. Please let us know by sending an email with details to [diysos@southshore.uk](mailto:diysos@southshore.uk)

Any personal information you provide us will be used in accordance with our privacy policy. For further information on our privacy policy for programme applicants and to find out more about the rights in relation to your personal data please see the Applicant Privacy Notice: <https://www.southshore.uk/policies>.



<http://www.bbc.co.uk/showsandtours/take-part/diy-sos>





# MK Schools' Newsletter

Issue 1: Summer 2025

## Did you know:

'A parent with a child under 18 dies every 20 minutes in the UK'

### Mark Creasy:

#### Education Liaison Development Officer



With 28 years experience as a teacher across secondary, primary and special schools, as well as 12 years as a teacher trainer, education presenter and author Mark's aim is to ensure that every school in Milton Keynes is 'bereavement informed' and prepared to support every learner and their family, should they ever need it.

### Supporting Schools:

- Bespoke staff training.
- Book donations.
- Delivering Assemblies.
- Policy reviews.
- Policy writing.
- Lesson planning.
- Lesson delivery.
- Providing resources.
- Support and guidance.

### What can you do?

- Book bereavement training.
- Signpost our services to your families.
- Post a link to our website on your website.
- Make us your school's designated charity.



### What we do

**"We aim to give bereaved children a brighter tomorrow."**

- **Rainbow groups** various group types for children and young people up to 25.
- **Memory boxes** offered to every bereaved child registered with us.
- **Therapeutic mentoring** available to any adult or child in the family home.
- **Rainbow retreats** short, free breaks.
- **Trips** annually in Summer and Christmas.
- **Rainbow tools** provided to supporting mental health & wellbeing.





**Saturday 7<sup>th</sup> June 2025**

Join us for Harry's Rainbow annual Colour Run and Family Fun Day 2025 at Wolverton Rec! Get ready for a day filled with vibrant colors, exciting activities, and tons of fun for the whole family.

Set up by Harry's twin sister Jessica as a memorial day to mark Harry's Anniversary, it has become very popular with children, adults and families of all abilities.

Not only is there the colour run but we will also have games, stalls, food and refreshments and many more activities, it's a not to be missed community event and family fun day out!

The route is on grass as the course takes place on a field, which will be marked out and marshalled. Participants can run/walk/hop/skip/jump the course and there is a choice of 1/2 mile or 1 mile colour run (although there will be a non colour option).

To book follow the link: [Colour Run 2025](#)



**Get in touch:**

📞 01908 061676

✉ mark.c@harrysrainbow.co.uk

🌐 [www.harrysrainbow.co.uk](http://www.harrysrainbow.co.uk)

Search 'Harry's Rainbow'



**#HarrysRainbow**





# GIVE RUGBY A TRY

Experience the excitement of playing rugby in a friendly and supportive environment.

Great for beginners, starting from the age of 5 - 16! Boys & girls. **No experience necessary.**

**29TH JUNE**  
10 - 12 P.M.

- ✓ Learn new skills
- ✓ Meet new friends
- ✓ Fun activities
- ✓ A new love for rugby!



## BBQ & REFRESHMENTS

**MILTON KEYNES RUFC**

The Valley, Bowland Dr,  
Emerson Valley, Milton Keynes MK4 2DN

**OUR CITY.YOUR CLUB**

**FREE**  
TO ATTEND

More Information  
[enquiries@mkrufc.com](mailto:enquiries@mkrufc.com)



# It all starts with...



**We all play at:**

**Tattenhoe Pavilion**

**Session dates:**

**Tuesday 3rd June to Tuesday 15th July**

**Session timings:**

**17:30 - 18:15**

**Contact:**

**[nauman.javaid@bucksicricket.co.uk](mailto:nauman.javaid@bucksicricket.co.uk)**



Sign up today at  
**[allstarscricket.co.uk](http://allstarscricket.co.uk)**



 **SIGN UP**



# DYNAMOS CRICKET



 SIGN UP

This is  
our game.

[dynamoscriccket.co.uk](https://dynamoscriccket.co.uk)

Join us at:

Session dates:

Session timings:

Contact:



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







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.



## 2025 MILTON KEYNES SUMMER CAMPS FOR 5-12 YEAR OLDS GIRLS & BOYS OF ALL ABILITY



**CAMP 1: TUE 29JUL25 - THU 31JUL25**  
**CAMP 2: TUE 05AUG25 - THU 07AUG25**



**BOOK ONLINE TO RESERVE YOUR SPACE**



**Suitable for children  
of all abilities**



**Fun individual and team  
challenges and games**



**1V1 and team tournament  
on Thursday**

### Timings

Tuesday, Wednesday & Thursday  
10am - 3pm (half day options available)  
9:45am drop off and 3pm collection

### Address

Caroline Haslett Primary School  
Faraday Drive  
Shenley Lodge  
Milton Keynes - MK5 7DF

### Price options

£25 - Half day (morning or afternoon)  
£40 - Single day  
£90 - Full 3 day camp



**Please contact the team for more details**



[russell@wemakefootballers.com](mailto:russell@wemakefootballers.com)



01908 011 442



[www.wemakefootballers.com/milton-keynes/holiday-camps](http://www.wemakefootballers.com/milton-keynes/holiday-camps)



### Format of the day



### Why attend a We Make Footballers Holiday Camp?

We have a highly **experienced coaching team** who will ensure all children are kept safe and entertained throughout their time with us.

This is going to be a great opportunity for children to **get outdoors, make friends and keep active**. We are very excited to offer this opportunity.



### CAMP 1: TUE 29JUL25 - THU 31JUL25 CAMP 2: TUE 05AUG25 - THU 07AUG25

#### TUESDAY & WEDNESDAY

09:45 REGISTRATION

10:00 MORNING SESSION  
- 3 THEME BASED ACTIVITIES  
- MORNING GAMES

12:00 LUNCHTIME  
12:50 COACHES CHALLENGE

13:00 AFTERNOON SESSION  
- 3 THEME BASED ACTIVITIES  
- AFTERNOON GAMES

15:00 END OF DAY

#### THURSDAY - TOURNAMENT DAY

09:45 REGISTRATION

10:00 1 V 1 TOURNAMENT  
1 V 1 FINAL

12:00 LUNCHTIME  
12:50 COACHES CHALLENGE

13:00 TEAM TOURNAMENT  
TEAM FINAL

14:45 AWARDS PRESENTATION

15:00 CAMP ENDS



Please contact the team on

✉ [russell@wemakefootballers.com](mailto:russell@wemakefootballers.com)

☎ 01908 011 442

SCAN TO BOOK



SCAN ME