

# LMS Matters

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Dear Parents and Carers

The school is now back in full swing and it's lovely to hear the children so happy and seeing them attacking their learning already. As it is the start of the year, it's always good to give parents/carers some reminders about how things operate at LMS, starting with PE and Sport. Please be reminded that:

- **EARRINGS** are not to be worn for **ANY PE** lessons or **SPORTS CLUBS**. They must be taken out by the child or before school or the child cannot take part. LMS adults cannot remove them.
- Children need a **CHANGE OF CLOTHES** or **PE KIT** for when attending clubs. Children need to be changed out of uniform for all clubs, including suitable shoes/trainers.
- **ALL SPORTS** clubs finish at **4:15pm** and collection is from the front office foyer door.

As we start this new school year, it is also the time to get your competitive streak on and start dominating **TT ROCKSTARS**. Next week sees the **MK SCHOOLS TT COMPETITION** and this year we want to blow all of the other schools out of the park. Play any game type, answer as many questions as possible and be the best TT school in MK. Please see the flyer further on!

On **Friday 10th October**, **Years 1-6** will be getting a visit from **GIANT JOURNEYS!** The children in Years 1-4 will have an assembly with Reggie the Animatronic Dinosaur and Y5 and 6 will get a chance to explore space through VR headsets. Please may parents/carers contribute to this amazing opportunity via ParentPay for their child to enjoy this experience.

As ever, LMS will be supporting our local community by conducting a **HARVEST COLLECTION**. Items are welcome into the school Reception from Monday and we will be collecting until 9am on Friday 3rd October. This year, their most needed items are: Long life juice, tinned tuna, long life milk, tinned vegetables, tinned pasta, tinned fruit, tinned tomatoes, tinned rice pudding/custard and spreads like jam/peanut butter. Thank you in advance for your support.

Another edition of **RARING2GO MAGAZINE** is now ready for you all to enjoy. Their autumn version is full of great information, discount codes and ideas of how you can spend your family time. You can find your **FREE** online copy [HERE](#).

In the same vein, **MK CITY COUNCIL** have produced **100 THINGS TO DO BEFORE YOU GROW UP**. You can find full details attached to this newsletter. They have also produced two brochures for parents, one for **HEALTH AND WELLBEING COURSES** ([HERE](#)) and one with listings of **ADULT EDUCATION COURSES** ([HERE](#)). Have a look to see if anything interests you!

**OPAL** came back with a bang this week, so please remember to send your child in with a change of shoes/wellies. This is an important part of allowing them access! Please also continue with any donations. The children are loving suitcases, buggies and the mud kitchen, so if you are chucking anything out, please put them in the **DONATION STATION** in the foyer.

Thank you for participating in the **LOOSE COINS CHALLENGE** on Wednesday and a huge congratulations to **Frogs, Newts and Teasels** who all win an extra 30 minute playtime, at a time to be decided by their class teacher. Every penny really does count for us this year and we will announce the grand total as soon as we have banked it all!

**DON'T FORGET** – We are supporting **JEANS FOR GENES** day next **FRIDAY**. It's a fundraising campaign in the UK by Genetic Disorders UK to raise money for children with genetic conditions. The goal is to fund vital research to find treatments and cures for a range of genetic disorders. It also aims to increase awareness and understanding of genetic conditions. Please see the information already sent out.. Please also start saving your **SECOND HAND HALLOWEEN COSTUMES** and **CHRISTMAS JUMPERS** for our sale on the 29th September – more information to follow.

Finally this week, I hope you have had time to read our **ATTENDANCE SPECIAL NEWSLETTER** that was emailed out to you. This is full of details about attendance at LMS, the legal framework we work to and also what to do if your child is ill. We need your child with us **EVERY DAY, ON TIME** and **READY TO LEARN**.

I hope you have a lovely weekend and don't have to dodge too many showers!

Mr Gray



**EYFS/KS1**

**Sticklebacks**

who achieved

**99.6%**

**KS2**

**Thistles**

who achieved

**100%**



**TTROCK Stars**  
Weekly class champions!

**KS1**

**Starts next week!**

**KS2**

**Starts next week!**



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 2025 / 2026

Term	Open morning of:	Close at the end of afternoon session of:
Autumn Term 2025	Wednesday 3 September 2025	Friday 24 October 2025
	Monday 3 November 2025	Friday 19 December 2025
Spring Term 2026	Tuesday 6 January 2026	Friday 13 February 2026
	Monday 23 February 2026	Friday 27 March 2026
Summer Term 2026	Tuesday 14 April 2026	Friday 22 May 2026
	Monday 1 June 2026	Friday 17 July 2026

Training days agreed to date: (on these days children do not come to school but staff do)

Monday 1 September 2025 / Tuesday 2 September 2025 / Monday 5 January 2026 / Monday 13 April 2026 / Monday 20 July 2026

**Good Friday: Friday 3 April 2026**

**Easter Monday: Monday 6 April 2026**

**May Day: Monday 4 May 2026**

#### Autumn Term 2025

Thursday 18 September

Friday 19 December

Monday 22 September

Thursday 25 September

Monday 29 September

Thursday 2 October

Friday 3 October

w/c Monday 6 October

Thursday 9 October

Friday 10 October

Friday 10 October

Friday 10 October

Wednesday 15 October

Thursday 16 October

Thursday 16 October

w/c Monday 20 October

Monday 20 October

Monday 20 October

Wednesday 22 October

Thursday 23 October

Friday 24 October

Friday 24 October

Monday 27-Friday 31 October

Monday 3 November

Tuesday 4 November

Wednesday 5 November

w/c 10 November

Monday 10 November

Monday 10 November

Tuesday 11 November

Wednesday 12 November

Thursday 13 November

Friday 14 November

Thursday 4 December

Friday 5 December

Monday 8 December

Tuesday 9 December

Thursday 11 December

Thursday 11 December

Thursday 11 December

Friday 12 December

Monday 15 December

Tuesday 16 December

Tuesday 16 December

Wednesday 17 December

Thursday 18 December

Thursday 18 December

Friday 19 December

EYFS Literacy (Parent Workshop)

Jeans for Genes Day

Flu Vaccinations

Year 6 Tasting Day (with parents 1-3pm)

Halloween Costumes & Christmas Jumper Sale

ProStrike

Crazy Hair Day

Year 6 Mock SATs

Year 3 Holdenby House

World Mental Health Day

Year 1-4 Reggie Dinosaur Assembly

Year 5/6 Journey Thru Space (VR Experience)

Year 5 Learning Fair

Year 4 Learning Fair

EYFS Phonics Workshop

Parent Consultations

Year 3 Diwali Day

Year 6 Hazard Alley

Year 4-6 Author Visit

Individual School Photos

Whole School Pyjama Day

Break up for Half Term

HALF TERM

Autumn Term 2 Begins

Minnows Autumn Walk

Tadpoles Autumn Walk

Anti-Bullying Week

World Science Day

Snow White Theatre Production

Year 6 SATs Information Evening (Virtual 5-6pm)

Biscuits & Books (8.30am-9am)

Children in Need

Year 4 Fitzwilliam Museum

Festive Thursday (Hot Chocolate for sale after school)

Winter Food Fair

Year 1/2 Carol Concert (9.15am-9.45am)

Year 1/2 Carol Concert (2.15pm-2.45pm)

Christmas Jumper Day

EYFS Christmas Performance (1.30pm)

Festive Thursday (Hot Chocolate for sale after school)

Year 6 Learning Fair

Christmas Dash

EYFS & KS1 Awards Assembly (9.10am)

Year 3/4 Awards Assembly (2.15pm)

Year 5/6 Awards Assembly (2.15pm)

Christmas Party Day

Festive Thursday (Hot Chocolate for sale after school)

Break up for Christmas Holidays

#### Stay & Play

Wednesday 17 September	Safari
Wednesday 1 October	Superheroes
Wednesday 15 October	Autumn
Wednesday 5 November	Fireworks
Wednesday 19 November	Pirates
Wednesday 3 December	Space
Wednesday 17 December	Christmas

## **LMS Safeguarding**

### **Your child's screen time - Know the risks, and what you can do to help keep your child safe.**

#### **What's the problem?**

Spending time online and on devices can be a positive thing, especially for educational use.

However, high levels of screen time can put your child at greater risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise
- Disruption to learning and studying
- Negative effects on mental wellbeing

While it may be tempting to ban devices altogether, this also has some risks, as it can:

- Cause children to keep any screen time a secret, making it more difficult for them to seek help with bullying, harmful content or potential grooming
- Make children more prone to grooming, as abusers could offer them a 'secret' device
- Slow technology skill development. Technology is part of everyday life, and teaching children how to benefit from it can help prepare them for the future and develop online safety skills
- Block access to resources that could be beneficial, such as educational apps or websites

Please see the attached parent information sheet for more information.

## **LMS Well-being**

### **Tips for parents in recognising and managing stress**

According to recent studies, over 60% of young people report feeling regularly overwhelmed, with stress impacting their learning, emotional well-being and social connections.

If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement.

Please find further on in this newsletter, evidence based strategies to help your child recognise, manage and recover from stress in healthy ways.

# Congratulations to our Top Doodlers...

Mollie R for her 50 day English streak;  
Grace O for her 50 day maths streak  
and Parker & Lacey W for their 365  
day maths streaks.

Well done



doodle



## Long Meadow Legends

**Tadpoles** – Summer–Rose for really impressing her teachers this week. She is kind, funny and very thoughtful.

**Minnows** – Joey for being Subitiser of the week & Talia for being a complete superstar this week – we are so proud of all the new challenges she is taking.

**Sticklebacks** – Noah for being an amazing friend #PROUD

**Frogs** – Primrose for fantastic sentence writing about animals.

**Newts** – Tom for writing a super sentence about dolphins using the word ‘and’ and including a capital letter and full stop.

**Bracken** – Yilmaz for always being ready to learn and setting good examples to everyone.

**Hogweed** – Isabelle for amazing writing and maths learning.

**Foxgloves** – Ubayd for participating with enthusiasm in all lessons.

**Hawthorn** – Nathaniel for putting in lots of effort in all lessons this week.

**Ferns** – Zac for always trying hard and his impressive general knowledge.

**Thistles** – Ruby for meeting Year 5 head on! She is rising to the challenge & has made a super, calm start to Y5.

**Brambles** – Matthew for being a great role model; in early, first on task, challenges himself, sets high standards and looks to help others.

**Teasels** – Tyler for an exceptional start to Year 6. Tyler has demonstrated a mature attitude towards all lessons, striving for greatness & asking for support where needed.

### Sports Person of the Week

Amy F for smashing the start of Year 6, recapping her prior learning of passing in Tag Rugby with a good understanding of the rules to pass backwards or sideways.

#PROUD



# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 50% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawn, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build these bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

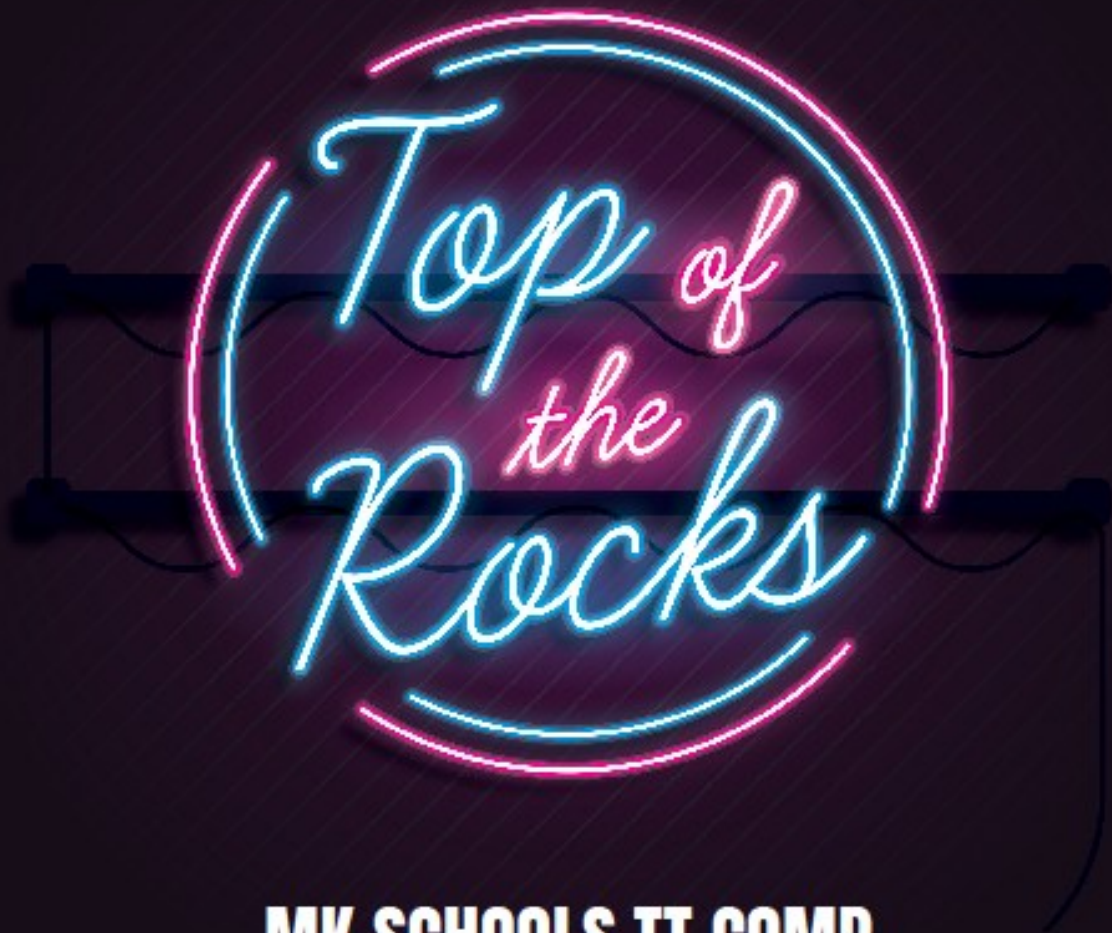
Anne Beharman is Director of Holistic Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anne specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

**MK SCHOOLS**



**MK SCHOOLS TT COMP**

**15 SEPTEMBER - 19 SEPTEMBER 2025**

\* ANSWER AS MANY QUESTIONS AS POSSIBLE \*  
PLAY IN ANY GAME TYPE \* THE WINNING CLASS WILL HAVE  
THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL \*  
ASK YOUR TEACHER FOR FULL DETAILS AND RULES \*





**Start saving your second  
hand Halloween costumes  
and Christmas jumpers for  
our sale on 29<sup>th</sup> September.  
More information to follow!**



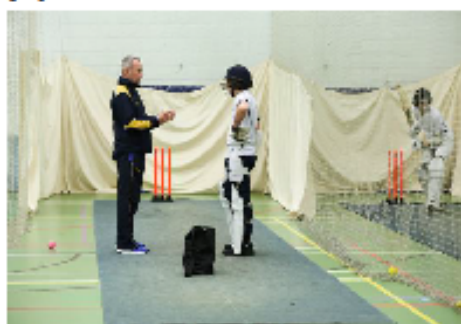




# CRICKET COACHING MASTERCLASS

Learn from the pros and take your game to the next level

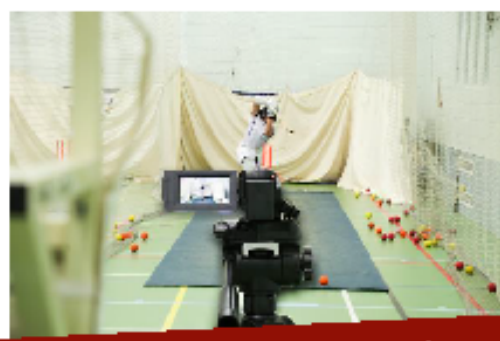
Andy O'Connor, Nick Broome, Brenden Fourie, Graeme White &  
David Ripley (All Level III or IV with First Class Playing Experience)



## Specialist 121 & Net Coaching

20<sup>th</sup> – 24<sup>th</sup>, 27<sup>th</sup> & 29<sup>th</sup> - 31<sup>st</sup> October.

Stowe School. Sessions from from £55 each



All abilities catered for – beginners to experts. For more information and  
to book, please email [Info@cricketcoachingmasterclass.co.uk](mailto:Info@cricketcoachingmasterclass.co.uk)

[www.cricketcoachingmasterclass.co.uk](http://www.cricketcoachingmasterclass.co.uk) Proudly  
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Sunshine Family Centre, Merebrook Infant School, Furzton, MK4 1EZ. Tel: 01908 508566				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:00-11:00</b> <b>Story, Songs and Rhymes</b> Join the Sunshine team at Westcroft Library	<b>10:00-11:30</b> <b>Stay and Play</b> A play session for under 5's with indoor and outdoor play. Includes a healthy snack and songs and rhymes.	<b>10:00-11:00</b> <b>Messy Play</b> Lots of opportunities to join in with sensory and creative play. A change of clothes is advised.	<b>9.30-10.45</b> <b>Baby Group</b> A relaxed session including songs and rhymes. From newborn to non-walkers.  <b>11:15-12:00</b> <b>Socotots</b> Fun free football session for walkers to 4 years.	<b>9.30-10.30</b> <b>Walk</b> Join us for a walk to the local parks  <b>10:30-12:00</b> <b>Drop in Café</b> Hot drinks and snacks available. Everyone welcome!
<b>10:00-12:00</b> <b>ESOL</b> English course for speakers of other languages. <b>Run by MK College</b> Contact the centre to book.	<b>12:00-1:00</b> <b>Lunch Club</b> Join us for a free lunch! Please contact the centre to book. Everyone welcome!	<b>1:00-2:00</b> Join the Sunshine team for <b>Story, Songs and Rhymes</b> at The Hive, Whitehouse.	<b>10:00-1:00</b> <b>Citizen's Advice</b> Fortnightly appointments. Book at: Shenley Brook End Parish Council - <a href="mailto:CitizensAdviceMiltonKeynes@miltonkeynescab.org.uk">Citizens Advice Milton Keynes (miltonkeynescab.org.uk)</a>	<b>10:00-12:00</b> <b>Music Bugs</b> Contact <a href="mailto:michelle@musicbugs.co.uk">michelle@musicbugs.co.uk</a> to book.
<b>Community Larder</b> at The Hive Community Centre, Whitehouse and our new Café Supported by Sunshine <b>2:00-4:00</b> <b>More info at:</b> <a href="http://www.sofea.uk.com">www.sofea.uk.com</a> Help reduce food waste	<b>Parenting courses</b> <b>Nurture Workshop</b> <b>&amp; LIPS course (speech and language)</b> Contact the centre for more information.	<b>YMCA Youth Club</b> <b>At Sunshine</b> <b>3:30-5:30</b> 11-13 years. <b>6:30-8:30</b> 14-18 years.	<b>12:30-2:30</b> <b>Creative Play: music and song</b> <b>peri-natal mental health session for mums in Milton Keynes.</b> Scan for details 	<b>Sensory room available Monday and Friday</b> <b>9:00-3:00</b> Contact the centre to book

For families who live in Furzton, Emerson Valley, Shenley Lodge, Shenley Church End, Shenley Wood, Tattenhoe, Tattenhoe Park, Loughton and Loughton Lodge, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Medbourne.

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.