

LMS Matters

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Dear Parents and Carers

In light of the recent attack on a synagogue in Manchester, our thoughts are with all those affected and with the wider community. Incidents like this remind us of the importance of standing together against hatred in all its forms. As a school, we remain committed to fostering kindness, respect, and understanding among our pupils. We continue to teach our children the values of empathy and inclusion, celebrating the rich diversity that strengthens our community. Together, we can help build a future rooted in compassion and unity.

As part of this, I would like to remind parents about some key things about **PARKING AT LMS;**

- We don't own or run the car park outside of school
- Regardless of where you park, there is never a need to be aggressive or offensive to anyone
- Disabled bays are for Registered blue badge holders only
- Parking on the yellow Zig-Zag lines is prohibited for a reason. Parking on these is dangerous as it obstructs the view of cars and pedestrians
- Cars whose drivers stay in the car can double park against the left hand row of cars in the car park only and must stay in the car

Thank you for those that were able to support **CRAZY HAIR DAY** at school today, these mini fundraisers raise much needed money for the school, but also are great fun. There were some amazing colours on show today as well as ice-creams, pot noodles and a hair full of Barbies! Your support is very much appreciated!

As you are aware our **PROSTRIKE SPEED CHALLENGE** had to be postponed this week due to staff illness at their end. Further communication will be coming out on Monday regarding this.

Don't forget to complete the **LEARNING CONVERSATION GOOGLE FORMS** that are coming out from teachers. As ever, we will try our best to give people one of their choices but the later you leave it to reply, the less the chance we can accommodate them.

Thank you for all the donations to the **HARVEST COLLECTION**. 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.

Finally this week, I was reading an article about a school in the UK that has the slogan on their play ground of **POP IT AWAY**. This was a reminder to parents/carers to Pop their phone away when with their children. Did you know that research shows that parents' frequent mobile phone use during interactions with children negatively impacts parent-child communication, responsiveness, and language development, as well as children's emotional well-being and stress regulation. Children may react with anger, sadness, or by disengaging from interactions when their bids for attention are ignored due to parental phone use. This "**technoference**" can lead to lower quality interactions and have long-term effects on the parent-child relationship and a child's overall development. The good thing is, we can all make a small change with instant results. Try it when you drop off or pick up your children next week!

Have a great weekend – stay safe in the predicted storms!

Mr Gray



EYFS/KS1

Minnows

who achieved

99.5%

KS2

Brambles and

Hawthorn

who achieved

98.3%



TTROCK Stars

Weekly class champions!

KS1

Newts

KS2

Bracken



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 2 October	ProStrike
Friday 3 October	Crazy Hair Day
w/c Monday 6 October	Year 6 Mock SATs
Thursday 9 October	Year 3 Holdenby House
Friday 10 October	World Mental Health Day
Friday 10 October	Year 1-4 Reggie Dinosaur Assembly
Friday 10 October	Year 5/6 Journey Thru Space (VR Experience)
Wednesday 15 October	Year 5 Learning Fair
Thursday 16 October	Year 4 Learning Fair
Thursday 16 October	EYFS Phonics Workshop
Friday 17 October	Year 3 Diwali Day
Friday 17 October	Year 6 - Work Ready virtual bootcamp
w/c Monday 20 October	Parent Consultations
Monday 20 October	Year 6 Hazard Alley
Monday 20 October	Early Years - Autumn Walk
Wednesday 22 October	Year 4-6 Author Visit
Thursday 23 October	Individual School Photos
Friday 24 October	Whole School Pyjama Day
Friday 24 October	Break up for Half Term
Monday 27-Friday 31 October	HALF TERM
Monday 3 November	Autumn Term 2 Begins
w/c 10 November	Anti-Bullying Week
Monday 10 November	World Science Day
Monday 10 November	Snow White Theatre Production
Tuesday 11 November	Year 6 SATs Information Evening (Virtual 5-6pm)
Wednesday 12 November	Biscuits & Books (8.30am-9am)
Thursday 13 November	Children in Need
Friday 14 November	Year 4 Fitzwilliam Museum
Thursday 4 December	Festive Thursday (Hot Chocolate for sale after school)
Monday 8 December	Year 1/2 Carol Concert (9.15am-9.45am)
Tuesday 9 December	Year 1/2 Carol Concert (2.15pm-2.45pm)
Thursday 11 December	Christmas Jumper Day
Thursday 11 December	EYFS Christmas Performance (1.30pm)
Thursday 11 December	Festive Thursday (Hot Chocolate for sale after school)
Friday 12 December	Year 6 Learning Fair
Monday 15 December	Christmas Dash
Tuesday 16 December	EYFS & KS1 Awards Assembly (9.10am)
Tuesday 16 December	Year 3/4 Awards Assembly (2.15pm)
Wednesday 17 December	Year 5/6 Awards Assembly (2.15pm)
Thursday 18 December	Christmas Party Day
Thursday 18 December	Festive Thursday (Hot Chocolate for sale after school)
Friday 19 December	Break up for Christmas Holidays

Stay & Play

Wednesday 15 October	Autumn
Wednesday 5 November	Fireworks
Wednesday 19 November	Pirates
Wednesday 3 December	Space
Wednesday 17 December	Christmas

LMS Safeguarding

Anger Management in Children - NSPCC

Every year many thousands of children are referred to Childline for anger issues. Anger management in children is one of the top mental health concerns in childcare. Anger and the ability to control it are key skills of adulthood. Violent thoughts frequently bubble underneath human interactions. Anger is the quickest way for those thoughts to become reality. For this reason it is tightly regulated in our society. Children must learn to overcome anger so that they do not fall a foul of strict controls on violent conduct. However, this is difficult for children to learn to manage since anger is remarkably powerful. Yet as parents and teachers there is no choice but to teach them to reign these emotions in. This can be hard knowledge to impart, but the NSPCC has produced helpful resources to aid you in that vital mission. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension>

LMS Well-being

You may have noticed that the children are extra moody and extra defiant this week.. here is the science

- By week 5 the novelty has completely worn off
- The excitement of new routines, new teacher and some new classmates has faded

But the half term break still feels miles away. This creates the **mid- term slump!**

- Children's emotional energy is lower
- They have used up a lot of their coping reserves
- You might see more mood swings
- You might see more irritability
- You might see more outright "No!"

For children who already find regulation tricky, this is the point where defiance or flat refusal tend to show up- it's not because they are suddenly 'naughty', it is because their brains are saying "I'm tired"..."I'm done"..."I cant keep pushing"..

Recognising this shift is powerful because it helps us respond with empathy rather than anger so if the children are pushing back this week- you are not failing, they are not broken- we are simply in week 5, the dip before the break!

Congratulations to our Top Doodlers...

Theo L & Alexander G for their 50 day
English streaks and Noah C for his 50
day maths streak

Well done



doodle



Long Meadow Legends

Tadpoles – Jed for getting more confident each day & coming into class with a smile each morning; Emma for being Subitiser of the Week and Archer for being a fantastic member of our class.

Minnows – Hallie P for being Subitiser of the Week; Atharv for growing in confidence & always following our LMS learning behaviours and Luna for fantastic early work this week & getting better writing her name with lovely letter formation.

Sticklebacks – Isla for being a super listener & for always showing the Team Stop and Callum for his amazing science learning during our plants topic.

Frogs – Aarav for excellent contributions during our PSHE learning and Mara for outstanding focus & concentration during handwriting.

Newts – Tara for working super hard in her maths lesson & getting all of the questions correct and Dominik for being an all round superstar this week.

Bracken – Daisy for her perseverance & effort in English and Archie for engagement & enthusiasm in maths.

Hogweed – Yaghavi for an amazing start to Year 3 and Anaya for settling in so well #PROUD

Foxgloves – Siddharth for fantastic ideas & contributions in writing lessons and Alexi-Mai for being such a wonderful role model & always working so hard.

Hawthorn – Aaryan for showcasing all he has learnt about Ancient Egyptians in a great double page spread and Juwon for bringing all of the enthusiasm to music this week.

Ferns – Rishi for an incredible & detailed scientific explanation for our investigation of water resistance and Lois for a star performance as a Roman news presenter.

Thistles – Olivia for showing so much confidence during her first week at LMS and Grace C for showing a new sense of determination in her writing.

Brambles – Shenley for her incredible dedication to ensuring her learning is the best it can be and Sohni for being calm, kind and resilient.

Teasels – Lyla for being focussed & dedicated to improving her knowledge and Mari for great focus in English and maths sessions with Mrs Small.

Sports Person of the Week

Archie G for a fantastic week in PE, he was engaged and focused in both lessons, participating fully, understanding the idea of being an attacker or defender. He followed this up with some excellent demonstrations of returning a shuttle in badminton which made myself & Mrs Richardson #proud on Friday afternoon!

Noah C for always showing the LMS learning behaviours in lessons & trying his best in everything he does. This week in tag rugby he used his knowledge of running into spaces between defenders to avoid being tagged & scored some fantastic tries for his team.

#PROUD



LONG MEADOW SCHOOL PRESENTS

Stay and Play Sessions



Run by the school's Deputy and Assistant Heads
Different theme each session

Autumn Term 2025

- MESSY PLAY
- CREATIVE TABLES
- IMAGINATIVE PLAY
- SENSORY ACTIVITIES
- READING AREA
- REFRESHMENTS INCLUDED

Only
£1 pp

17th September - Safari
1st October - Superheroes
5th November - Fireworks
19th November - Pirates
3rd December - Space
17th December - Christmas

CONTACT US FOR
MORE INFO

01908 508678

office@longmeadow.milton-keynes.sch.uk



FOR UNDER 5S

9am - 10:30am





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Nurture

Christ the Cornerstone Church

Wednesdays 16:30 –19:00

1st Oct – 10th Dec

We will be holding an open evening on the 24th Sept from 16:30-19:00

*Where you can pop in and meet us , ask any questions you may have, see the resources and enjoy a cuppa. *Please note if you are unable to attend on the 24th you are still be able to sign up for the course.*

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 created by the Centre for Emotional Health uses these four building blocks of emotionally healthy relationships.

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



Please scan the QR code or email nicola.skelton@milton-keynes.gov.uk to sign up



CRICKET COACHING MASTERCLASS

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www.cricketcoachingmasterclass.co.uk

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Going Further



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