

LMS Matters

Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 07

Date: 17.10.25



Dear Parents and Carers

October is **BLACK HISTORY MONTH**, with the theme for 2025 being “**Standing Firm in Power and Pride**,” a powerful tribute to the resilience, strength, and unwavering commitment to progress that defines the Black community across the globe. This year, the theme highlights the profound contributions made by Black people, be they leaders, activists, or pioneers who have shaped history, while also looking towards a future of continued empowerment, unity, and growth. Power represents the influence, leadership, and capacity to effect positive change. It acknowledges the visionaries who have led political, civil rights, and social movements, as well as those who have broken barriers in business, education, and the arts. Their legacies remind us that true power is not about titles but about the collective strength, courage, and unity used to forge a more equitable future for all. Pride reflects cultural identity, heritage, and the celebration of Black excellence. From the art and music to the stories passed through generations, pride is the heartbeat of Black communities worldwide. It's about knowing where we come from, embracing our history, and walking boldly into the future without compromise or apology. Pride is a declaration of the beauty, the resilience, and the unmatched contributions of Black culture to the world. I was inspired this year by one of our children who shared two of their own books with me - you can find details of two amazing people further on in the newsletter.

Our **OPAL** journey continues to go from strength to strength, with some new areas being planned to be opened next half term. However, I would like to remind parents/carers that the **CHILDREN WILL BE OUTSIDE IN DRIZZLE**. This means that you may wish to pack them a waterproof jacket and an extra layer as well as their coat. OPAL tries to eliminate **WET PLAYTIME** as we want our children to be outside as much as possible. This also mean that **ALL** children need a pair of **WELLIES/SHOES** to change into. If you need a pair of wellies, just pop into reception and we can give you some for **FREE**. We also suggest a spare pair of socks as there is nothing worse than wet ones!

The latest copy of **FAMILY FIRST MAGAZINE** can be found [HERE](#). This edition includes how to avoid festive burnout, a guide to this year's Christmas must-haves, and an interview with Oti Mabuse about motherhood and family.

The **HALF TERM CALENDAR** for the **SUNSHINE CHILDREN'S CENTRE** can be found further on in this newsletter. There are lots of spooky activities for you and your children to access, so please check it out!

Unfortunately this week we have had some children misusing the **PURPLE MASH EMAIL FUNCTION**. Although we ensure good e-safety in school, please ensure that you reiterate proper use at home. For example, whatever is put online or sent is there **FOREVER**. All of our systems internally are monitored and we are alerted when inappropriate things are sent, which identifies the individual child who has sent it. Thank you for your support in this.

Have a great weekend and we look forward to seeing you all at the **ONLINE LEARNING CONVERSATIONS** next week.

Mr Gray



EYFS/KS1

Newts

who achieved

99.23%

KS2

Foxgloves

who achieved

100%



TTROCK Stars

Weekly class champions!

KS1

Newts

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.

DATES

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 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
Wednesday 5 November	Prostrike
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)
Wednesday 12 November	Y1/2 Tour around MK (on the minibus)
Thursday 13 November	Y1/2 Tour around MK (on the minibus)
Thursday 13 November	Children in Need
Thursday 13 November	EYFS Drawing Club Workshop (3.15pm)
Friday 14 November	Year 4 Fitzwilliam Museum
Monday 17 November	Y1/2 Tour around MK (on the minibus)
Wednesday 19 November	Y1/2 Tour around MK (on the minibus)
Thursday 20 November	Y1/2 Tour around MK (on the minibus)
Friday 21 November	Y1/2 Tour around MK (on the minibus)
Thursday 4 December	Festive Thursday (Hot Chocolate for sale after school)
Friday 5 December	PALMS Christmas Fair
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 5 November	Fireworks
Wednesday 19 November	Pirates
Wednesday 3 December	Space
Wednesday 17 December	Christmas

LMS Safeguarding

Halloween and Children's Safety - Child Accident Prevention Trust

It's October which every parent knows means two things: half-term and Halloween.

Halloween has long given concern to schools and parents as well as the general public. Largely this has been due to anti-social behaviour, social disorder linked to trick or treating, house party overflows, late opening hours in the nightlife sector and so on.

Whilst schools up and down the country may spend the lead up focusing on preventing anti-social behaviour, there are other dangers lurking for children and young people. These secondary dangers, including unsafe costume design and the low nocturnal visibility of participants, have been addressed in a recent article from the Child Accident Prevention Trust.

Find out more here: [Halloween and Children's Safety \(CAPT\)](#)

LMS Well-being

Have you ever finally got something you've wanted for a long time - a dream job, car, or holiday - only to feel disappointed when reality doesn't match your expectations?

Or avoided something worthwhile, like public speaking, fearing the discomfort, then later realised it wouldn't have been so bad?

This is "affective forecasting"- our tendency to misjudge how future events will make us feel. We overestimate how happy the good things will make us and how miserable the bad things will be.

This can lead to regret, missed opportunities, and dissatisfaction. But we can improve our predictions (and our wellbeing) by reflecting on past experiences, seeking outside perspectives, and recognising our biases.

Here are three ways to forecast better this week:

In your work

Consult trusted colleagues before big decisions. They'll offer perspective without your emotional baggage.

In your relationships

Don't make decisions during emotional surges. Wait at least 48 hours so you can make more thoughtful choices.

For personal growth

Journal your emotional predictions before decisions. Later, compare them with reality. You'll spot your patterns and improve your forecasting.

What emotions do you overestimate or underestimate when thinking about the future?

Exceptional men in Black History

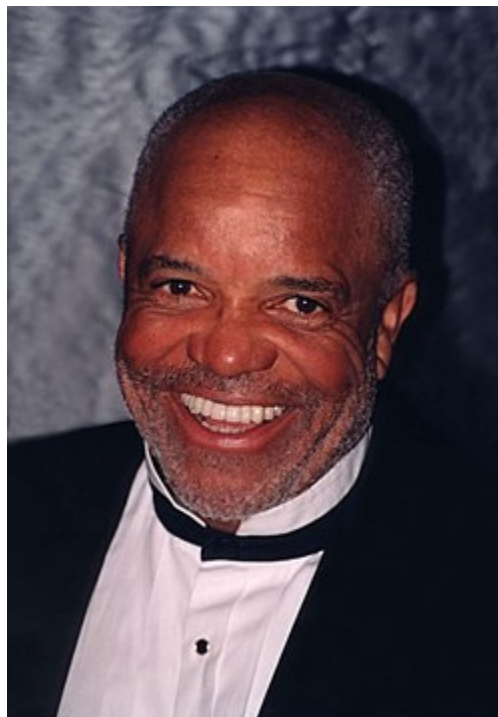
Berry Gordy

Berry is an American retired record executive, record producer, songwriter, film producer and television producer. He is best known as the founder of the Motown record label and its subsidiaries, which was the highest-earning African-American business for decades.

As a songwriter, Gordy composed or co-composed a number of hits including "Money (That's What I Want)", "Lonely Teardrops" and "That's Why" (Jackie Wilson), "Shop Around" (the Miracles), and "Do You Love Me" (the Contours), all of which topped the US R&B charts, as well as the international hit "Reet Petite" (Jackie Wilson).

As part of The Corporation, he wrote many hit songs for the Jackson 5, including "I Want You Back" and "ABC". As a record producer, he launched the Miracles and signed acts like the Supremes, Marvin Gaye, the Temptations, the Four Tops, Gladys Knight & the Pips, and Stevie Wonder. He was known for carefully directing the public image, dress, manners, and choreography of his acts.

Gordy was inducted into the Rock and Roll Hall of Fame in 1988, awarded the National Medal of Arts by President Barack Obama in 2016, and the Kennedy Center Honors in 2021. In 2022, he was inducted into the Black Music & Entertainment Walk of Fame.



Bold Women in Black History

Tessa Sanderson

Tessa moved to Britain when she was only nine years old. Swapping the tropical Caribbean for an English city might seem a scary move but, helped by her love of sport, Tessa quickly made Wolverhampton her home. She joined the local club, where she showed a lot of promise in the javelin and other heptathlon events. She was a rising star on the field and by the age of sixteen had already won her first javelin championship. By 1976 she had earned her spot in her first Olympics Games.

Meanwhile, she also participated in the Commonwealth Games – in the heptathlon, an event with seven elements (100-metre hurdles, high jump, shot put, 200 metres, long jump, javelin throw and 800 metres), and in 1981 she became the top British woman heptathlete.

Tessa's biggest moment came in 1984 when she won a gold medal for Great Britain at the Olympics in Los Angeles. This made her the first British woman to win Olympic gold in the heptathlon, and the first black British woman to win an Olympic gold.



Congratulations to our Top Doodlers...

Anne K & Valerie K for their 50 day English
streaks; Lok H for her 50 day maths streak;
Alexander G, Siddharth K, Naomi R, Wayne T &
Oliver B for their 750 day maths streaks;
Siddharth K for his 750 day English streak and
Hal T for his 1500 day maths streak!

Well done



doodle



Long Meadow Legends

Tadpoles – Saifan for trying his best in every lesson and Kingsley for showing great confidence & independence – he reached a very special milestone this week #Proud

Minnows – Grayson for being Subitiser of the week; Alayna for being an absolute superstar following the lunchtime rules & routine 5 days in a row and Suriya for settling into EYs & showing good progression with his letter formation.

Sticklebacks – Parker for his fantastic resilience in maths lessons and Eli for his amazing attitude & settling into Year 1 so well.

Frogs – Zoe for her brilliant counting in maths and Ren for doing some amazing handwriting in our handwriting lesson.

Newts – Dhruvit for his hard work & focus in maths and Nina for trying her best in maths even when the questions are tricky.

Bracken – Rychard for always giving 100% in writing tasks and Amelia for confidently asking and answering questions.

Hogweed – Sulaiman for fantastic DT learning and Robyn for fantastic art work during the Waddesdon Manor art session.

Foxgloves – Reggie for always having a smile on his face & being such a kind & helpful member of the class and Matthew for listening carefully to advice about how to improve his writing.

Hawthorn – Amelia for challenging herself in maths & showing great perseverance and determination and Brooklyn for amazing attention to detail in art.

Ferns – Ariana for being a great friend and Tilly for her enthusiasm in contributing to discussions.

Thistles – Grace W for showing resilience & coming to school with a smile on her face each day and Erica for always being so considerate & kind.

Brambles – Lilly for her incredible resilience & determination despite challenges and Charlie for being a kind, hard working member of our class.

Teasels – Harriet for being an all round superstar and Folu for demonstrating great perseverance with all his learning.

Brambles & Teasels for great effort with their first set of mock SATs

Sports Person of the Week

Elizabeth T for absolutely smashing being able to dribble a ball using her hands – she showed great control bouncing the ball while standing still & on the move and Ebun B for her consistent improvement at swimming.

Well done to the following children for taking part in an outdoor activities festival with the Parks Trust: Jamal, Ruby N, Noah C, Layla, Cohen, Mia, Ian, Josh P-Y, Mari, Eva G, Grace C & Daisy St

Well done to the Y6 Sports Leaders who attended a workshop to train them with lots of different ideas to use on the playground at school: Ivory, Alice, Eva, Lara, Felicia, Rhea, Sohni, Ivy, Anson, Matthew & will

#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





THE
TOMMY
FLOWERS
SCITT

TRAIN TO TEACH

Primary & Secondary



**Bursaries for EVERY tuition-fee course
ONLY with the Tommy Flowers SCITT**



Qualified Teacher Status with PGCE



Teacher Apprenticeships

Information events every month. Book online

tommyflowersscitt.co.uk

Ofsted
Outstanding
Provider





**TICKETS
AVAILABLE
NOW!**

**AMAZING
LEGO DISPLAYS**

**NEW & RETIRED
LEGO SETS**

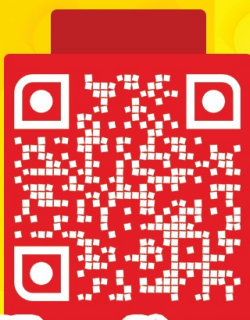
**BUILD
CHALLENGES**

**ACTIVITIES
FOR ALL AGES**

**CHARITY
TOMBOLA**

**MILLIONS OF
LOOSE BRICKS**

**PLUS SO
MUCH MORE!!**



**MILTON KEYNES
BRICKFESTIVAL.COM**

**19TH OCT 2025
CENTRE:MK**

MORE LEGO THAN YOU CAN DREAM OF

**MILTON KEYNES
BRICK
FESTIVAL**

Sunshine Family Centre Half Term Calendar

For families who live in Furzton, Emerston Valley, Shenley Lodge, Shenley Church End, Stoney Wood, Iattenhoe, Iattenhoe Park, Loughton and Loughton Lodge, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Meubourne

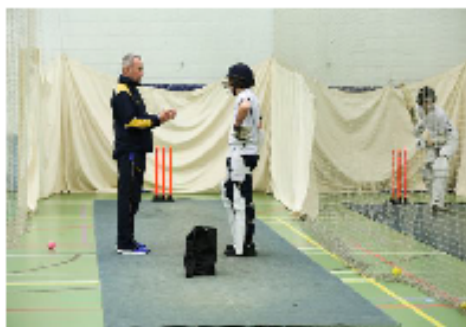
Monday 27 th October	Tuesday 28 th October	Wednesday 29 th October	Thursday 30 th October	Friday 31 st October
10:00-11:30 Spooky Story, Songs and Rhymes Join the Sunshine Team at Westcroft library 	12:00-1:30 Spooky Family Play All welcome for indoor and outdoor play 	10:00-11:30 Family Games, Jigsaw puzzles & Lego session 	9:30-10:45 Baby Group Come along and join a nurturing group and meet other parents 	9:30-10:30 Autumn Walk Meet at Sunshine at 9:30  10:30-12:00 Drop in Cafe Join us for a cuppa, chat and play
2:00-4:00 Community Larder at The Hive, Whitehouse Community Centre with the Community Café More info at: www.sclca.com Help reduce food waste	12:00-1:30 Join us for Lunch Club Contact the centre to book 1:00-3:00 Family Table Tennis 	1:00-2:00 Spooky Story, Songs and Rhymes Join the Sunshine Team at The Hive, Whitehouse Community Centre 	10:30-12:00 Drop in Cafe Join us for a cuppa, chat and play 	9:00-3:00 Sensory room available today. Contact the centre to book 



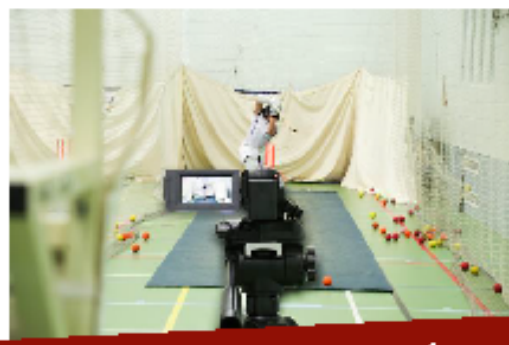
CRICKET COACHING MASTERCLASS

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
20th – 24th, 27th & 29th- 31st 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

www.cricketcoachingmasterclass.co.uk Proudly
Supported by



Quickscore

sporta
tours
Cricket. Football.



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.