

# LMS Matters

Tel No: 01908 508678

Email address: [office@longmeadow.milton-keynes.sch.uk](mailto:office@longmeadow.milton-keynes.sch.uk)

[www.longmeadow.milton-keynes.sch.uk](http://www.longmeadow.milton-keynes.sch.uk)

Issue: 14

Date: 12.12.25



Dear Parents and Carers

It was lovely to see so many of you at the **PALMS XMAS FAYRE** last week. As ever, the hall was filled with a lovely Xmas feel and it was so nice seeing everyone enjoying themselves with smiles on their faces, whilst raising money for the children of LMS with lots to do and see. A huge thanks to the PALMS team for their time and effort, to the school staff that were able to support and to the LMS community for coming and spending your hard earned money! This is just one of the great events PALMS run and I thank them from the bottom of my heart for every single penny they raise!

It was lovely to see both our **Year 1/2 CAROL CONCERT** and the **EYFS NATIVITY** taking place this week. Events like these make primary school such a wonderful place and we hope that you enjoyed the experience too. A huge well done to all the children that took part as well as all the staff who made this happen. It really felt like Christmas has begun!

Unfortunately, due to increased costs as well as poor pupil uptake, we have taken the decision to cancel our subscription to **DOODLE ENGLISH** and **DOODLE SPELL**. However you will still have full access to **DOODLE MATHS** and **DOODLE TABLES** so please keep using them as much as possible.

Our friends at **WILLEN HOSPICE** wanted to let you know about two lovely Christmas events happening soon. Firstly, their Santa Dash Date: Sunday 14th December - Time: 10am - Location: Willen Hospice Gardens. A fun and festive dash around their gardens - perfect for families looking to get into the Christmas spirit! And their Santa's Grotto Dates: 13th–15th December and 20th–22nd December - Timings: Available via their website. A magical chance for children to meet Santa and enjoy a festive treat. Please try and support them if you can.

Don't forget our **XMAS POST BOX** and delivery service is now up and running. This is an opportunity for children to send cards to each other and any staff members if they wish to. The post box lives in the school foyer, where cards can be posted before and after school. Our Year 6 elves empty it and deliver cards over lunchtime each day.

Please don't forget we are running a **FREE COFFEE AND NURTURE PROGRAMME INFORMATION MORNING**, so join us for a friendly drop-in and a relaxed coffee and chat with our visiting professionals. You can then discover what the Nurture Programme is all about, find out if it could be a great fit for you, ask questions and explore what's involved! We will also have lots of information on other **FREE** courses, and we are excited to chat about anything that catches your interest! Everyone is welcome, just drop in on 16th December at 10.15am. Come to the school main reception. Please also check out the information further on.

Next week sees us move into the final week before the Xmas break. On **WEDNESDAY** we have our **SCHOOL XMAS LUNCH** (if ordered) and **THURSDAY** is **XMAS PARTY DAY**. Please remember that on Thursday there will be **NO HOT SCHOOL LUNCHES** so if you have not already ordered a school packed lunch (the deadline has passed) you will need to provide your child with a party lunch from home. Friday sees us breaking up (finishing at normal time) with the children returning on **TUESDAY 6TH JANUARY** (school is closed for INSET on the 5th).

Have a lovely weekend together and I look forward to seeing you all next week for the final push towards a much needed break.

Mr Gray



## EYFS/KS1

### **Tadpoles**

**who achieved**

**100%**

### **KS2**

### **Hogweed**

**who achieved**

**100%**



## **TTROCK Stars**

**Weekly class champions!**

### **KS1**

### **Frogs**

### **KS2**

### **Foxgloves**



We are looking for some more **MIDDAY SUPERVISORS** to work with and support our children over lunchtimes – if this is of interest to you, or you know someone who might be interested, please contact Mrs Franklin, School Business Manager, via the school office. Come and join Team LMS!

# 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

Friday 12 December	Year 6 Learning Fair
Monday 15 December	Christmas Dash (PM)
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
Friday 19 December	Break up for Christmas Holidays
Monday 22 - Friday 2 Jan	Christmas Holidays
Monday 5 January	INSET Day
Tuesday 6 January	Spring Term starts

Stay & Play	
Wednesday 3 December	CANCELLED
Wednesday 17 December	CANCELLED

## LMS Safeguarding

### Parental Use of Cannabis

Clear Minds Safer Homes is a new Kent Safeguarding Children Multi-Agency Partnership campaign that challenges the myth that cannabis is “low risk”, highlighting how parental use can undermine supervision, decision making and emotional availability, while also potentially exposing children to illegal activity in and around the home, including drug dealing, unsafe adults and potential police involvement.

Use of cannabis can lead to:

- **Impaired supervision and decision making:** being intoxicated or heavily stoned can reduce a parent's awareness of risks, delay their responses, and make accidents or neglect more likely.
- **Emotional unavailability and inconsistent care:** regular use can affect mood, motivation and engagement, so children may experience unpredictability, poor routines and reduced emotional warmth.
- Find the resources here: <https://www.kscmp.org.uk/guidance/clear-minds-safer-homes>

## LMS Well-being

Next time you're stuck ruminating on a difficult decision or experience, try this: step back and observe your thoughts and feelings like a supportive friend would.

This approach—called "self-distancing"—cools down intense emotions like anger, anxiety, or embarrassment so you can think more clearly.

Five ways to use it:

### In your work

When receiving criticism, imagine it's directed at a colleague you respect, and ask yourself, "What's the useful takeaway here?"

### In your relationships

After an argument, replay it as a neutral observer, and ask, "What triggered us, and what could I do differently?"

### For personal growth

Picture yourself five years from now, and ask: "What will future me be glad I chose?"

If you were watching this situation like a movie, what would you notice about your reactions? Next time you need clarity, use your name in self-talk. E.g. instead of "Why do I feel this way?" try "Why is Alex feeling this way?"

# Congratulations to our Top Doodlers...

Parker W for his 365 day English streak; Layla A for her 365 day maths streak and Awadhya S for his 500 day English streak!

Well done



doodle



## Long Meadow Legends

**Tadpoles** – Summer-Rose for being Subitiser of the Week and Katie for applying phonic knowledge & strategies independently in choosing time.

**Minnows** – Sarah for her amazing energy & enthusiasm when singing our nativity songs.

**Sticklebacks** – Callum for amazing participation in RWI and always doing his learning with focus & pride.

**Frogs** – Elizabeth for some amazing writing in RE, remembering her capital letters, finger spaces & full stops.

**Newts** – Amaiya for her amazing attitude.

**Bracken** – Isra for excellent descriptive writing.

**Hogweed** – Thomas for consistently following the school rules & being a true friend.

**Foxgloves** – Amel for being such a kind & helpful member of the class.

**Hawthorn** – Ruby for showing growing confidence in her writing & having some great ideas.

**Ferns** – Alvin for settling in & working in a much more focussed way.

**Thistles** – Enzo for becoming a lovely member of Thistles class and working hard to learn the LMS ways.

### Sports Person of The Week

Sports person of the week is a whole class this week and it is Brambles, Year 6. This class had the best lesson of the week with me and their best lesson of the year so far! They were all super focused, engaged, demonstrating some excellent hockey skills and applying the rules in small games to show their learning throughout this half term.

# Join JBA Today

## What we offer

- Engaging, fun, weekly sessions built around the Badminton England Shuttle Stars programme.
- Safe, structured coaching tailored for players of all abilities.
- Delivered across 3 venues in MK.
- A friendly, inclusive environment designed to help every child thrive.

## Why join us

- Founded and led by a top 75 world-ranked international badminton player.
- We prioritise safety - coaches are safeguarding trained and are here to support your child.
- Fully qualified, insured coaching team formed by some of England's top players.

## WE ARE RECRUITING NOW

Jones Badminton Academy is launching new, weekly Shuttle Stars sessions this January and we are searching for children aged 5-11 to join us!

Come along to our next free to try recruitment festival on Sunday 14<sup>th</sup> December at Shenley Brook End School to try badminton before signing up.

Spaces are limited - register your interest now by scanning the QR code below or sending us an email or DM on social media.



[recruitment@jonesbadmintonacademy.co.uk](mailto:recruitment@jonesbadmintonacademy.co.uk)  
[www.jonesbadmintonacademy.co.uk](http://www.jonesbadmintonacademy.co.uk)  
[@jonesbadmintonacademy](https://www.instagram.com/jonesbadmintonacademy)

**REGISTER NOW**



## How Nurturing Programme Parent Groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now."

"We are having less family arguments and the household is a lot calmer."

"The group was fun. It's the only two hours I have for myself each week"

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."

## The 10-week Nurturing Programme for parents and carers

### Where:

Long Meadow School  
Art Room

### When:

16th December 10-15am

Join us for a friendly drop in, coffee and chat to discover the nurture programme and other free courses available.

### Contact details:

Please contact Emma Seaton (Learning Mentor/Family Support) for any further details.



Check out [familylinks.org.uk](http://familylinks.org.uk)  
for more information on  
*The Parenting Puzzle* book and  
the Nurturing Programme



The Centre for Emotional Health

## The Nurturing Programme

Information  
for parents  
and carers

How to get the best  
out of family life



The Centre for Emotional Health

[familylinks.org.uk](http://familylinks.org.uk)

Registered charity 1062514

## what is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it, and how it makes us feel.

## The Building Blocks of the Nurturing Programme



## Practical information

Partners are welcome and it's also fine to come on your own or with a relative or friend

There are ten 2-hour sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

Some groups provide a creche; check with group leaders beforehand

You need to come to all ten sessions as they fit together like a puzzle

the best chance in life

## what does it cover?

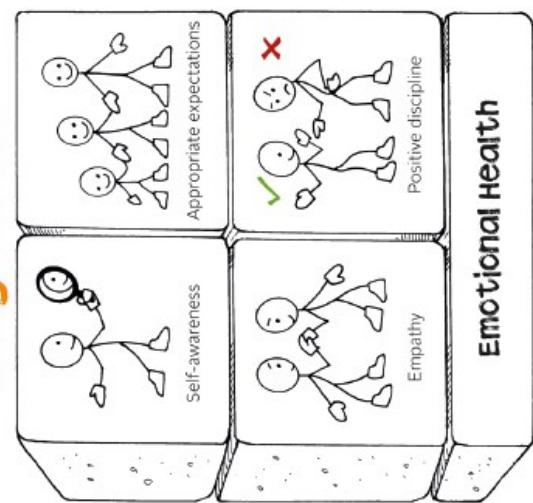
Over the 10-week Programme, you will look at lots of different topics, including:

**Understanding**  
why children behave as they do

**Recognising**  
the feelings behind behaviour (ours and theirs)

**Exploring**  
different approaches to discipline  
**Finding** ways to develop co-operation and self-discipline in children

**Learning** the importance of looking after ourselves





The perfect way for  
girls aged 5-11 to  
get involved with  
football

# Play Football

**FIRST TWO SESSIONS FREE**

\*booking & confirmation required



#LET  
GiRLS  
PLAY



TIME AND DATE

10am - 11am | SUNDAYS



LOCATION

Two Mile Ash School, Two Mile Ash

SCAN THE QR CODE  
FOR MORE  
INFORMATION

WHO WE ARE

TATTENHOE YOUTH FOOTBALL CLUB



NEXT STEPS

scan the QR code on the right register your interest & book  
your first taster session, or contact us to find out more

[girls@tattenhoeyleyouthfc.co.uk](mailto:girls@tattenhoeyleyouthfc.co.uk)





Safety Centre (Hazard Alley) Ltd

18 Carters Lane

Milton Keynes

MK11 3ES

01908 263009

[www.safetycentre.co.uk](http://www.safetycentre.co.uk)

Registered Charity Number: 1019093

Company Registered Number: 2709081

Dear Parents and Carers of Milton Keynes

**Has your child been on a school trip to Hazard Alley? Or maybe you remember visiting Hazard Alley when you were at school?**

For over 30 years The Safety Centre Charity has been delivering life saving education at its immersive education centre Hazard Alley.

This year we are taking part in the *Big Give Christmas Challenge 2025* - a national campaign to support small charities just like us.

Between **Tuesday 2nd - Tuesday 9th December 2025**, every donation we receive will be **DOUBLED**, which means double the impact.

Hear from our Christmas elves why this is so important to us. [Safety Centre Christmas Challenge 2025](#)

**What do I need to do?**

- Give the gift of safety this Christmas - [DONATE HERE](#)
- Share the link with any of your old school friends that also remember Hazard Alley

Warm wishes and a big thank you from all the team at Safety Centre Hazard Alley



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](http://tommyflowersscitt.co.uk)**





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.

# Cycling Santas '25



Community fun ride through CMK and on to Stadium MK with free MK Dons tickets. All welcome to register and join at any point.

**Saturday 13<sup>th</sup> December**

10.30am - Station Square, 12pm- MK Rose  
Finishing - 1pm at Stadium MK for 3pm match kickoff



Scan the QR code to book  
your Santa suit, free hire bike  
and/or free MK Dons match  
day ticket. Win prizes