

LMS Matters

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Dear Parents and Carers

I started this week with my assembly all about our **LMS LEARNING BEHAVIOURS**. When we use the word 'behaviour', we can quickly assume it means misbehaviour in the classroom. In fact, 'learning behaviours' allow you to become more motivated and determined to succeed. When you have the correct attitude to learning, you often excel. We always talk with the children about the different learning muscles that we have and encourage them to have a growth mindset – never saying, 'I can't do this'... but always saying, 'I can't do this **YET**.' Across the school, we have five different learning behaviours that we focus on so that we can become the best learners that we can be. This half term we have been focussing on **I AM CONFIDENT**. For us at LMS, confidence is about trying, even when something feels scary or uncertain. We believe confidence grows each time you try something new. Together, let's take a leap and believe in ourselves!

This week we also say a "see you soon" to **MISS MCPHEE** who starts her maternity leave next week. I know you will join me in wishing her all the very best with her first child and we all can't wait to see the pictures of her new arrival.

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. Just come to the school main reception. Please also check out the information further on.

Are you aged 4-18 and making the world a better place? Could your story inspire tens of thousands of other young people? SuperKind's Change-Maker of the year competition is looking for the UK's **MOST AMAZING YOUNG CHANGE-MAKERS**. You can find more details and how to enter further on in this newsletter.

Have you secured your discounted tickets to the **MK LIGHTNING ICE HOCKEY GAME EXPERIENCE**? The children had an assembly with them this week so are very excited!. Our day is Sunday 7th December at 5:30pm. You can get your tickets at <https://www.mk-lightning.co.uk/tickets/match-tickets/> using the code MKL25Longmeadow. Please remember that this is not a school event and it is your responsibility to attend with your own children.

A huge thank you to everyone that was able to support our **PALMS CLOTHING COLLECTION** today – there seemed to be lots of donations so fingers crossed for a bumper donation. Next Friday then sees our annual **CHRISTMAS FAIR** after school; as ever there will be games, treats, and seasonal fun! Santa's Grotto bookings are now open – keep an eye on the PTA page for updates. Also, don't forget the **PALMS NON-UNIFORM DAY** on **MONDAY**.

Finally this week, the **CYCLING SANTA 2025** is back . This is a community fun ride through CMK and on to Stadium MK with **FREE MK DONS TICKETS**. All are welcome to register and join at any point. If this is something that might be of interest to you, please see more information further on in this newsletter.

Finally this week, a gentle reminder to everyone that if you happen to come across some poor driving or parking around our school, we must remain civil to each other. Outbursts of swearing and aggression do not teach the children of our school how to interact with each other. As adults, we are role models to children and at the bottom of this is two minutes that you may need to add to your journey. Thanks in advance for your support.

Have a lovely weekend everyone!

Mr Gray



EYFS/KS1

Sticklebacks

who achieved

98.6%

KS2

Ferns

who achieved

98%



TTROCK Stars

Weekly class champions!

KS1

Frogs

KS2

Foxgloves



All children must have a CHANGE OF FOOTWEAR for OPAL PLAY. We will be going out more and more in the rain – so this is essential. Thanks again in advance.

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 27 November	Y1/2 Tour around MK (on the minibus)
Thursday 27 November	EYFS Maths Workshop (3.15-4.15pm)
Friday 28 November	PALMS Clothing Collection (The Little Recyclers 8.20-9am)
Monday 1 December	PALMS Non-Uniform Day (for Xmas fete)
Friday 5 December	Year 5 Civic Offices
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)
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
Friday 19 December	Break up for Christmas Holidays
Monday 22 - Friday 2 January	Christmas Holidays
Monday 5 January	INSET Day

Stay & Play	
Wednesday 3 December	CANCELLED
Wednesday 17 December	CANCELLED

LMS Safeguarding

Domestic Abuse Support App - Bright Sky by Hestia

Domestic abuse, whether towards a female or male partner, can significantly affect the children who live in that environment. Exposure to violence, coercion or ongoing emotional manipulation disrupts a child's sense of safety and can influence their behaviour, relationships and engagement in learning.

These situations are often hard to spot. Many victims work to hide what is happening, particularly from official agencies, due to fear of consequences for the abusive partner or worries about major upheaval for the family.

Hestia is a London-based charity that supports adults and children in crisis, delivering frontline services and campaigning nationally on issues such as domestic abuse, modern slavery and mental health. They have created the Bright Sky app, a free and discreet tool that helps people recognise signs of abuse, access specialist support and record concerns safely.

The Bright Sky app provides:

- A simple tool to help someone recognise signs of abuse and understand whether a relationship feels unsafe.
- A secure, optional journal for recording incidents or concerns that can later be shared with a trusted person or agency.
- A directory of national and local support services, making it easier to find the right help quickly.

To find out more, please follow the link: <https://www.hestia.org/brightsly>

LMS Well-being

While everyone is talking about the John Lewis ad, I want to give a shout out to Lidl. In the ad, a little girl starts to unpick what makes Christmas such a special time...

She points out how "everyone's a bit less grumpy", they smile more, give more and make more time for each other. And that laughter, kindness, and 'presentness' is what creates such a unique magic in the air. Then, right at the end, she drops the line that got me: "I think every day has a lot to learn from Christmas."

The reason that line is so powerful is because it's not really about Christmas at all; it's about what happens to us when we decide to see the best in life and each other. At Christmas, people consciously choose connection over convenience, gratitude over grumpiness, and they become intentional about joy.

However, you don't need tinsel or turkey to be your best self, you just need the mindset that Christmas brings out in people – every single day. The joy, generosity, and connection we dive headfirst into at Christmas aren't seasonal, they're skills! And just like any skill, the more we practise them, the better we get!

So quit waiting for THE special day and start celebrating EVERY day.

The little girl was absolutely right; every day really does have a lot to learn from Christmas.

Congratulations to our Top Doodlers...

Diana M for her 50 day English streak; Najib J for his 50 day maths streak; Noah C for his 100 day maths streak; Zayn A for his 365 maths streak and Dylan K for his 750 day maths streak!

Well done



doodle



Long Meadow Legends

Tadpoles – Kingsley for being Subitiser of the Week and Nidal for making us very proud this week – he has practised sharing & taking turns, listened to adults and tried his best every day.

Minnows – Foye for all his hard work and perseverance when writing his name in Early Work.

Sticklebacks – Antonio for always trying hard, being resilient and willing to learn.

Frogs – Arshmah for her love of learning and giving 100% to all she does.

Newts – Sophia for working really hard on her letter formation and Advaith for working really hard in maths this week.

Bracken – Edith for her excellent set of instructions.

Hogweed – Marc for having successful lunchtimes this week. Have a fabulous time in Romania.

Foxgloves – Summer for producing fantastic learning in Science & English this week.

Hawthorn – Isaac for an amazing setting description in English.

Ferns – Alice for her fabulous effort and attitude on the More Able Writer's day.

Thistles – Tilly for rising to the challenge and improved focus & attitude to her learning.

Brambles – Charlie for impressive problem solving in maths.

Teasels – Lara for being quietly confident and showing brilliant understanding in our writing sessions.

#PROUD

Sports People of the Week

Sports person of the week is Oliver B in Year 6 Teasels for a brilliant run and attitude at the inter-school cross country race this week. He and another child led from the front for the whole race before an excellent sprint finish at the end to win the race.

Oliver then went round to support another child helping to run alongside them to the finish line in a brilliant show of sportsmanship.

Cross Country:

We had a Y5/6 inter-school cross country competition this week with children from Giles Brook school coming here to race around the field. In wet, cold, muddy conditions, the children ran brilliantly showing excellent attitudes to their peers! Well done to:

Josh PY, Eli, Toby, Josh K, James, Zac, Naomi, Lois, Grace C, Erica, Valerie, Oliver & Roxie

#PROUD



Is your child 8-12 years old?
Do they currently have eczema?
Do you live in Milton Keynes?
Our group is for you!

Eczema MK

New peer support group for “Tweens” and their parents

Interested?

Come and meet us at: Milton Keynes Quaker Centre,
1 Oakley Gardens, Downhead Park, MK15 9BH

From: 18:15 to 19:45

On: Wednesday 12th November 2025

10th December 2025

Contact: Naomi 07359336128

for more details

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

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.



Check out 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

**FAMILY
LINKS**
The Centre for Emotional Health
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



what does it cover?

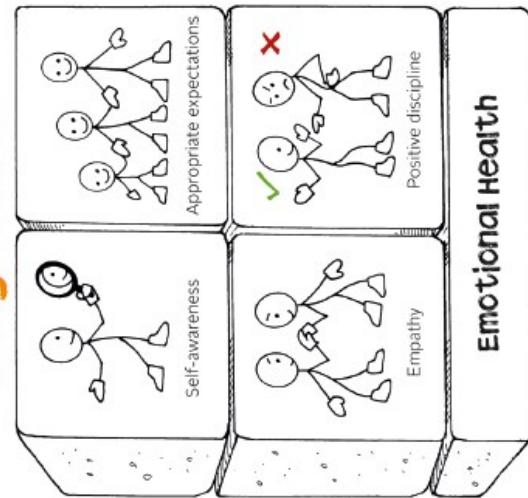
Over the 10-week Programme, you will look at lots of different topics, including:

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 best chance in life

SUPERKIND



YOUNG CHANGE-MAKER OF THE YEAR COMPETITION

Are you aged 4-18 and making the world a better place?
Could your story inspire tens of thousands of other young people?

SuperKind's Change-Maker of Year Competition
is looking for the UK's most amazing young change-makers.

Submissions can be made in text,
a video, or something visual.

Scan the QR code or visit
WWW.SUPERKIND.ORG/YOUNG-CHANGE-MAKER

for more information.
Entries close on December 19th 2025.





LONG MEADOW SCHOOL PRESENTS

Stay and Play Sessions

Run by the school's Deputy and Assistant Heads

Different theme each session

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

Only
£1 pp

Autumn Term 2025

17th September - Safari

1st October - Superheroes

5th November - Fireworks

17 th September	CANCELLED
1 st October	CANCELLED
5 th November	CANCELLED

CONTACT US FOR
MORE INFO

01908 508678

office@longmeadow.milton-keynes.sch.uk



FOR UNDER 5S

9am - 10:30am



THE
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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 13th 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