

LMS Matters

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Dear Parents and Carers

I was once again honoured to support one of our LMS sporting teams yesterday, as Mr Moran and I took a boys' cross country team to the County final at the impressive Stowe School. The boys did amazingly well as a team and we wait to see where they placed. Matthew, as ever, showed his natural ability, narrowly coming 3rd to two of his rivals. The boys gave everything they had and it was a true **#PROUD** moment. However, a casual conversation with one of the boys revealed more to me about sport and PE at LMS. In conversation I asked one of them, when did they realise they could run so well? They responded, "When Mr Moran picked me for the team in Year 4." This was then cemented by another family mentioning how, when Mr Moran suggested their son did a Park Run on the Sunday, which he did, he was hooked. He has now developed into one of the most consistent, graceful young athletes I have seen. This then reminded me of how wonderful Mr Moran is at giving children **OPPORTUNITY**. He works so hard to give children who want it the opportunity to participate and compete. Yes, there are times when as a school we have to pick the strongest team we can, but this is far outweighed by the number of children given the opportunity to experience and participate. I can assure you that not every school is like this and ours is due to Mr Moran. He joked yesterday that when this child is in the Olympics they must remember it was him who started this; I of course reminded Mr Moran it was me who employed him, lol!

Did you know that Love Productions have recently opened applications for the 12th series of **JUNIOR BAKE OFF**, a Channel 4 competition series celebrating Britain's young baking talent! They are looking for young, budding bakers between 9-15 years old and interested children can apply online at - www.applyforjuniorbakeoff.co.uk. Please see the flyer further on.

There is an exclusive 50% outreach discount for an upcoming live **ASTRONAUT EVENT** with Chris Sembroski who flew to space on the SpaceX Inspiration4 mission: the world's first all-civilian orbital space mission. Chris will be speaking about his mission to space, and the future of civilian spaceflight. Powerful, student-friendly insights about STEM careers, resilience, teamwork, and turning curiosity into opportunity, from someone who has actually been to space, 3 days of orbital spaceflight at an altitude higher than the International Space Station! As part of their educational outreach, all families from our school can attend for 50% off using code "MKstudent". The discounted price simply covers consumables and take-home benefits included with every ticket, including an autograph! More details: <https://thearmchairastronaut.co.uk/chris-sembroski> Saturday 7th March 2026. Cranfield, Bedfordshire.

On Friday 13th February, **THE SCHOOL COUNCIL** are inviting everyone to take part in **WEAR WHAT YOU LOVE DAY!** Children can come to school dressed in their favourite outfit, whether that's sportswear, a costume, comfy clothes, or something that simply makes them feel great. In exchange for a small donation, the School Council will be raising money for the school to support resources and activities that benefit all our children. It's a fun, easy way to show off a bit of personality while helping our school community, thank you in advance for your support.

GYMFINITY KIDS are holding an open weekend in Milton Keynes. The Ninja open day is Saturday 21st February and their Gymnastics open day is Sunday 22nd February. Their flyer is attached, simply scan the QR code and you can sign up!

Don't forget it is **LEARNING CONVERSATIONS** next week. As ever, staff try their hardest to keep on time, so please play your part in this and arrive in plenty of time for your appointment. Come in through the main entrance and then down the corridor to your child's class. If you are now unable to make your appointment, please email the school as soon as possible. These are a vital part of the home-school relationship.

Have a great weekend all and I can't wait to see you next week.

Mr Gray



EYFS/KS1

Newts

who achieved

97.8%

KS2

Bracken & Foxgloves

who achieved

99%



TTROCK Stars

Weekly class champions!

KS1

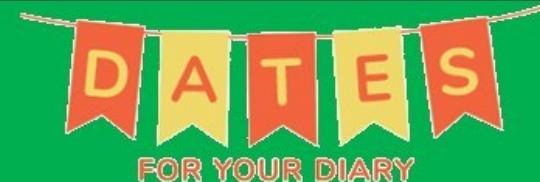
Frogs

KS2

Bracken



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

Spring Term 2026

| | |
|-----------------------|--|
| w/c 9 February | Children's Mental Health Week |
| w/c 9 February | Parent Consultations |
| Tuesday 10 February | Safer Internet Day |
| Wednesday 11 February | PALMS Donut Day (3.15pm - £1 each, cash only) |
| Friday 13 February | 'Wear What You Love Day' - School Council Fundraiser |
| Friday 13 February | Last day of half term |
| 16-20 February | Half Term |
| Monday 23 February | Spring Term 2 begins |
| Thursday 5 March | World Book Day |
| Friday 13 March | Year 5 West Ashland Fire Station visiting |
| w/c 16 March | Year 6 Mock SATs |
| Monday 16-19 March | Book Fair (3.15-3.45pm) |
| Tuesday 17 March | Year 3 Residential Parent Meeting (5-6pm) |
| Thursday 19 March | Year 3 Brioche Pasquier |
| Friday 20 March | Comic Relief |
| Monday 23 March | Year 6 Bletchley Park |
| Tuesday 24 March | Year 6 Bletchley Park |
| Wednesday 25 March | EYFS & KS1 Awards Assembly (9.10am) |
| Wednesday 25 March | Year 3 & 4 Awards Assembly (2.15pm) |
| Wednesday 25 March | Year 4 Residential Parent Meeting (3.15pm in Y4 class) |
| Thursday 26 March | Class Photos |
| Thursday 26 March | Year 5 & 6 Awards Assembly (2.15pm) |
| Friday 27 March | Last day of Spring Term |
| 30 March - 10 April | Easter Holidays |
| Monday 13 April | INSET Day |

LMS Safeguarding

Studies on Mental Health Admissions to Medical Wards - The Lancet

The Lancet is a long-established international medical journal that publishes peer-reviewed research used to inform health policy and practice, including in the NHS. Recently, it published an article examining national trends in children and young people being admitted to hospital for mental health concerns in England over a ten-year period. The study shows that far more children and young people are being admitted to hospital for mental health reasons than a decade ago, and that this increase is much greater than the rise in hospital admissions for physical health. This suggests a long-term change in demand, rather than a short-term effect linked only to the pandemic.

The rise in admissions is not evenly spread. It is concentrated particularly among girls aged 11–15, with self-harm accounting for over half of admissions, and eating disorders showing the fastest growth. In this age group, mental health admissions now make up a substantial proportion of all hospital admissions.

Most hospital stays for mental health concerns are short, often lasting a few days, and appear to be used as a place of safety or stabilisation. However, a smaller group of children experience much longer stays, especially those admitted with eating disorders, which are far more likely to involve extended hospitalisation. The study also found that repeat admissions are common. Around one in seven children admitted for a mental health concern were readmitted within six months, particularly those who were older, female, or had eating disorders or existing medical conditions.

Finally, the authors highlight that acute medical wards are increasingly being used to manage mental health crises despite not being designed or resourced for this role. This reflects wider pressures and gaps in community and specialist mental health services, rather than failures by individual professionals or families.

A key tension highlighted by the report is that rising mental health crises are occurring alongside limited access to community CAMHS support. Despite appropriate referrals from schools and other professionals, many children do not meet thresholds, face long waiting times, or have referrals closed before treatment begins. As a result, risk is often held in school for extended periods, until a crisis escalates to the point where hospital admission becomes the only available response.

You can read the full article here: [https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(24\)00333-X/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(24)00333-X/fulltext)

LMS Well-being

Negative capability is the ability to have two different ideas in your head at the same time. This is super useful in relationships because love is full of contradictions, messiness and mixed messages.

For example, mild irritation can sit alongside love. Even though your partner might be driving you mad saying the cushions need to be placed in a certain way, you still adore them. In the same vein, imperfection can sit alongside lust.

Negative capability is also useful for those moments when you say one thing but mean another. For example:

“I’m fine” = Actual meaning: “I am absolutely not fine and yes, it is your fault.”

“Have you emptied the bin?” = Actual meaning: “I know you haven’t emptied the bin. I am giving you one last chance to redeem yourself.”

“I don’t mind where we eat.” = Actual meaning: “I really do mind where we eat and if you really loved me, you would know the answer.”

Negative capability means you don’t have to attend every argument you’re invited to. Used wisely it saves you from spontaneously combusting, bickering, silent treatment or getting divorced. It’s the cornerstone of love.

Congratulations to our Top Doodlers...

Ali J for his 100 day streak
and Ivy M for her 500 day
streak!

Well done



doodle



Long Meadow Legends

Tadpoles – Archer for being thoughtful, kind & making us laugh every day.

Minnows – Amaari for being Subitiser of the Week and Jamie-Lynn for always demonstrating LMS learning behaviours; being a good friend & being an all round superstar!

Sticklebacks – Isobel for super participation in PE (gymnastics) lessons.

Frogs – Rayan for always trying his best in all his lessons & settling well into LMS.

Newts – Sophia for working on her fire engine model with enthusiasm & resilience.

Hogweed – Theo for being amazing! #PROUD

Bracken – Holly for creating a lever in DT – she listened carefully & demonstrated resilience.

Hawthorn – Kyran for an excellent mini adventure story.

Foxgloves – Seraiah for writing a fantastic adventure story.

Ferns – Milly for an amazing attitude toward learning & for always being polite & gentle with peers & adults.

Thistles – Joshua for showing more confidence & trying his best.

Brambles – Hudson for his fantastic enthusiasm across all his learning, particularly maths.

Teasels – Jayden for demonstrating great confidence in all lessons.

Sports Person of the Week

SPOTW this week is Evie-Grace H in Year 5 for her amazing effort and attitude towards girls' football club this week. She has improved her ability in football in each week and was able to apply these skills into a small game, showing some excellent dribbling and tackling with a super 'can do' attitude!

#PROUD



MILTON KEYNES DONS VS CRAWLEY TOWN

17TH FEBRUARY 2026 • KO. 7.45PM • STADIUM MK

BE PART OF IT

APPLICATIONS ARE NOW OPEN

JUNIOR BAKE OFF

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

AGED BETWEEN 9-15 AND WANT TO GIVE
YOUR BAKING SKILLS A GO?

WE WANT TO HEAR FROM YOU!



LAST CHANCE TO APPLY 15TH MARCH 2026





FREE FUN FOR ALL THE FAMILY!
MOST SUITABLE FOR 5-16 YRS
**SCIENCE
BAZAAR**

OXFORD
BROOKES
UNIVERSITY

Saturday 21 February 2026

9:30am - 11:30am Relaxed autism-friendly early opening
11:30am-4pm Open to all

Fun activities, hands-on workshops, experiments, talks, show, competitions and cafe



www.brookes.ac.uk/sciencebazaar
sciencebazaar@brookes.ac.uk



@OxfordBrookesPublicEngagementResearch



@oburesearchpublicengagement

Oxford Brookes University, Headington Campus, OX3 0BP

**MORGAN
SINDALL**
CONSTRUCTION

NO PARKING ON SITE EXCEPT FOR ACCESS NEEDS



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.



LONG MEADOW SCHOOL

Garthwaite Crescent, Shenley Brook End,
Milton Keynes MK5 7XX

Tel: 01908 508678

e-mail: gemmafranklin@longmeadow.milton-keynes.sch.uk

NOR: 390

Headteacher: Philip Gray

Midday Supervisor (Part of our OPAL Play Team)

**Permanent
GRADE A (£25,185 FTE)**

**5 hours per week 12pm – 1pm Monday to Friday
Term time only plus inset, paid 38 weeks per year**

We are looking for someone who:

- is sensitive to the needs of individual children
- has high expectations
- encourages children in relation to healthy eating practices and appropriate behaviour and engages in their play
- is a good 'team player'
- has good communication and organisational skills
- is reliable, trustworthy and can work within schools' policies, including safeguarding

For further details please contact the school office or visit our website

<https://www.longmeadow.milton-keynes.sch.uk>

This post requires a Disclosure and Barring Service check.

Numerous roles needed ASAP

The school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. We are an equal opportunities employer.

NINJA KNIGHTS OPEN DAY

FREE
EVENT

Gymfinity Kids
CLUBS

BOOK YOUR
PLACE!



NON-MEMBERS
ONLY

50 MINS
OF FUN ON
THE GYM FLOOR



Date: Saturday 21st February
Location: Gymfinity Kids Milton Keynes

Experience the world of Ninja Knights - twist, turn, jump and parkour roll in our fully equipped gym! And get front row seats to an awesome Ninja skills demonstration from our team of superb ninja pros.

GYMNASTICS OPEN DAY

NON-MEMBERS
ONLY

& MEET OLYMPIC MEDALLIST
BETH TWEDDLE

BOOK YOUR
PLACE!



FREE
EVENT

Gymfinity Kids
CLUBS



50 MINS
OF FUN ON
THE GYM FLOOR

Date: Sunday 22nd February
Location: Gymfinity Kids Milton Keynes

Give gymnastics a go and explore the Gymfinity Kids gym apparatus alongside **Olympic Medallist, Beth Tweddle**, & our coaches! Finish the experience with a talk & photo opportunity with Beth, plus a special viewing of her Olympic medal.