

LMS Matters

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Issue: 22

Date: 27.02.26



Dear Parents and Carers

A warm welcome back to this second half of the Spring term. It's been nice this week to see that unusual golden sphere in the sky – I wonder if it will turn up next week at all.

This week saw **PALMS** run their new and improved **MOVIES AND MUNCHIES** and **GAMES AND GOODIES**. There was a lovely feel to this after school on Wednesday, with everyone who stayed relaying that they enjoyed chilling with their friends and stuffing their faces with popcorn. A massive thank you to **PALMS** for running this and also to all of the school staff that stayed to ensure this event went ahead. It means a lot. I hope all the children had a great time.

After a recent review of our morning and afternoon procedures, I would like to inform you that the **SCHOOL GATE** on **FOSSEY CLOSE** will now **REMAIN CLOSED PERMANENTLY**. This is to ensure that we have only 2 clear points of entry and exit which allows us to monitor them closely. Thank you for your support in this matter.

The **HENRY ALLEN TRUST EASTER EGG APPEAL** is back! And Team Henry needs your help. Can you help Team Henry continue Henry's last wish? Could you kindly donate a Cadbury's Creme Egg, Easter Egg, Easter Confectionery, Brand New Easter Bunny Cuddly Toys, Easter Games or Easter Arts and Crafts? Team Henry would love the local community to get involved, if you would like more information on how to purchase items via their Amazon Wish List, please visit: www.thehenryallentrust.org.uk. Please help Team Henry continue to spread some 'Henry's Happiness' this Easter time to Children and Families Battling Childhood Cancers. With your help Team Henry will put smiles on children's faces and create some magical memories with your donations. Hope, Dream, Believe and help Team Henry achieve this Easter.

Join **MAKEWELL** for a powerful lunchtime session designed especially for **SEND PARENTS** where they will explore The Confidence Star – a transformational tool that uses four simple, positive affirmations to help children build inner strength, resilience, and self-belief. Created by mindset and confidence expert Ife Thomas, The Confidence Star gently equips young people to counteract negative self-talk and grow confidence from the inside out, giving you practical strategies to support your child's emotional wellbeing every day. This session will leave you feeling inspired, equipped and uplifted as they share how small daily shifts in how we speak to ourselves can make a big difference in the lives of our children. See their flyer further on.

We are looking forward to celebrating **WORLD BOOK DAY** on Thursday 5th March and this year our theme will be Illustrators – Bringing Stories to Life. Throughout the day, the children will be taking part in a range of creative activities focused on illustration. These will include exploring the work of well-known children's illustrators, discussing how pictures help tell a story, and creating their own illustrations. We will also be running a whole-school illustration competition, where children will illustrate the ending of a given story. To help make the day even more special, children are welcome to dress up, although this is completely optional. The theme of the day is illustrators, so ideas might include: dressing up as a favourite book character, dressing as an illustrator (for example, with a sketchbook or pencils), wearing something inspired by a book with strong illustrations. There is absolutely no expectation to buy anything new - simple, creative ideas are perfect, and children are very welcome to come in normal school uniform if they prefer.

Mr Gray



EYFS/KS1

Newts

who achieved

97.7%

KS2

Hawthorn

who achieved

100%



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

Wednesday 25 February	PALMS KS1 Movies & Munchies (3.15-5pm)
Wednesday 25 February	PALMS KS2 Games & Goodies (3.15-5pm)
Thursday 5 March	World Book Day
Wednesday 11 March	EYFS Literacy Workshop (3.15-3.45pm)
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
Tuesday 14 April	Summer Term 1 begins

LMS Safeguarding

AI Artificial intelligence (AI) chatbots are computer programs that aim to act like humans. They answer questions and engage in conversation. Chatbots have many uses – you might have used one before without realising, e.g. websites often use them to help answer customer questions. Chatbots usually work through typed messages, but some can also create images or use voice and video. Around two-thirds of children aged 9 to 17 are using chatbots. The most popular ones are:

- General-purpose chatbots – perform a variety of tasks like helping with homework, e.g. ChatGPT and Google Gemini
- Companion-style chatbots – designed to act like friends or even romantic partners, e.g. Replika and character.ai
- Chatbots integrated within social media – e.g. Snapchat's 'My AI'

When AI chatbots are used safely and with the right measures in place, they can be helpful for children, e.g. for education or entertainment. However, it's important to be aware of the risks associated with AI chatbots. To learn more about the risk and how you can help at home, please see the attached parent and carer fact sheet.

LMS Well-being

When I was a kid, Pancake Day was simple. Lemon. Sugar. End of discussion. And to be fair, it was magnificent. Somewhere along the way, we decided simple wasn't enough anymore and we lost the plot. Pancakes now come with salted caramel drizzle, Belgian chocolate shavings and blueberries with more air miles than I'll ever have.

And life has followed suit. More goals. More pressure. More expectations. More apps. More choice of, well... everything! We end up 'Musthaving' It's when you turn things you'd like to have into things you absolutely MUST have! It's a national obsession. We're a nation of musthavers!

Enter the Swedish word we could all borrow: Lagom. The one-word English translation is 'sufficiency' or 'enoughness'. Not too much, not too little – just enough. You can have a lagom amount of food on your plate, set your thermostat to a lagom temperature and have a lagom number of shirts, tops and shoes. Lagom is the antidote to chasing more. We're subtly taught: 'When you get more... you'll be happy', hence we chase more. We musthave like crazy, lusting after more success, money, achievements and scented candles. But Lagom gently taps us on the shoulder and says, 'Mate... the pancake's already amazing.'

Bottom line? Sometimes more doesn't add joy – it just adds complication and indigestion.

So here's a final thought, I'm calling it the great Pancake Day reality check...

Maybe we don't need more goals, more pressure or more personal development podcasts played at 1.5 speed. Maybe we just need to remember lagom. Stop chasing, quit 'musthaving' and learn to live in the Goldilocks zone of not too much and not too little.



Congratulations to our Top Doodlers...

Ebun B for her 50 day streak.

Well done



doodle



Long Meadow Legends

Tadpoles – Emma for impressing us all with her hard work & determination.

Minnows – Alayna for being Subitiser of the Week and Ciel for being an all round superstar!

Sticklebacks – Mollie for amazing listening and for being a role model to her class.

Frogs – Atenea for improved effort in her handwriting, she really put in 100% effort & received our Books are King crown!

Newts – Leyla–Anna for really taking her time & putting a lot of care & attention into her history learning.

Hogweed – Awadhya for amazing effort & concentration.

Bracken – Florence for her excellent effort with her writing.

Hawthorn – Tani for superb effort in maths this week.

Foxgloves – Mia for always working hard & trying her best.

Ferns – Arshika & Lauren for settling in so beautifully – they are a pleasure to have in class.

Thistles – Ian for working harder and showing more focus.

Brambles – Aiden for a fantastic start back after half term.

Teasels – Anson for epic algebra learning in maths!

Sports Person of the Week

Sports person of the week is Iris J in Year 6, for her brilliant start to our new Indoor Athletics topic. She worked hard through the lesson, performing well in a variety of different running, jumping & throwing activities showing good technique.

We've also had 2 brilliant mornings at Climb Quest this week. A group of children from KS2 spent a morning each at the centre, taking part in lots of climbing activities. They showed amazing self confidence, bravery and belief to take on the challenging walls, with some even braving the giant slide.

Well done to:

Y3/4 – Jamal, Chido, Sienna, Cohen, Noah, Ruby, Layla

Y5/6 – Ian, Josh PY, Grace C, Mari, Aiden, Daisy, Lacey, Eva

#PROUD

Leon Leisure Centre

Over 8's Swimming LESSONS

**ENROLL
NOW**

Weekday and Weekend availability!

Beginner swimming lessons for children over 8 years old



The perfect lesson for nervous swimmers

swimbookings@liftsirherbertleon.org

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Lift Sir
Herbert Leon

Leon



LONG MEADOW SCHOOL

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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

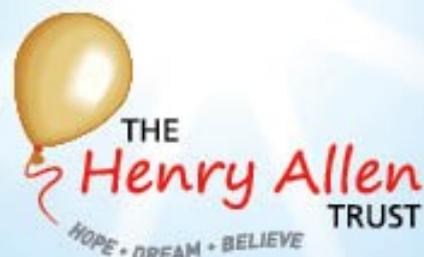
For further details please contact the school office or visit our website
<https://www.longmeadow.milton-keynes.sch.uk>

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.

As well as Easter eggs we are asking for
Easter Themed Games · Colouring Books
Activities · Arts & Crafts · Confectionery



A list of EggstraSpecial EasterWishes

Can you help
Team Henry and
the Easter chicks by
donating Easter treats
for Children, teens,
young adults and
their families battling
childhood
cancer

If you would like to donate a treat from our Amazon Easter
Wish List please visit <http://bit.ly/THATEaster>

Alternatively, if you would like to fundraise for us or donate to help support
families battling childhood cancer please visit <https://www.justgiving.com/henryallentrust> or send a donation via PayPal enquiries@thehenryallentrust.org.uk



Spreading Some Henry's Happiness This Easter
www.thehenryallentrust.org.uk

Registered In England & Wales Registered Charity No. 1156701

MONDAY 2ND MARCH 2026

LUNCH SESSION

With mindset and confidence expert – IFE THOMAS

The Confidence Star

Transforming childrens inner strength & **self-belief**.

Counteract Negative self-talk & grow inner **confidence**.

Practical **strategies** for your childs emotional wellbeing.

Feel Inspired, Equipped & Uplifted

I AM SOMEBODY!
I AM GOOD ENOUGH!
I CAN DO ANYTHING!
I LIKE MYSELF!

SEND PARENT
SUPPORT GROUP

A **transformational tool** that uses four simple, positive affirmations to help children build inner strength, resilience, and self-belief.

Ife Thomas

make
well



**Easter
Break**

Holiday Adventure Clubs @The Caldecotte Xperience



Action-packed days your child will love — and you'll feel good about booking!

Looking for an active, outdoor holiday club that gets children off screens and into fresh air? Our Holiday Adventure Clubs offer safe, supervised fun, packed with confidence-building activities, led by experienced instructors.



**Ages
5 - 15**

£37.50 per day
9:00am – 5:00pm

**Ofsted
registered**

Childcare vouchers welcome

Dates

**30th March -
10th April**

(Excluding weekends
and Bank holidays)

Early bird offer

Use code
EARLYBIRDADVENTURE
to get 10% discount.
Expires: 8th March 2026

**Scan
to book**



Places fill quickly

- ✓ Extended day option (8:30 am-5:30 pm)
for an additional **£5.00**



What's included

Every day is designed to help children **move, explore, build confidence and make friends** – all in a safe, supportive environment.

Activities may include

- Water sports & bushcraft
 - Climbing & abseiling
 - Arts & crafts
 - Bouncy castle & zorbing
 - Scavenger hunt & rocket challenge
 - Team games & confidence-building challenges
- (Activities vary by age, weather and day)*



Why parents choose Action4Youth

- ✓ Delivered by **highly experienced, qualified instructors**
- ✓ Safe, supervised outdoor environment
- ✓ Children grouped by age
- ✓ Focus on confidence, resilience and teamwork
- ✓ A fun alternative to traditional holiday childcare

Scan the QR code for information on activities and to book a place



Places fill quickly

Unforgettable adventures – without the overnight stay.

Perfect for the Easter holidays!

Action4Youth Ltd
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**ACTION
4YOUTH**