

LMS Matters

Tel No: 01908 508678

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

www.longmeadow.milton-keynes.sch.uk

Issue: 25

Date: 20.03.26



Dear Parents and Carers

Many of our families are celebrating **EID** this week. Eid is a special celebration for Muslims that marks the end of a time of fasting, reflection, and kindness. It is a joyful occasion when families and friends come together to share meals, give gifts, wear their best clothes, and spend time with loved ones. Many people also give to charity during Eid, helping those who may be less fortunate so that everyone can share in the **खुशी** of the day. It is a time filled with happiness, gratitude, and togetherness. One of the most important messages of Eid is thinking about others - showing generosity, patience, and compassion in our daily lives. No matter what our beliefs are, we can all learn from Eid by taking time to be thankful for what we have, helping those in need, and making an effort to include and care for others. It reminds us that small acts of kindness and a strong sense of community can make a big difference too.

The casting team at Five Mile Films in Bristol are currently casting a warm new BBC series called **WILL YOU BE MY FRIEND?** about childhood friendships. They're looking for children aged 5 to 8 who find it hard to make friends - whether that's feeling shy, getting overwhelmed around other children, or struggling in social situations. Across three half-days, child psychologists help each child build confidence and social skills, before they are sensitively matched on a play date with a potential new friend from their local area. Filming will take place during the summer holidays in July and August. Parents can apply at <https://bemyfriend.tv>.

Did you know that there is a small local initiative called **DANIEL'S CARE** based in Wolverton. Daniel's Care provides basic school essentials to children who may otherwise go without, including items such as plain school jumpers, PE kits, backpacks, water bottles and stationery. Daniel's Care aims to quietly remove those barriers by providing practical support to families in the local community. Families are able to request support directly and discreetly through a short online form. See the attached poster with a QR code which families can use if this is something that may be helpful.

UDOITDANCE are excited to let you know they will be putting on a **FREE** dance camp this Easter holidays for children and young people across Milton Keynes! This camp is free and open to all. The camp will take place on 30th & 31st March between 10am-2pm and children will have the opportunity to learn more about street dance, take part in activities, receive free lunch and snacks and take part in a beatboxing workshop! (30th only). They have limited spots available for this so be sure to book in whilst you can.

PALMS are introducing a brand new event to the calendar this year - a **COLOUR FUN RUN** taking place on the school field on Friday 1st May! Bookings can be made at <https://pta.events/colourrun26> (all children must be accompanied by an adult). Full details in the email sent yesterday and the flyer further on in this newsletter.

A huge well done to our Year 5 children who have thoroughly enjoyed taking part in their **BIKEABILITY** sessions this week. Throughout the programme, pupils have been learning how to ride safely and confidently, developing important skills such as signalling, road awareness, and understanding how to navigate different traffic situations. It has been wonderful to see their confidence grow with each session, as well as their enthusiasm for staying active and safe. Bikeability not only helps children become more independent cyclists, but also encourages responsibility and awareness - skills that will support them both on and off the road.

Thank you all for supporting **COMIC RELIEF** today with non school uniform. As a school community we can make a big difference to people less fortunate than ourselves. Donations can still be made using the link: <https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=20540>.

Finally this week, a huge well done to Year 6 who have completed another set of mock **SATS** - they are working so hard and we are #PROUD of them all.

Mr Gray



EYFS/KS1

Minnows

who achieved

100%

KS2

Foxgloves & Ferns

who achieved

98.7%



TTROCK Stars

Weekly class champions!

KS1

Frogs

KS2

Bracken



**LEGOLAND
INSET DAY
TICKETS!**

**[https://
pta.events/
LegolandApril](https://pta.events/LegolandApril)**

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

Monday 9 March	EYFS Visit to the Library
Wednesday 11 March	EYFS Visit to the Library
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)
Weds 18-20 March	Year 5 Bikeability
Wednesday 18 March	Year 1/2 Learning Fair
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	PALMS Easter Crafts KS1
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)
Thursday 26 March	PALMS Easter Crafts KS2
Friday 27 March	PALMS Easter Hat Day
Friday 27 March	Last day of Spring Term
30 March - 10 April	Easter Holidays
Monday 13 April	INSET Day

LMS Safeguarding

Approaching Grooming, A Guide for Adults - First Light

First Light is a UK charity supporting people affected by sexual violence and domestic abuse, delivering counselling, advocacy and specialist support services across the South West of England, including Devon, Cornwall, Wiltshire and Gloucestershire. Alongside their frontline work, the organisation publishes practical guidance to help adults recognise and respond to risks faced by young people. Their resource hub includes accessible articles such as Talking to Young People About Grooming, explaining how grooming develops, warning signs to look for, and how adults can have supportive conversations with young people. www.firstlight.org.uk/online-support/talking-to-young-people-about-grooming-a-guide-for-adults/

LMS Well-being

We often believe that emotional reactions are random or uncontrollable, and that anger, anxiety, or shame just happen without warning or logic.

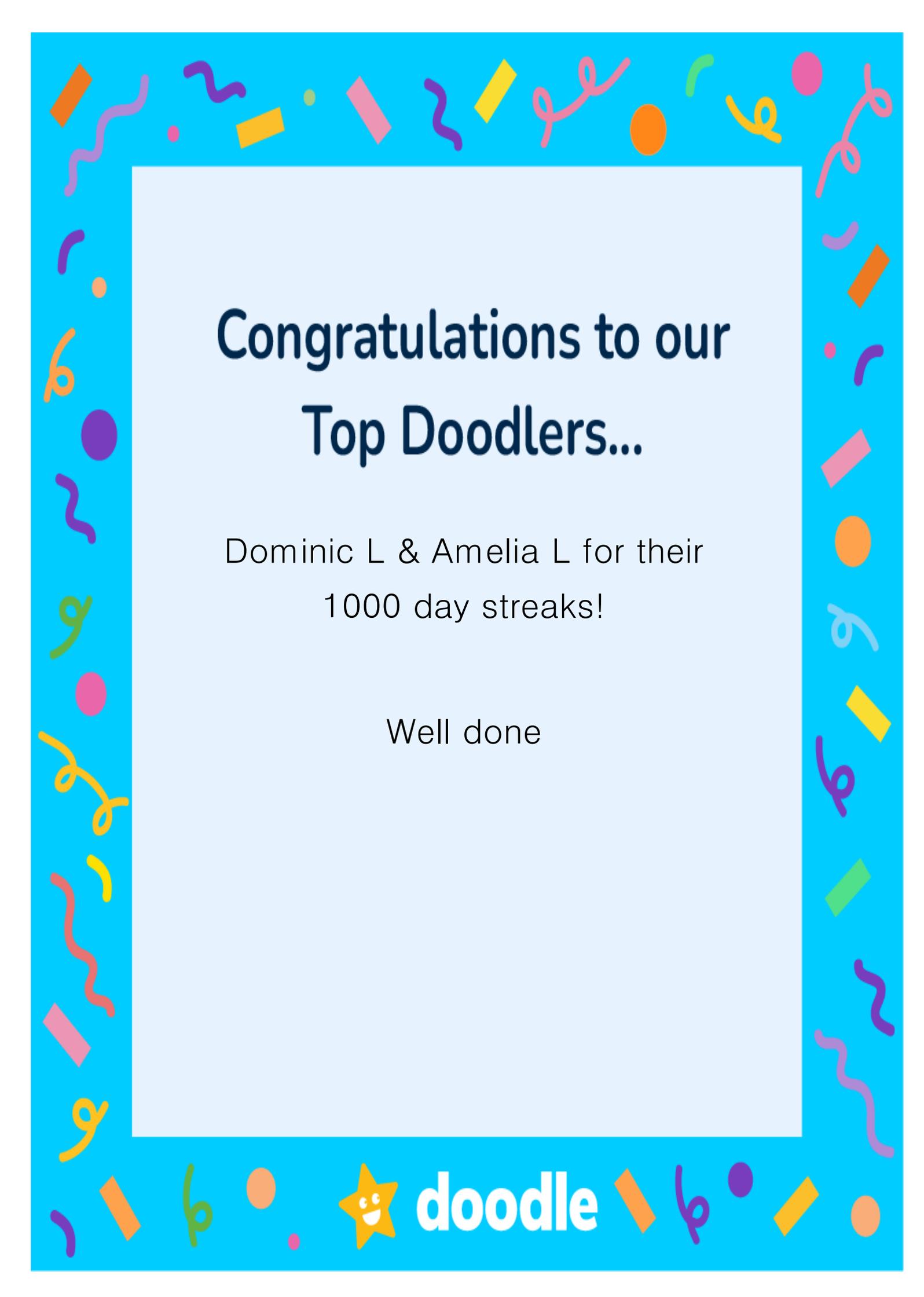
But feelings are predictable. The same situations trigger default responses and behaviours that lead to consistent outcomes, whether helpful or harmful.

The problem isn't our emotions—it's that we haven't learned to recognise these patterns. And, without this meta-awareness, we're doomed to repeat the same cycles.

Learning to identify your emotional habits—to notice your feelings, what triggers you, and how you respond—allows you to move from being victims of your emotions to observers of your own inner processes.

There is a free tool - [The Emotion Meter](#) - which helps people learn to accurately identify and label their emotions, creating the foundation for recognising patterns and choosing new responses.

Try it if you think you are stuck in repetitive emotional cycles, struggling with self-awareness, or working to break unhelpful behaviours.



Congratulations to our Top Doodlers...

Dominic L & Amelia L for their
1000 day streaks!

Well done



doodle



Long Meadow Legends

Tadpoles – Summer–Rose for being Subitiser of the Week and Jessica for persevering & not listening to the voice in her head that says “I can’t”.

Minnows – Jamie–Lynn for always being a kind & supportive friend.

Sticklebacks – Esmae for working really hard in maths.

Frogs – Mara for excellent imagination when writing ideas on using strength as a super power.

Newts – Giovana for her amazing attitude to her learning.

Hogweed – Leo for being a good friend & for trying his best – especially in English.

Bracken – Dylan for amazing improvement on his presentation!

Hawthorn – Noah for joining the class more in the afternoons & listening carefully in DT & science.

Foxgloves – Eden for working hard in English lessons, sharing her ideas & writing sentences with correct punctuation.

Ferns – Rayan for his quiet focus & great effort.

Thistles – Naomi for resilience; even when things change you have kept on smiling & joining in.

Brambles – Amy D for showing a fantastic change in attitude.

Teasels – Lacey for being cool, calm & collected & smashing her mock SATs!

Brambles & Teasels for fantastic efforts in their last set of mock SATs.

Sports Person of the Week

SPOTW this week is Suriya in Early years. This week, we've had a focus on what balance means. He was able to explain it meant 'to hold your body still,' before demonstrating some excellent balances using different points of the body. He then continued this with the challenge of balancing a beanbag on himself whilst holding his shape!

A huge well done to the following children who also represented us in an event at the Gymnastics centre. They showed the true LMS values all afternoon, showing some wonderful abilities on the different apparatus, receiving compliments on their control, confidence and behaviour

Y5 – Zac, Ryan, Ruby

Y6 – Lacey, Ivy, Shaan

Shop • Sell • Save

Save up to 90% on nearly new baby and children's items

mum2mum
market
NEARLY NEW SALES
MILTON KEYNES

Stall Booking & Info



Sat 25th April 2:30–4:30pm
Sat 6th June 2:30–4:30pm
Sat 4th July 2:30–4:30pm

Shenley Brook End School
Walbank Grove
Shenley Brook End
Milton Keynes
MK5 7ZT

Clothes • Toys • Books • Equipment

Mum2Mum Market Berks, Beds and Bucks
 @mum2mum_market_miltonkeynes
 miltonkeynes@mum2mummarket.com
 www.mum2mummarket.co.uk

ALINA BRASS
MUSIC
FROM THE
MOVIES
FAMILY CONCERT

Saturday 18 April, 1pm
at The Stables, Milton Keynes

Featuring music from Frozen, Pirates of the Caribbean, Coco, Toy Story and many more film favourites...

Come dressed as your favourite film or TV character – or bring your favourite doll or toy.

Book at **stables.org** or call the box office on **01908 280800**

We look forward to seeing you soon!

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

01908 624725

Fern Grove, Bletchley, Milton Keynes MK2 3HQ

Made with PosterMyWall.com



Lift Sir
Herbert Leon

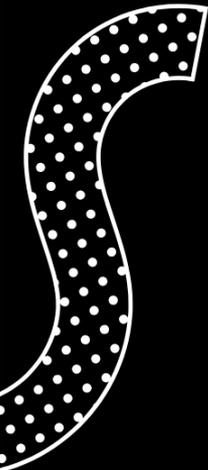
Leon



30TH-31ST
MARCH
MILTON KEYNES



FREE
street dance
EASTER CAMP



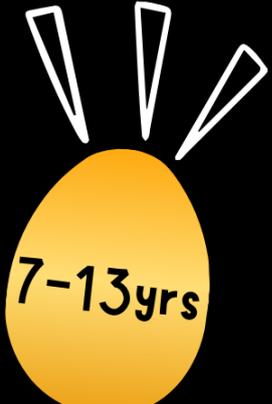
Learn about street dance

Interactive activities

Food & snacks provided

Beatbox workshop (30th)

Arts & Crafts



7-13yrs



30th -31st March 10am-2pm
Venture Church (Previously MKCC) Strudwick Dr,
Oldbrook, Milton Keynes MK6 2TG

Registration → nadia@udoitdance.co.uk
caroline@udoitdance.co.uk





DANIEL'S CARE

SUPPORTING CHILDREN AND
FAMILIES IN MILTON KEYNES

School essentials for local children
A small, discreet community initiative based in Wolverton.

We provide practical items such as:

Plain school jumpers
Non-branded PE kits
Backpacks
Water bottles
Pencil cases & stationery

Families can request support directly using the QR code below.

We will always do our best to provide requested items, depending on availability.



Scan the QR code to request support

TYFC KICKSTART!



FIRST SESSION
FREE!



5:30PM – U7 & U8

6:30PM – U9 & U10 Then just £5 per session!



Every Thursday



Rickley Park School / Medbourne Pavilion



Tattenhoe Youth FC are launching TYFC Kickstart!
A new foundation training sessions for Year 2 to
Year 5 children looking to start playing football for
the first time or looking to get back playing the
beautiful game.

Delivered by our DBS checked, safeguarding and FA
qualified coaches, providing a safe, supportive and
structured enviroment for all!

Scan the QR code now to register your childs interest
or email joinus@tattenhoeyouthfc.co.uk



DISCOVER MUSIC TECH AT YOUR FUTURE SECONDARY SCHOOL

A free and exciting after-school club for Upper KS2 (Yr 5 & Yr 6)

We're excited to share a brilliant opportunity for you to explore some exciting music technology music making sessions. The club will run weekly on Thursday at Shenley Brook End school from 3.30pm to 4.30pm and you're invited to go along and make exciting music for free!

What You'll Do:

Finger Drumming: Drop beats like a pro using specialist Yamaha gear.

Browser Beat Makers: Create your own music online using free tools you can continue using at home.

iPad Music Making: Swipe, tap, and loop your way to your very own booming beats using iPad apps.



Why Join?

- Visit and explore the music department at your future school
- Meet your future music teacher
- Make music with other pupils from local schools
- Try exciting new tech and get creative
- No experience needed — just bring your curiosity!

It's a great way to build confidence, make new friends, and get a taste of what's to come in Year 7 — all while having fun making music!



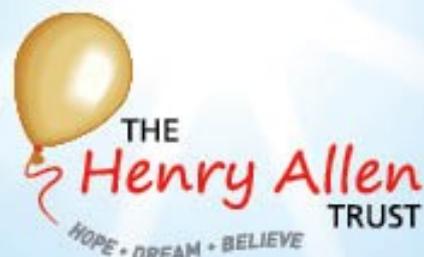
BLMK.
Music Hub



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

MK Milton Keynes
City Council

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](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

B B C

Is your child finding it hard to make friends?

The award-winning makers of *The Dog House* are **casting** for a brand-new **BBC** series about **friendship**.

We are looking for **children aged 5 to 8** from all over the UK who need a little help navigating the world of friendship. Over three days, a team of child psychologists will help them build the social skills and confidence to make real, lasting connections with other kids.

If you'd like to help your child make a new friend (with no pressure to take part), please apply at:

[bemyfriend.tv](https://www.bemyfriend.tv)



**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
Charity No: 1033626 | Company No: 2888960
www.action4youth.org | Tel: 0300 003 0998


**ACTION
4YOUTH**

Ready, steady, run!

Get ready to watch a rainbow of colours swirl
through the air at our brand new event
Friday 1st May 2026 3:30 – 5:00PM

Colour Fun Run!



£8
ENTRY

Non-toxic
Skin-safe

17/04
DEADLINE

- ✓ Race entry includes colourful wrist band and finishing medal.
- ✓ Spectators do not require a ticket unless joining the race.
- ✓ Children **must** be accompanied by adult
- ✓ **No late entries** - please book early to avoid disappointment!

SCAN HERE TO BUY TICKETS!



Colour Powder Event

Information for Parents & Carers

We are looking forward to a fun and colourful event for the Long Meadow School community. During the event, participants will be throwing coloured powder in a designated outdoor area as part of the activity.

Please read the information below to help you prepare and make sure everyone has a safe and enjoyable experience.

About the Colour Powder

The colour powder used at the event is supplied by Ministry of Colours and is produced specifically for organised events.

- Made primarily from **corn starch and food-grade or cosmetic-grade colours**
- **Non-toxic** and non-flammable
- **Biodegradable**
- Suitable for use at family and school events

While the powder is designed to be safe when used appropriately, it is **not intended to be inhaled or eaten**, and contact with the eyes should be avoided where possible.

What to Wear

Colour powder may stain clothing, so please dress accordingly.

We recommend:

- Old clothes or a plain white T-shirt
- Trainers or suitable outdoor footwear
- A bin bag or similar to protect your car on the way home.
- Some participants also like to wear hats, sunglasses or fun accessories.

Cleaning Up Afterwards

Skin and Hair

- Rinse with cold water
- Wash with normal soap or shampoo

Clothing

- Shake off excess powder outside
- Rinse with cold water before washing
- Wash separately if possible

Safety Guidance

To help ensure the event is enjoyable for everyone:

- Children should be **supervised by their adult**
- Participants should **not throw powder directly at faces**
- **Sunglasses or glasses are a must**, to help protect eyes
- Children should **keep their mouths closed during colour throws**
- Hands should be washed before eating or drinking

If powder gets into the eyes, rinse gently with clean water.

Children with **asthma, allergies or sensitive skin** may wish to take additional care.

Hair Tips

The powder can usually be washed out of hair.

- To make this easier:
- Rinse hair with **cold water first**
- Wash with **shampoo as normal**

Applying **conditioner or hair oil before** the event can help reduce colour sticking to hair. Wearing a hat is another option.

Cleaning Outdoor Areas

Most powder will be concentrated around colour stations and the finish area.

Excess powder can be removed by:

- Sweeping or brushing
- Using a leaf blower
- Washing surfaces with water or a jet wash

As the powder is biodegradable, **any remaining colour outdoors will fade over time, especially after rain.**

If you have any questions about the event, please contact:
Parents & Friends at Long Meadow School parents@palmspta.co.uk

Thank you for helping us make this a safe, fun and colourful event for everyone.