

LMS Matters

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Dear Parents and Carers

As we begin the summer term, I am delighted to welcome our pupils, families, and staff back to school for what is always a vibrant and rewarding part of the academic year. The months ahead bring many opportunities for growth, celebration, and achievement, both inside and outside the classroom. Our children continue to demonstrate enthusiasm, resilience, and a genuine love of learning, and I am confident that this term will showcase their talents and hard work. We look forward to enjoying the longer days, making the most of outdoor learning, and coming together as a school community for a range of exciting events and experiences. This term also brings important milestones for many of our pupils, particularly those preparing for assessments and those getting ready to move on to the next stage of their education. We will continue to support every child to achieve their very best, while ensuring that their wellbeing remains at the heart of all we do. I would like to thank our families for their ongoing support and partnership, which plays such a vital role in the success of our school. Together, we will ensure that this is a happy, productive, and memorable term for all.

Don't forget that **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 flyer further on in this newsletter.

In a bid to increase the number of girls in sports **MILTON KEYNES RUFC** have been reaching out to schools and other sports clubs to see if there is any interest in trying different sports. To do this they are organising a taster session of rugby and would love to invite any girls at LMS to join them. They are inviting girls aged 6-16 to join them for a morning of rugby, fun, and new friendships at Milton Keynes Rugby Club. **Girls Give it a Try Event at Milton Keynes RUFC!** Saturday 18 April, 10:00 - 12:00@ Milton Keynes RUFC. Open to complete beginners and experienced players - everyone is welcome. Learn rugby skills, meet new teammates and build confidence! The first 30 girls to register receive a welcome gift! Register here: <https://forms.cloud.microsoft/pages/responsepage.aspx...>

WILLEN HOSPICE are hosting their Family Fundraising Walk at Willen Lake on Saturday 23 May. This isn't just a walk - it's an adventure for children and families alike! Along the route, participants will: Hunt for hidden teddies, solve a fun puzzle challenge, enjoy the outdoors together and support their local hospice., It's designed to be accessible, family-friendly, and full of excitement - perfect for a weekend activity that also teaches children about kindness and community support. See their flyer further on.

The MK MUSIC CO-OP are running a **FREE** pick up and play event, where children can go and explore instruments with guidance from expert teachers. This idea is to guide them to choose an instrument to play! See the flyer further on.

Finally this week, we hope that you were able to access some of the Easter activities at the **SUNSHINE FAMILY CENTRE**. They also run activities throughout term time, with something on every day. If you haven't checked them out yet, please see their latest timetable further on. It's a great way to support your child, learn new things and meet new people.

It's great to be back—have a great weekend everybody!

Mr Gray



EYFS/KS1

Minnows

who achieved

100%

KS2

Brambles

who achieved

99.5%



TTROCK Stars

Weekly class champions!

Will start again next week!



A warm welcome back to Miss Kidd!

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

Summer Term 2026

Wednesday 22 April	EYFS Literacy Evening (3.30-4.30pm)
Friday 24 April	EYFS Jasper Beanstalk Maths Mission Day
Friday 1 May	EYFS Science Day
Friday 1 May	PALMS Colour Run (3.45-5.45pm)
Monday 4 May	Bank Holiday
Tuesday 5 - 6 May	Year 3 Caldecotte Xperience
w/c 11 May	Mental Health Awareness Week
w/c 11 May	Year 6 SATs
Friday 15 May	Affect the Rules Day
Tuesday 19 May	EYFS Thrift Farm visit
Wednesday 20 May	Year 1 & 2 Woburn Safari trip
Friday 22 May	Last day of half term
25 - 29 May	HALF TERM
Monday 1 June	Summer Term 2 begins
Monday 1 - 2 June	Year 4 Wilderhope residential
Monday 8 - 10 June	Year 5 National Forest residential
Thursday 11 June	EYFS Learning Fair
Friday 12 June	Year 2 Evening Under the Stars (4.30-9.30pm)
Monday 22 June	PALMS Non-Uniform Day (for school fete)
Wednesday 24-26 June	Year 6 Swanage residential
Monday 6 July	KS1 & EYFS Sports Day
Tuesday 7 July	KS2 Sports Day
Friday 10 July	Year 3 Learning Fair
Saturday 11 July	School Fete
Monday 13 July	Year 6 Performance
Tuesday 14 July	Year 5/6 Awards Assembly
Wednesday 15 July	KS1 & EYFS Awards Assembly (9.10am)
Wednesday 15 July	Year 3/4 Awards Assembly
Wednesday 15 July	Year 6 Leavers Disco
Friday 17 July	Year 6 Leavers Assembly (9am)
Friday 17 July	Last day of term
Monday 20 July	NSET Day

LMS Safeguarding

What I wish my parents or carers knew...': a guide for parents and carers on children's digital lives

The Children's Commissioner, Dame Rachel de Souza, has published a guide to help parents and carers navigate the challenge of managing children's everyday online habits. Written with direct input from children and young people, including teenagers consulted in schools and the Commissioner's Youth Ambassadors. The guide is designed to make difficult conversations easier and more regular.

The guide covers setting boundaries around phone use, talking about harmful content, and building ongoing communication that goes beyond a one-off conversation. The voice of young people runs through it, including this from one teenager: "Don't be afraid to be firm... If you are worried your child is seeing harmful content and you don't know what they're watching and it's affecting their behaviour, just take it that you know best, they don't."

The downloads can be found here: <https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives>

LMS Well-being

Always on edge?

If your days feel chaotic, you're always reacting, and you rarely feel settled, you might not need more productivity hacks. You might need a stronger base. In attachment terms, a secure base is the sense of safety that lets a child explore the world knowing they can return to comfort when they need it. As adults, we can create our own version through predictable habits, people we can rely on, and compassionate self-talk. These elements make challenges more manageable, risks less terrifying, and setbacks don't knock us over in the same way.

Three practical ways to strengthen your secure base as an adult:

In your work

Block out time in your calendar for daily deep work. Treat these anchors as a "secure base" you can return to, even after chaos or setbacks.

In your relationships

When you feel triggered, pause and name your internal state: "I'm overwhelmed." Then share it as a clear, present-tense request: "I need half an hour alone." This helps everyone feel connected and safe, even when you need space.

For personal growth

When trying something new, frame it as a time limited experiment: "I'll try this for two weeks and then review," rather than "If this doesn't work, I've failed." This creates a safe environment to explore, make mistakes, and adjust.

Reflect upon...

When in your day do you feel most grounded and safe, and what is happening around you at those times?



Congratulations to our Top Doodlers...

Ebun B for her 100 day streak; Theo L for his
250 day streak and Cole E for his 750 day
streak!

Well done



doodle



Long Meadow Legends

Tadpoles - Hattie for creating 2 pieces of writing this week on her own.

Minnows - Ela for being Subitiser of the Week and Alayna for amazing independent maths work this week.

Sticklebacks - Noah H for amazing reading in RWI & growing in confidence to read out loud.

Newts - Mattheus for always being a terrific friend & super all round member of Newts class.

Frogs - Ren for always giving 100% to her learning.

Hogweed - Elijah for always trying his best in all he does # resilient

Bracken - Reyansh for increased participation in class.

Hawthorn - Nathaniel for huge improvements in writing & great ideas.

Foxgloves - Yajnesh for working really hard to engage with all of his learning - he's been on fire this week!

Ferns - Diana for her positive energy & smiles!

Thistles - Wayne for designing his DT project in such detail & for making the Anglo-Saxon purse carefully.

Brambles - Teagan for always being a kind & considerate role model.

Teasels - Tyler for demonstrating fantastic efforts & attitude towards new concepts in maths.

Sports Person of The Week

Sports person of the week is Amelia B in Year 3. Amelia is an absolute superstar and a model pupil to others in her class. She always tries her best, listens beautifully and is helpful to everyone. She made a super start to our new Cricket and Dodgeball topics with some super throwing and catching.

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

SCAN HERE TO BUY TICKETS!



- ✓ 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!

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.



Pick Up & Play

Not sure which instrument to choose?

Come and explore real instruments with guidance from our expert teachers. Children can test out strings, brass, woodwind, and percussion in a fun, hands-on open afternoon!

Saturday 25 April 2026

2-5pm

Shenley Brook End School

mkmusiccoop.com

**Free
event**

For families who live in Furzton, Emerson Valley, Shenley Lodge, Shenley Church End, Shenley Wood, Tattenhoe, Tattenhoe Park, Loughton, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Medbourne.

Sunshine Family Centre, Merebrook Infant School, Furzton, MK4 1EZ. Tel: 01908 508566				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30-9:30 Pop in and ask Speak to the team if you have a question or need support.</p> <p>10:00-11:00 Join the Sunshine team at Westcroft Library for Story, Songs and Rhymes</p> <p>9:30-11:30 English Language Café This is an informal group for anyone who wants to improve their English. New ESOL course coming in September. Contact the centre to book.</p> <p>2:00-4:00 Community Larder & Community Café At The Hive Community Centre, Whitehouse Run by the Sunshine team More info at: www.sofea.uk.com Help reduce food waste</p>	<p>8:30-9:30 Pop in and ask Speak to the team if you have a question or need support.</p> <p>10:00-11:30 Stay and Play Follow your child's lead during indoor and outdoor play. Includes a healthy snack and songs and rhymes.</p> <p>12:45-2:45 Childcare Level 1 BTEC with CLMik Introduction qualification to childcare for under 5's. Current course in progress. Register your interest for further courses.</p> <p>2:00-5:00 Community Fridge at Westcroft Pavilion Open to all, anti-food waste scheme. www.mkcommunityfridge.org</p>	<p>8:30-9:30 Pop in and ask Speak to the team if you have a question or need support.</p> <p>10:00-11:30 Tuff Tray Play Lots of opportunities for you and your child to join in with sensory and creative play to support their learning and development.</p> <p>1:30-2:30 LIPS and Rattlebox A fun interactive group to support your child's early communication and speech through play, music and song. Please speak to a member of the team to book your place.</p> <p>9:00-4:00 Sensory room available Monday & Friday Contact the centre to book.</p>	<p>8:30-9:30 Pop in and ask Speak to the team if you have a question or need support.</p> <p>9:30-10:45 Baby Group A relaxed session for newborn babies to non-walkers. Time together to meet other parents and share experiences. 11:15-12:00 Socotots Fun free football session for walkers to 4 years. No need to book</p> <p>10:00-1:00 Citizen's Advice Fortnightly appointments. Book at: Citizens Advice Milton Keynes Council - Citizens Advice Milton Keynes (miltonkeynescab.org.uk)</p> <p>10:45-12:00 Community Play At The Hive, Whitehouse The Sunshine team will be there for story and rhymes</p> <p>12:30-2:30 Creative Play Music and song pen- natal mental health session. Run by Arts for Health</p>	<p>8:30-9:30 Pop in and ask Speak to the team if you have a question or need support.</p> <p>10:00-11:30 Walk and Talk Meet at the centre and join the team for a walk to the local parks.</p> <p>11:30-12:30 Drop in Café Pop in for a hot drink and a chat. You can come with or without your children.</p> <p>Music Bugs 10:00-10:45 Family Bugs - Mixed age 11:00-11:45 Baby Bugs Book at: www.musicbugs.co.uk</p> <p>10:00-1:00 Community Larder at Westcroft Pavilion More info at: www.sofea.uk.com Help reduce food waste</p>

Shop • Sell • Save

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

**Stall Booking &
Info**



Clothes • Toys • Books • Equipment

mum2mum
market
NEARLY NEW SALES
MILTON KEYNES

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

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STREET CRICKET



CHANCE TO SHINE
STREET

FREE WEEKLY CRICKET SESSIONS

MILTON KEYNES

Bletchley Leisure Centre
GIRLS AGED 8-15
Fridays 18:00 – 19:30



Radcliffe School, Wolverton
BOYS & GIRLS AGED 8-15
Saturdays 13:45 – 15:15

Leon Leisure Centre, Bletchley
BOYS & GIRLS AGED 8-15
Mondays 17:00 – 18:30



No equipment needed. Wear sports clothes.

Please contact Samina before your first session to confirm timings
for your location. samina.mehrab@bucks Cricket.co.uk 07825 338087



GIRLS ACTIVITY DAY

SATURDAY 18TH APRIL 2026

10AM-12PM

FREE EVENT!

FIRST 30 TO REGISTER WILL
RECEIVE A WELCOME GIFT



U6-U16 GIRLS (SCHOOL YEARS 1-11)
COMPLETE BEGINNERS TO EXPERIENCED
PLAYERS

COME AND JOIN US AT MILTON KEYNES
RUFU TO LEARN RUGBY SKILLS, MAKE
NEW FRIENDS & HAVE FUN!



VENUE: THE VALLEY, MILTON KEYNES RUFU, BOWLAND DRIVE, EMERSON VALLEY, MK4 2DN
CONTACT: MJCHAIR@MKRUFU.COM



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

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**



ALL STARS & DYNAMOS

CRICKET 2026

Friday Evenings at Wolverton Town Cricket Club



ALL STARS

Ages 5-8

- Fun introduction to cricket through games and activities

Scan to book



DYNAMOS

Ages 8-11

- Develop skills, play games and build confidence

Scan to book



- ✓ Friday evening sessions
- ✓ All equipment provided
- ✓ New players welcome

Junior training available for older children on Friday evenings
(supported by Bucks Cricket)

WOLVERTON TOWN CRICKET CLUB



mj.hartle64@gmail.com





Part of the Love Willen event
Saturday 23 May

Find the teddies
solve the puzzle
and support your
local hospice

The Route

The route is one lap around both of the Willen lakes and can take up to two hours to complete.

Entry & Fundraising

- £10 per adult. Each £10 entry includes two children
- £50 fundraising goal for one adult and two children
- Team fundraising goal for two adults, and four children £85

Time

Saturday 23 May
Start times:
1pm & 2pm

Location

Willen Lake,
V10 Brickhill Street,
Milton Keynes,
MK15 0DS

sign up today



Proudly sponsored by

