

LMS Matters

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Dear Parents and Carers

Wow! What an amazing event the **PALMS COLOUR FUN RUN**, was last Friday! This new event was such great fun and it was lovely seeing families running together, smiling and laughing and of course, being covered head to toe in paint! Unfortunately, an old injury I picked up when I was a professional footballer raised its head on the day so I was unable to do the run itself, but the joy of everyone's faces was worth just being there. Thanks as ever to PALMS, to all the staff that helped and everyone for embracing this event. Long may it continue.

I had the pleasure of attending the **YEAR 3 RESIDENTIAL** this week as they stayed overnight at **CALDECOTTE**. Year after year, the same things stand out on any residential we provide. Firstly, the joy on the children's faces as they experience things together that they haven't done before added to the excitement (and sometimes worry) about staying somewhere new overnight. Seeing a child who may find the academic parts of life more tricky zooming up a climbing wall and being cheered by their friend when they reach the top will also never grow old. Then you see the commitment of all the school staff there who work a non stop 20 hour day to ensure everyone is having the best of times but also feels safe. On this note, you will never understand how amazing a thank you email is; thank you to those parents who do this, it makes it so worthwhile.

As we approach **SATs WEEK** next week, I would like to say how incredibly proud we are of our Year 6 pupils for the commitment, resilience and determination they have shown throughout their preparation. The children have worked exceptionally hard and are ready to demonstrate all they have learned during their time at primary school. While these assessments are an important opportunity for pupils to showcase their progress, we are reminding everyone that SATs do not define them; their kindness, creativity and perseverance are equally valued and celebrated. We encourage all families to help children feel calm, rested and positive each day, ensuring they arrive at school on time, having had a good night's sleep and a healthy breakfast (with their friends at school if they wish). We know our pupils will approach the week with confidence, maturity and their usual excellent attitude, and we wish them every success.

MAKE WAVES FOR WILLEN takes place on **23rd MAY**, with an **OPEN WATER SWIM CHALLENGE**. It is a 300m course, with 30 min swim time, and is suitable for beginners and those more experienced – all raising money for Willen Hospice. See the flyer further on.

CHUMS are running **FREE WORKSHOPS** available to children and families in MK! They cover things such as **PARENT ANXIETY, BEHAVIOUR, EXAM STRESS** and much, much more, See their flyer further on. Families will need to register online to attend the workshops, any questions can be directed to their general enquiries at info@chums.uk.com.

Finally this week, the **MK CITY COUNCIL FOSTERING TEAM** are looking for people to change a child's life by becoming a foster carer. Almost anyone over 21 can be a carer, so please see their information further on.

Have a fab weekend everyone and see you all on Monday.

Mr Gray



EYFS/KS1

Minnows

who achieved

100%

KS2

Brambles

who achieved

100%



TTROCK Stars

Weekly class champions!

KS1

Sticklebacks

KS2

Bracken



Please remember that if children wear trainers with their normal uniform these must be plain black only.

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

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	PALMS - The Little Recyclers clothing collection
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	INSET Day

LMS Safeguarding

Commercial Insights - Internet Watch Foundation

The online child sexual abuse landscape is changing in a way that we need to understand. This is no longer primarily about hidden forums in dark corners of the internet. Organised criminals are running commercial operations, charging for access to abuse imagery, and reinvesting the profits to fund further production.

The IWF's 2025 annual report identified 15,031 commercial child sexual abuse webpages, up from 7,028 in 2024, representing a doubling in a single year. These are structured businesses with payment systems, tiered access, and deliberate strategies to avoid detection. This is organised crime operating with commercial logic, and the profits drive the creation of new abuse material.

You can find the IWF report here:

<https://www.iwf.org.uk/annual-data-insights-report-2025/commercial-insights/commercial-sites/>

LMS Well-being

This started with a conversation with my daughter after a university open day. She came out more confused than when she went in. Too many options, competing voices and too much pressure to “get it right.”

So, I said something simple: Do what brings you joy. Not because life should be easy, but because joy keeps you open. It keeps you curious and gives you hope. Joy keeps you alive to possibility, whereas negativity does the opposite. Brain science backs this up.

Thanks to Neuroplasticity, whatever we practise, we strengthen. Repeated thoughts and behaviours literally shape the structure of our brain. Which means this: If you practise noticing what’s wrong... you get better at noticing what’s wrong. If you practise enduring... you become brilliant at surviving. If you practise grumbling, you soon become a gold medallist eye-roller. When we’re stuck in threat mode, everything narrows. We scan for danger, play safe and get by.

Threat mode is useful in a crisis, but not so helpful day to day, but sometimes we get stuck and don’t even realise. However, it is never too late and thankfully ...The opposite also holds true. Psychologist Barbara Fredrickson calls this the broaden and build effect.

Positive emotions don’t just feel good, they expand our thinking. They help us see more, try more, build more. Here’s where it gets hopeful. The same brain that learns endurance can learn something else. You can train your attention to notice what’s working, what’s right with the world, and what brings you joy. Basically, you can interrupt the automatic reaction and choose a different response. It’s not overnight, never perfect, but gradually your brain shape-shifts.

Because the rule is simple: You get better at what you practise most.

That’s why something as small as a daily “three good things” habit matters. I tried it and, at first, it feels awkward. Forced, even. Then something shifts. You don’t just record good moments; you start to notice them in real time. Same life, same circumstances... different lens. That’s why I advised my daughter to do what brings her joy. Because that also brings ideas and possibility.

Ideas and optimism are the cornerstones to growth and flourishing. When a team is buzzing with hope and solutions the possibilities are limitless.



Congratulations to our Top Doodlers...

Well done



doodle



Long Meadow Legends

Tadpoles - Sebastian for being Subitiser of the Week and Ben & Katie for impressing us all with extra maths work, proving how many ways they can make 10.

Minnows - Hallie P-P for writing over 5 sentences during early work about minibeasts!

Sticklebacks - Parker for taking real pride in his work & concentrating hard to get everything completed in time.

Newts - Faith for an amazing start at Long Meadow - #Superstar!

Frogs - Nickole for fantastic RWI learning, she's been brilliant at reading & writing and has engaged brilliantly.

Hogweed - All of Hogweed for an amazing attitude either at school or Caldecotte and Thomas for overcoming his fears.

Bracken - Holly for a creative piece of shape art.

Hawthorn - All of Hawthorn for impressing Miss Kidd & being amazing whilst Mrs Turner was at Caldecotte.

Foxgloves - Nathan for demonstrating great chopping & peeling skills in DT.

Ferns - Zac for his ongoing 'tech' support & everlasting helpfulness!

Thistles - Freddie for really focusing on his spellings - he is trying so hard & getting there!

Brambles - Sohni for her incredible motivation & hard work in the lead up to SATs.

Teasels - Mari for writing a brilliantly spooky story.

Sports Person of The Week

SPOTW is Leo P in year 3, for his super use of PE skills in a different way this week. He was the first person to jump straight on the climbing wall, going all the way to the top, showed accuracy to hit a balloon in archery and used excellent leadership skills to complete the team challenges when at Caldecotte.

#PROUD



SCHOOL FUNDRAISING

More clothes -
more funds for
your organisation.

1 kg = £0.45

YOUR COLLECTION IS ARRANGED ON:

12 JUNE
FRIDAY

FILL ANY BAGS WITH CLOTHING
AND BRING THEM TO SCHOOL/ORGANISATION
WE WILL COLLECT AND WEIGH THEM



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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



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

8:30am - 5:00pm

**Ofsted
registered**

Childcare vouchers welcome

Dates

May Half Term
Summer Holidays

Early bird offer

Use code
EARLYBIRDADVENTURE
to get 10% discount.
Check our website for expiry date

**Scan
to book**



✓ 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 more information



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www.action4youth.org | Tel: 0300 003 0998



**ACTION
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(and maybe your own...)

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01908 253206

www.mkcounciljobs.org.uk/foster



MK Milton Keynes
City Council

Our fantastic team of foster carers tell us that fostering is sometimes challenging but it's always incredibly rewarding.

Almost anyone over 21 can be a foster carer. It takes patience, a big heart and a good sense of humour.

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In return, we offer:

- A regular, tax-free income
- 24/7 support from professionals, giving you full confidence
- Excellent ongoing training that fits around your life
- We keep children local, which gives them the best start



MK Milton Keynes
City Council

CHUMS

YOUNG PEOPLE &
PARENT/CARER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

PARENT ANXIETY WORKSHOP

23/4/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

11+ ANXIETY WORKSHOP

27/4/26 @ 4PM - 6PM

(For young people aged 11+, parents also welcome to attend)

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

EXAM STRESS WORKSHOP

29/4/26 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

BEHAVIOUR WORKSHOP

16/6/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

SELF ESTEEM WORKSHOPS

TEENAGE SELF-ESTEEM

7/5/26 @ 4PM - 6PM

(For young people aged 13+, parents also welcome to attend)

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

PARENT SELF-ESTEEM

2/6/26 @ 9.30AM - 11.30AM

(For parents of children aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

RESILIENCY WORKSHOPS

PRIMARY

23/6/26 @ 9:30AM - 11:30AM

(For parents of children aged 5 - 11 years old)

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

SECONDARY

29/6/26 @ 4PM - 6PM

(For young people aged 12 - 16 years, parents also welcome to attend)

One-off Workshop that Explores the following topics: mental health vs mental health problems, emotional regulation, psychoeducation on anxiety and low mood, strategies for relaxation with strategies to build their resilience.

SUPPORTING SCHOOL TRANSITIONS

PRIMARY

30/6/25 @ 9:30AM - 11:30AM

27/8/25 @ 10AM - 12PM

(For parents of children aged 5 - 10 years old)

We offer these single session workshops, so that you are ready to go when the new school year begins, whether that is starting a new class, year group or school. These workshops provide psychoeducation to learn about the research behind supporting healthy transitions and you will learn evidence-based strategies to help children start the school year with confidence.

SECONDARY

14/7/25 @ 4PM - 6PM

19/8/25 @ 2PM - 4PM

(For young people aged 11+, parents also welcome to attend)

To register for any of our workshops, please fill in the standard referral form in the 'Any other relevant information' section, state that the referral is for a workshop and include the workshop date.

<https://chums.uk.com/emotional-wellbeing-service/#workshops>



Join us for the Great Milton Keynes Get Together!

27th of June 12:00 to 16:00

For more information email: emily.darlington.mp@parliament.uk



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



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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 CLMK 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 Soccatots 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: Shenley Brook End Parish Council - Citizens Advice Milton Keynes jmiltonkeynescab.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 peri- 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>

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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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Make Waves for Willen

Part of the Love Willen event
Saturday 23 May

Open Water Swim Challenge

The Challenge

- 300m course
- 30-minute swim time
- Suitable for beginners and experienced open water swimmers
- Set your own pace & enjoy the experience

Entry & Fundraising

- £25 registration fee
- Finisher's medal & tow float included
- £100 fundraising target

Time & Location

Session 1: 9:30am

Session 2: 10.30am

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

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website make waves
for local hospice care

Sign up here



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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