

LMS Matters

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Dear Parents and Carers

Well, **SATs WEEK 2026** is over and the children, as ever, have given their all. A huge well done to all of our Year 6 children for the fantastic attitude they showed during SATs week. We were incredibly #proud of their determination, drive and focus throughout each day. The children approached every challenge with maturity and resilience, giving their very best effort and supporting one another along the way. They should all feel extremely proud of what they have achieved. Also we would like to extend a big thank you to **PALMS** for generously funding the Year 6 SATs breakfast this week. The children really appreciated starting each morning with a healthy breakfast in a calm and positive atmosphere before their exams. Your support helped make the week feel special and gave the pupils a great boost of confidence and energy. Year 6 SATs can place significant pressure on children at a young age, often creating unnecessary anxiety during what should also be an exciting final year of primary school. While assessments can provide useful information, the focus on test performance can sometimes narrow the curriculum, limiting opportunities for creativity, wider learning and personal development. For some pupils, SATs may not fully reflect their individual strengths, progress or potential and, as a school, we remain mindful that every child is far more than a test score. We as a school try our best to alleviate any of this and do them because we have to.

This week is also **MENTAL HEALTH AWARENESS WEEK (11-15 May)**. We are proud to support this as an important opportunity to reflect on the importance of emotional wellbeing for both children and adults. At our school, we recognise that good mental health is just as vital as physical health, and we are committed to creating a nurturing environment where everyone feels safe, valued and supported. Through kindness, connection and open conversations, we can help our children develop resilience and confidence, reminding them that it is always okay to talk and seek support when they need it. A member of our staff, **MRS GUADAGNINI**, is also a **HEALTH AND NEURODIVERSITY COACH** and the founder of **KIND APPROACH**. She is offering the parents of LMS a free 30 minute "Coffee Chat" if you would like to talk about your situation. A quiet space to chat and see how they may be able to help you. See more information further on.

We are also working in partnership with **SERVICE SIX** and the **NHS** to deliver an interactive workshop on **ANXIETY** for our pupils in Years 4, 5 and 6. If you have received a letter about this, don't forget to follow the link given to supply some needed information. These workshops will be on the 16 and 17 June 2026.

Finally this week, the **BUCKS COUNTY SHOW** which runs in **AUGUST** is offering the children of LMS **FREE CHILD TICKETS** (up to 3!) with a paying adult ticket, helping to make the show an affordable family day out over the summer holidays. See the flyer further on for more details.

Next week sees our final week of this half term (and my last at LMS!) which has absolutely flown by. It will see EYFS going to **THRIFT FARM** and Year 1/2 going to **WOBURN**. These trips are an essential part of school life and give so many opportunities to the children of LMS to experience different things. Thanks to all the staff for arranging them!

Next week sees the temperatures rising to normal—so keep those fingers crossed.

Mr Gray



EYFS/KS1

Minnows

who achieved

100%

KS2

Teasels

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

Safeguarding Focus: Keeping Children Safe Online – Group Chats, Gaming and Social Media

A current safeguarding concern nationally is the increasing number of primary-aged children being exposed to inappropriate content, unkind behaviour and pressure through group chats, online gaming and social media platforms. Many children are accessing apps or games that are designed for older users, often without fully understanding the risks. We ask all parents and carers to remain especially vigilant about who their child is communicating with online, what platforms they are using and how long they are spending on devices.

Helpful steps you can take at home include:

- Regularly checking privacy settings on games, apps and devices.
- Ensuring age restrictions are followed for platforms such as WhatsApp, TikTok, Snapchat and online multiplayer games.
- Keeping devices in shared family spaces rather than bedrooms overnight.
- Talking openly about online bullying, peer pressure and the importance of telling a trusted adult if something feels upsetting or unsafe.
- Using parental controls to help manage content, screen time and communication.

Please remember that even seemingly harmless group chats can quickly expose children to inappropriate language, images or conflict. Open, calm conversations at home are one of the most effective ways to help children stay safe. By working together, we can support children to enjoy technology positively while protecting their wellbeing.

LMS Well-being

Do you remember the rush of playing hide and seek as a kid?

The hiding was the fun part - finding a spot so good that you could barely breathe from the excitement, and wanting nothing more than to win by being the last one found! You'd hear footsteps getting closer, and nothing else in the world mattered in that moment, than not getting caught. But eventually, you want to be found. You don't want to be stuck in a cramped space on high alert feeling forgotten about. And that brings me on to the concept of 'sparks'.

Most of us know what it feels like to have one: it's that feeling of being lit up by something, to feel like we couldn't be more ourselves, and that we are exactly where we're meant to be. But most of us also know what it feels like when it vanishes.

We don't tend to notice it going. One day you're just... a little flatter and a little more tired. And then another day passes and another until a week or a month's gone by and you still just don't quite feel like yourself. And so begins the hunt! We try the usual things: we rest, we have a good chat with a friend, or a quiet weekend, and whilst they help, our spark still stays quiet. Why? Because sparks love novelty, curiosity, and the discomforts that come with trying something new.

So, if yours has gone quiet on you lately, it might not be gone, it might just be hiding, waiting to see if you'll bother to come looking for it.

And this is your sign to start searching for it again!

Try something new, change something small in your day, ask yourself questions you've maybe been avoiding, like 'when was the last time I felt my best?', and 'what would feeling like myself again actually look like?' Your spark hasn't left, it's just crouching behind the sofa, holding its breath, wondering if this is the day you decide to come and find it.

Congratulations to our Top Doodlers...

Ren T for her 250 day streak and Aakesh R
for his 750 day streak.

Congratulations to the following children for taking
part in the Spring Challenge:

Will G, Aakesh R, Enrico P, Alexander G, Ani V,
Awadhya S, Cole E, Ebun B, Hal T, Harriet G,
Mollie R, Ren T, Vidhu R, Wayne T and Zoe E

Well done



doodle



Long Meadow Legends

Tadpoles - Kingsley for taking pride in completing some Early Work this week.

Minnows - Allegra for being Subitiser of the Week and Halle for being a complete superstar; being confident & engaging in her learning.

Sticklebacks - Amelia for always doing the right thing & trying exceptionally hard with her writing.

Newts - Ali for being kind and thoughtful.

Frogs - Olivia for trying her best in the hot write & having some super ideas for her narrative about a creature.

Hogweed - Robyn for being #Resilient

Bracken - Aadvik for his positive attitude in all of his learning.

Hawthorn - Daniel for having some good ideas in English this week when discussing emotions & feelings.

Foxgloves - Lola for working really hard in all lessons, collaborating with her partner & sharing her ideas.

Ferns - Oscar for working so hard at improving his writing.

Thistles - Jessica for kindness & always thinking of others.

Brambles - Kendrick for staying calm & focused during a tough week!

Teasels - Oliver for demonstrating focus & drive to do his very best in his SATs papers.

All of Year 6 - for being absolute superstars during their SATs!

Sports Person of The Week

SPOTW is Lacey W in year 5. Lacey has been super focused, determined and had fabulous effort in our health & fitness unit of work. She has performed each exercise showing good technique with 100% effort every time. She is also the Queen of the plank!

#PROUD

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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**ACTION
4 YOUTH**

SMALL STEPS, KIND CHANGES



Mental Health Awareness Week

From Understanding to Empowering

This Mental Health Awareness Week (11th–15th May), we are exploring how small, gentle steps can make a big difference to our wellbeing. While we often talk about mental health, it can be hard to know which practical steps actually help, especially for neurodivergent children and their parents.

In addition to my role here at school, I am a **Health & Neurodiversity Coach** and the founder of **Kind Approach**. I specialise in helping families find balance, especially when navigating the unique rhythms of neurodivergent life (such as ADHD, Autism, dyslexia, and sensory needs).

Kind Steps for Your Family

Looking after our mental health isn't about doing "more"; it's about finding what feels right for you. Why not try one of these ideas this week?

- **Protect Your Energy:** It is okay to say "no" to extra plans if your family's "energy battery" is running low.
- **A Moment of Calm:** Try five minutes of "quiet time" together after the school run to help everyone reset for the evening.
- **Focus on the Small Things:** At the end of the day, share one thing (no matter how small) that made you feel happy or calm.

How I Support Long Meadow Parents.

Sometimes, the best way to help our children is to have a partner to guide the way. I offer friendly, specialist support in:

- Neurodiversity Coaching
- Executive Functioning Tools
- Sustainable Wellbeing



Contact Me

- Simply send me an email to book a call.
- agnese@kind-approach.com
- kind-approach.com/en

Book a Free 30-Minute "Coffee Chat"

If you would like to talk about your situation, I offer a free 30-minute introductory call. This is a safe, quiet space to chat and see how a "Kind Approach" could help your family.

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



 Willen Hospice
Willen Lake
MILTON KEYNES



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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</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

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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



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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BUCKS COUNTY SHOW

Thursday 27th August 2026

SCHOOL OFFER!



FREE Child Tickets!

You can book entry tickets online and take advantage of our **FREE child ticket** offer. Get up to 3 FREE child tickets (up to 16yrs) with each full paying Adult or Over 65 ticket. To redeem, simply use code **SCHOOL26** at checkout.

Visit www.buckscountyshow.co.uk/tickets or scan the QR code



T&Cs: Offer valid online only. Must be booked using the code SCHOOL26. Not valid with the use of any other offers. Offer ends midnight 26.08.26