

LMS Matters

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Dear Parents and Carers

The final half term of the year, as ever, has started with a bang! Firstly, seeing **YEAR 4** complete their residential trip to Wilderhope, sporting events already up and running and so much more to look forward to. Next week, **YEAR 5** go to the **NATIONAL FOREST** for their residential and **YEAR 2** have their **EVENING UNDER THE STARS**. We are also finalising the planning for our **SPORTS DAYS** and so much more. It is a very busy half term!

NATIONAL DROWNING PREVENTION WEEK runs from 13th to 20th June 2026. If you watched the news last week during the heat wave, and the large number of deaths that occurred from drowning, more than ever it is important that we continue to educate around the dangers of swimming in open water and how to stay safe. The Royal Life Saving Society gives crucial water safety advice as we move towards the summer holidays, when young people are outdoors more and need these skills and knowledge most, so everyone can enjoy water safely. RLSS UK exists to prevent drowning and support everyone to enjoy water safely. They are committed to saving lives by leading in lifesaving, lifeguarding and water safety education, and aspire to have communities free from drowning. Drowning is preventable and nobody should drown. See the poster further on or see <https://www.rlss.org.uk/Pages/Category/water-safety-information>.

A **CLOTHING COLLECTION** has been arranged for Friday 12th June to help raise money for our school. All you need to do is bring in good quality clothes (in bags) and drop them off at school, that's it! **Date:** Friday 12th June. **Drop-off time:** 8:20 - 9:20am (outside school gates). **What to bring:** Please check the list of accepted items before donating: thelittlecyclers.co.uk/items-we-accept/. **Tip:** The more kilograms collected, the more funds we raise! Anyone can drop off a bag so spread the word! Help us raise funds while decluttering your wardrobe! Thanks as ever in advance for your support.

NURTURE HUB THERAPY SERVICE is a not-for-profit mental health support service. They offer low-cost counselling and support to parents/carers with children or young people with SEND, regardless of whether they have a formal diagnosis. They have various services, including up to 20 weeks of low-cost telephone or Zoom counselling, and free/donation-based online therapeutic groups, including a monthly creative therapy group. The majority of their team have lived experience as parent carers themselves, and know how hard it can be. Please see the flyer attached or see their website <https://www.nurturehubtherapyservice.co.uk/>.

A final reminder that 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 16th and 17th June 2026.

See you all on Monday
Mr Gray



EYFS/KS1

Tadpoles

who achieved

97.5%

KS2

Brambles

who achieved

99%



TTROCK Stars

Weekly class champions!

KS1

Frogs

KS2

Hawthorn



LMS does not accept any responsibility for the actions of any service or event it promotes. Please ensure you do your own checks.

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

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 29 June	Year 6 - SBE & Hazeley Transition Day
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 (2.15pm)
Wednesday 15 July	KS1 & EYFS Awards Assembly (9.10am)
Wednesday 15 July	Year 3/4 Awards Assembly (2.15pm)
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

Teenage relationship abuse

New data from the Domestic Homicide Project confirms that suicides linked to domestic abuse have outstripped homicides for the third year running in England and Wales. Notably, domestic violence incidents are growing fastest in the 16 to 19 age group, and this year's data includes the first recorded case of a teenager driven to take their own life following abuse by a partner.

The statutory definition of domestic abuse under the Domestic Abuse Act 2021 applies to those aged 16 and over. Relationship abuse involving children under 16 falls outside that definition and is treated in law as child abuse rather than domestic abuse, which affects how such cases are recorded. This year marks the first time a death linked to teenage relationship abuse has been formally recorded in the dataset. The true scale among younger teenagers is unknown, and almost certainly larger than current data suggests.

Police have attributed part of the rise among young people to violent pornography and online influencers normalising abuse. Assistant Commissioner Louisa Rolfe described the situation among teenagers as an "escalating situation."

Teenage relationship abuse sits firmly within child-on-child abuse. A young person experiencing abuse from a partner is unlikely to name that. They are more likely to present as withdrawn, anxious, isolated from friends, or erratic in attendance. They may also speak warmly and protectively about a partner whose behaviour gives cause for concern, minimising incidents, explaining them away, or becoming defensive if a member of staff expresses worry. Loyalty, hope, and a lack of any reference point for what a healthy relationship looks like can all make it very difficult for a young person to recognise abuse for what it is.

Further information

NPCC Domestic Homicide Project 2026 report: <https://news.npcc.police.uk/releases/growing-awareness-of-suicides-following-domestic-abuse-leads-to-rise-in-recorded-deaths>

LMS Well-being

Did you know that the average human lifespan is 29,000 days.

It's not an exact science—some people get more, some less—but we average out at 29k.

Boil it down into weeks and it focuses the mind. As someone in my 49th year, 4142 weeks makes me wince as I have already lived 2575 (thus 1599 weeks remaining) I have also been alive 18,026 days thus leaving me an average of 11,194 days left!

Which is why the link isn't for everyone. Spoiler alert... type in your date of birth, and it'll do some calculations for you.

<https://4000weeks.artofbrilliance.co.uk/>

If you don't want to know, that's perfectly fine. Don't click. But if you want a nudge into using your weeks more wisely, go ahead.

I learned that I've got left:

- 31 Christmas mornings
- 11,194 sunsets
- 1594 Sunday mornings

I have 7/8 World Cups left in me. I'm hoping Thomas Tuchel will make this summer count!

So what the point in this data? The point is to make every single second count, treat every event as if it is your last.

Use your weeks more wisely.

Congratulations to our Top Doodlers...

Amelia L & Aaryan for their 50 day streak;
Annabelle R & Zain R for their 500 day streak
and Winky P for her 750 day streak!

Well done



doodle



Long Meadow Legends

Tadpoles - Kairo for seeking out others and inviting them to play his game: 5..4..3..2..1..Blast off!

Minnows - Sarah for being Subitiser of the Week and Talia for being a superstar during pen disco this week.

Sticklebacks - Riley S for reading a story to his whole class - super reading skills!

Newts - Advait for amazing progress with his writing.

Frogs - Ethan for settling into LMS and following the LMS behaviours brilliantly!

Hogweed - Alexander & Quinn for being 'Time Wizards'

Bracken - Chido for being an amazing speller!

Hawthorn - Eli & Isaac for sheer determination, courage & maintaining a positive attitude on our residential.

Foxgloves - Aahil for always working hard & trying his best.

Ferns - Toby for being an amazing work partner and classmate!

Thistles - Hal for improved focus & standard of work - keep it up! Winky for consistency, working hard, showing kindness & thinking of others.

Brambles - Maaria for looking out for her friends & taking on a new position of responsibility as fruit monitor.

Teasels - Dario for excellent exploration of the heart in science.

Sports Person of The Week

SPOTW is Grace C in year 5. I am so incredibly proud of Grace this year, she has grown in confidence and absolutely smashed the first Athletics lesson of this term. She performed the 'hop, step, jump' phases of the triple jump to produce some excellent distanced jumps

Y5/6 Gravity

Mufaro, James, Rayan, Lacey J, Daisy S & Eva G

Y3/4 Girls Football;

After three weeks of games in the league, 4 wins, 1 draw and losing 3, the girls finished in 4th place. They progressed to the plate finals. On the night, we drew 1 and lost 1 game so unfortunately didn't make it through to the finals. I am so #proud of their efforts in every game! Well done Alexi-Mai, Ava G, Ade, Ruby N, Layla, Grace O-A, Karter & Edith

Y5 Primary Leadership Award

A group of Y5 children were preparing for some leadership opportunities they may get next year when they went to take part in the Primary Leadership Award. A day of fun activities, games and learning finishing with leading the lunchtime play at another school. They were fabulous all day and had some amazing ideas throughout, sharing them with confidence. Well done to:

Aadhya, Diana, Haniya, Erica, Harsimran, Wayne, Zain, Zac & Toby

#PROUD

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)

SECONDARY

14/7/25 @ 4PM - 6PM

19/8/25 @ 2PM - 4PM

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

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.

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>

ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.



In an emergency:

CALL 999

If you are at the coast, call 999 and ask for the Coastguard.

Don't enter the water to rescue.



FLOAT

Fall in or become tired – stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



Enjoy Water Safely

Learn basic lifesaving and CPR skills.
Visit www.rlss.org.uk



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

✓ WE ACCEPT

- Good quality clean clothing (adult's, children's, baby)
- Shoes (paired)
- Bags
- Hats & scarves
- Belts
- Fashion accessories
- Swimwear, lingerie
- Jewellery
- Perfumes

✗ WE DONT ACCEPT

- Uniforms
- Dirty, wet, ripped, damaged clothing
- Traditional clothing
- Duvets & pillows
- Single shoes
- Toys, stationery
- Bric-a-brac & electrical items
- Books, CDs, DVDs
- Workwear
- Carpets, rugs, mats, curtains
- Hygiene items, diapers
- Linen & towels

PLEASE NO UNIFORMS & DUVETS!

RAISE MONEY FOR YOUR SCHOOL BY GIVING
AWAY YOUR UNWANTED CLOTHES



Nurture Hub Therapy Service



Low-Cost Counselling for Parent Carers

We offer low-cost counselling for parent carers of children or young people with SEND - regardless of whether they have a formal diagnosis. As a team, we have experience ourselves as parent carers, and are passionate about supporting parent carer mental health.

Our services include:



Up to 20 weeks of telephone or Zoom counselling. Our prices are affordable, starting from £35 a session.



Online therapeutic groups, which are free to attend (donations gratefully accepted) - such as our monthly, online creative therapy group.



1:1, one-off, behavioural support and advice sessions - practical support to help you make sense of your child's behaviour.

For more information, or to register your interest,
please reach out to us at:
nurturehub@icloud.com



Nurture Hub Therapy
Service



Online Creative Therapy Group for Parent Carers

...on the first Tuesday of each month, from
10am - 11am.

For parent carers of all artistic abilities, with a child
or young person with special educational needs or
disabilities - no need for a diagnosis!

Free to all - but donations are welcomed via our website.

For more information, or to register your interest,
please reach out to us at:
nurturehub@icloud.com



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



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

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

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

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

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



Unforgettable adventures — Book early, places fill quickly!

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www.action4youth.org | Tel: 0300 003 0998



**ACTION
4YOUTH**