

LMS Matters

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Dear Parents and Carers

As we move further into the summer term, I continue to be inspired by the kindness, resilience and determination shown by our pupils each day. Recent national discussions have highlighted the growing importance of supporting children's wellbeing and ensuring that every child feels valued, heard and able to thrive. Across our school, we see these values in action through the encouragement children offer one another, the perseverance they demonstrate when facing challenges, and the pride they take in contributing positively to our school community. As we approach the final weeks of the academic year, let us celebrate not only academic achievements but also the compassion, courage and sense of belonging that help our children grow into confident and caring young people. Together, as staff, families and pupils, we continue to build a community where everyone can flourish.

Once again the weather has turned and we have had lots of rain. We always like to take this opportunity to remind parents/carers that all children need a **COAT** in school every day as you never know when the weather will turn. We value your child's outside time and will go out in light rain, so please ensure that they have a coat. We hope that this does not have an effect on today's **EVENING UNDER THE STARS** for Year 2.

Everyone at Milton Keynes Libraries is excited about this year's **SUMMER READING CHALLENGE** – Read to the Beat – and want lots of children and young people to take part helping them gain or maintain a love of reading for pleasure. In Milton Keynes the Summer Reading Challenge begins on Friday 17th July and ends on Saturday 5th September. It is free to take part in and is free for children and/or their guardian to join the library. [Join the library | Milton Keynes City Council Libraries.](#)

Attached to this newsletter we are pleased to share the latest edition of the **MK MHST NEWSLETTER** which has been developed for parents/carers and young people. This edition includes an exciting update on the MHST logo competition winner, along with key feedback from their recent survey and how this is shaping their service. Following feedback about file size, they have shared their newsletter both as an attachment and via an online link: [2026 - June - MK MHST Newsletter](#). As they continue to update their website, future newsletters will also be available there. Please also find attached a poster for their summer anxiety groups, which were a huge success last year and which they are pleased to offer again over the summer holidays.

NURTURE HUB THERAPY SERVICE are 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/>.

As we come to the end of another week, recent events across Northern Ireland have reminded us of the importance of the values we strive to nurture within our school community every day. During times when communities face challenges and uncertainty, it is more important than ever that we teach our children the power of empathy, the importance of celebrating diversity, and the value of treating everyone with dignity and respect. Schools have a unique role in helping young people develop into thoughtful, responsible citizens who choose understanding over division and kindness over intolerance. Thank you to our families and staff for continuing to work alongside us in creating a safe, inclusive and supportive environment where every child feels that they belong. Together, we can inspire the next generation to build a future founded on respect, hope and unity.

Mr Gray



EYFS/KS1

Sticklebacks

who achieved

98.9%

KS2

Bracken

who achieved

98.9%



TTROCK Stars

Weekly class champions!

KS1

Frogs

KS2

Foxgloves



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

Friday 12 June	PALMS - The Little Recyclers clothing collection
Friday 12 June	Year 2 Evening Under the Stars (4.30-9.30pm)
Wednesday 17 June	PALMS Sand Art Crafting (3.15-5pm - please book via PALMS website)
Thursday 18 June	PALMS Sand Art Crafting (3.15-5pm - please book via PALMS website)
Monday 22 June	PALMS Non-Uniform Day (for school fete)
Wednesday 24-26 June	Year 6 Swanage residential
Monday 29 June	Transition Day
Monday 29 June	Year 6 - SBE & Hazeley Transition Day
Tuesday 30 June	Year 1 & 2 Pirate 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

Child-to-Parent Aggression and Violence (CAPA, sometimes referred to as CAPVA) describes a pattern in which a child or young person uses physically or emotionally harmful behaviour towards a parent or caregiver in the home. It is more common than most people realise, and significantly under-reported.

Research commissioned by the Mayor of London's Violence Reduction Unit found that at least 40 per cent of parents or carers who experienced violence from their children chose not to report it, with shame and fear of criminalisation among the most common reasons. Separate research from Respect found that CAPVA featured in between 21 and 27 per cent of youth offending caseloads, and accounted for between 64 and 67 per cent of police domestic abuse incidents where the suspect was under 18.

Families experiencing CAPA often present at school before they reach any other service. The impact shows up in children's behaviour, attendance, and emotional wellbeing: presentations that schools are already managing, often without the fuller picture of what is happening at home.

Capa First Response CIC is a specialist organisation working with families affected by child-to-parent aggression. Their approach is non-blaming and relational: they work to understand the reasons beneath the behaviour rather than managing its surface presentation. They support children and young people up to 18, and up to 25 where there are additional needs or neurodivergence, diagnosed or not. They operate as an online platform, which means their support is accessible to families across the UK, not limited by geography. Their own data shows a 100 per cent increase in referrals in the past year, with over 400 families referred and 98 per cent reporting improvement in parent-child relationships following support. You can find their website here: capafirstresponse.org

LMS Well-being

I recently came across the term 'wellbeing burnout'. As someone who has staff wellbeing as part of their job, it stopped me in my tracks. Wellbeing burnout is the exhaustion that comes from trying to keep up with the latest wellness advice. And there's a lot to keep up with:

Supplements. Cold water exposure. Red light therapy. Fasting windows. Breathwork. Sound baths. Sleep scores. Step counts. Journaling. Meditation streaks. Morning routines. Evening routines... Even rest now seems to come with instructions.

Interest in wellbeing has never been higher, but neither has the pressure to get it right. Somewhere along the way, wellbeing has become something to perform. Good intentions have been hijacked by comparison, tick-boxing and public displays of wellness. Research from Edelman Data and Intelligence suggests that 45 per cent of people are experiencing the cruel irony of wellbeing burnout. I'll admit, I've sometimes fallen into this trap myself.

For years, I treated my weekends as sacred, I'd play rugby, cricket, chill out, watch rubbish TV, doing all the things I believed would help me keep relaxed and ahead.

Then our first child, my daughter arrived. And with her, my routine disappeared overnight. Playing sport became playing peek-a-boo, sporting biographies became books about the Gruffalo. Quiet time became nursery rhymes. And while I wouldn't change any of that, it took some getting used to.

The more I tried to cram my old routine into my new life, the more I felt like I was failing. Which is ridiculous, really. Nothing was wrong. Life had simply changed. But that's what wellbeing burnout does. It convinces us that the problem is us. That we're not disciplined enough. Not consistent enough. Not optimised enough. Not doing enough. When actually, we might just be trying to shoehorn an old version of wellbeing into a new season of life.

Real wellbeing has to work in real life.

It has to bend around children, grief, work, hormones, caring responsibilities, illness, broken sleep and the general weirdness of being human. If your wellbeing routine only works when life is perfect, it's not wellbeing. It's just for show.

The answer isn't to abandon wellbeing. Sleep, movement, connection, purpose, gratitude, kindness, boundaries and rest still matter deeply. But wellbeing should make life feel more liveable, not less. Maybe we need to change the question from, "How can I optimise myself?" to "What would help me feel more human today?"

That might be a run, an early night, putting your phone in another room or laughing with your child over a ridiculous story about a Gruffalo. Wellbeing shouldn't be about proving we're doing life properly. The clue's in the name – it should be about actually being a well being! And sometimes, the most powerful thing we can do for our wellbeing is stop trying quite so hard.



Congratulations to our Top Doodlers...

Hayden L for his 50 day streak; Vidhu R for his
100 day streak and Siddharth K for his 1000
day streak!

Well done



doodle



Long Meadow Legends

Tadpoles - Kingsley for being Subitiser of the week and Jessica for being an excellent partner at carpet times!

Minnows - Amaari for his focus, determination and have a go attitude in phonics this week.

Sticklebacks - Viaana for super learning in science.

Newts - Kyan for really starting to challenge himself in his learning.

Frogs - Theo for some great teamwork in PE, defending the cones & bowling the ball.

Hogweed - Harper for answering questions in class.

Bracken - Archie G for demonstrating a good understanding of time.

Hawthorn - Amelia for a fantastic attitude & determination in PE.

Foxgloves - Seraiah & Dominic for being musical superstars in our first keyboard lesson & even teaching Mrs Wood a thing or two and Louie for his enthusiasm during our lesson about Africa.

Year 5 Residential - for being amazing! Super behaviour, great manners & a real pleasure to take away - well done!

Year 5 'Remainers' - you were all amazing, fabulous artwork, delicious Rocky Road & spending time dodging the rain!

Brambles - Rhea for her constant positivity & enthusiasm.

Teasels - Folu for epic improvement in presentation, taking time & care with handwriting.

Sports Person of The Week

SPOTW is Ruby N in year 4. Ruby has played for the Y3/4 girls football team for a few weeks in their competitions, she has been more determined and hardworking each week which has seen improvement in her skills and attitude.

We've also had a group of children attend Gravity Trampoline Park this week, well done:

Juwon, Cohen, Jamal, Alessa, Sienna & Chido

#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.



Mental Health Support Team

Summer Anxiety Groups

The Milton Keynes Mental Health Support Team (MK MHST) are offering an evidence-based summer holiday groups for children aged 8–12 and their parent/carers to learn practical ways to understand panic and worry, manage anxiety, and build healthy coping skills together.

Scan for more information



Upcoming groups

Scan to refer your child for the group



MK2 AREA
09:30–11:30am
Weds 22nd July
Fri 24th July
Weds 29th July
Fri 31st July

MK10 AREA
12:30–14:30pm
Mon 3rd August
Weds 5th August
Mon 10th August
Weds 12th August

More groups may be added depending on uptake

Young people who attend an MHST-supported school are welcome to join either group, even if they live outside the postcode area.

This NHS service will open a mental health care episode on your child's NHS records. Explicit parental consent will be obtained during the referral process.



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



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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A small, discreet community initiative based in Wolverton.

We provide practical items such as:

Plain school jumpers
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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

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**Stall Booking &
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Clothes • Toys • Books • Equipment

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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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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