

LMS Matters

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Dear Parents and Carers

I start this week with an update from our Chair of Governors, Mr Chris Bond:

"To the Parents/Carers of pupils at Long Meadow School

I wanted to take this opportunity to update you all on the status and progress that the Governing Body has made in relation to replacing Mr Gray as Head Teacher of Long Meadow.

Firstly though, the Governors and I want to thank Mr Gray for all of his efforts in leading and guiding us over the last 8 years, especially through 2 Ofsted visits, and ensuring that we continue to be a good school. We knew that when we recruited him that his relationship style of leadership and experience of a primary setting would serve us well and that has been the case.

However, when a Headteacher moves on, it is also the time for the school to look forward and the Governing Body is working with the Local Authority to seek a replacement for Mr Gray. In the first instance this will be an interim appointment commencing in September. Due to the way in which the timing for the recruitment process for senior leaders in education works this will be a temporary appointment which will be on a part-time basis that will allow us to then take our time to run a more detailed recruitment process for a permanent replacement in the Autumn. It is also designed to provide support to the existing senior leadership team and staff through this period.

The interim appointment process has now commenced and I would therefore expect this to be completed by the end of June at which point I would then hope to be able to let you know the outcome and inform you who the successful candidate who will lead the school from September is.

Thank you for all of your continued efforts in supporting the school, it is very much appreciated.

If you do have any questions then please feel free to raise these by contacting the Governing Body through the school office in the normal way.

*Your sincerely
Chris Bond"*

As half term approaches, don't forget that the **SUNSHINE FAMILY CENTRE** has activities on every single day, from Family play, to crafts and family breakfast. Please see their timetable further on in this newsletter.

Just a 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 the 16 and 17 June 2026.

Leighton Buzzard Railway have informed us that Chase from Paw Patrol will be visiting them and riding the steam train at intervals on Sunday 31 May - see the flyer further on to find out how to book your tickets.

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 make the Show an affordable family day out over the summer holidays. See the flyer further on for more details.

As we move into the final half term of the year, there's still lots going on. As soon as we return Year 4 are off on their residential trip to Wilderhope and then later on we of course have our sports days, transition days and lots, lots more.

I hope you all have a wonderful half term break, rest well, recharge and I look forward to seeing you all for my last half term as Headteacher of LMS :(

Fingers crossed this weather continues!

Mr Gray



EYFS/KS1

Tadpoles
who achieved
98.7%

KS2
Hawthorn
who achieved
97.6%



TTROCK Stars
Weekly class champions!

KS1
Frogs
KS2
Hawthorn



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

As we approach the half term break, we would like to remind families about the importance of keeping children safe when out and about in the community.

With many families travelling, visiting parks, attractions or spending more time in busy public places, children can easily become separated from adults. Please take time to remind children what to do if they get lost, including identifying safe adults such as police officers, shop staff or people with children, and ensuring they know important information such as a parent's phone number where appropriate.

Recent incidents across the UK have highlighted how quickly children can wander off in crowded places, particularly during school holidays. We also encourage parents to supervise children carefully near roads, car parks and water areas during day trips and outdoor activities. We hope everyone has a safe, restful and enjoyable half term break.

LMS Well-being

Since I have tried to immerse myself in the things I share with staff and parents/carers each week, life's a struggle...

- I'm struggling to moan.
- I'm really struggling to take things for granted.
- Being negative has become a proper chore.
- I'm struggling to miss what's right in front of me.
- Overthinking has become really hard work.
- As is staying annoyed, being stressed, and endless scrolling.
-

I keep catching myself appreciating small stuff and noticing what's going right instead of what's wrong. Best of all, I'm letting things go that used to wind me up for hours. Oh, and I'm living 'phone-lite'... on purpose.

It turns out that when you train your attention and change your attitude, you start to see more of what's good. And once you see it, it's quite hard to unsee it.

Which is inconvenient if you've built a perfectly decent identity around being a bit grumbly (which I have). Here's the kicker: nothing out there has changed. Same job. Same inbox. Same people. Same world. Just a slightly different lens.

And that's the bit we tend to overlook. We spend years trying to fix everything "out there" when the fastest upgrade is usually "in here". So yes... life's a struggle. But maybe not in the way we've been told.

Previously, I was struggling to be positive. It was a fleeting 'weekends only' thing. And now I'm struggling to be negative. Honestly, it's the best 'problem' I've ever had.



Congratulations to our Top Doodlers...

Layla A for her 500 day streak!

Well done



doodle



Long Meadow Legends

Tadpoles - Zuhair for being Subitiser of the Week and Jessica for growing confidence and a can-do attitude when writing.

Minnows - Atharv for fantastic sentence writing this week in Early Work.

Sticklebacks - Ani for answering questions & sharing his knowledge during the talk about animals at Woburn.

Newts - Calin for his fabulous attitude to learning these past few weeks.

Frogs - Thomas for excellent contributions during science.

Hogweed - Ivy for fantastic maths learning in geometry.

Bracken - Selena for her positive attitude towards maths.

Hawthorn - Theo for the most amazing handwriting in published writing.

Foxgloves - Nayara for working really hard & challenging herself in maths.

Ferns - Zeynep for being helpful, kind & trying her best in all of her work.

Thistles - Zain for phenomenally awesome science work.

Brambles - Zoe for her fantastic monster poem writing.

Teasels - Jessica Y for always being a superstar - kind, thoughtful & supportive.

Sports Person of The Week

SPOTW is Katie S Early Years. Katie is always ready to learn in PE and supports her friends in lessons to help with their learning. She was a wonderful friend in the lesson this week. When she could see that someone was upset in the class because they were finding the task tricky, she went to help them to complete it! An amazing show of maturity and friendship at such a young age!

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

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who will be visiting the
Leighton Buzzard
Railway
at intervals
on Sunday May 31st
Book Train Tickets at
www.buzzrail.uk***

MK BREAKERS MAY HALF TERM CAMP

MK BREAKERS MAY HT CAMP

26TH - 29TH MAY
BOYS & GIRLS AGED 7-14
HAZELEY ACADEMY

BOOK VIA QR BELOW



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.

Monday 25 th May	Tuesday 26 th May	Wednesday 27 th May	Thursday 28 th May	Friday 29 th May
<p>Bank Holiday Centre closed</p>  <p>No Larder at The Hive today</p>	<p>9:00-10:00 Family Breakfast Join us for toast and cereal and a hot drink.</p> <p>10:00-11.30 Family Play Indoor and outdoor play activities</p> <p>2:00-3:30 Family Games session Including Board games, Big Connect 4 Table Tennis</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 & Ask Speak to the team if you have a question or need support.</p> <p>9.30-1.30 MKPA Free activities aged 4+ Westcroft Pavilion Playing fields, Cranbourne Ave. Come and say hello to the Sunshine team who will be there in the morning.</p> <p>12:00-1:30 Family Lunch All welcome</p> <p>Garden Play 1:30-3:00 Fun play activities in our garden.</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.</p> <p>9:30- 10:15 RegDolly Annas Music, fun and games No need to book</p> <p>1:30-3:00 Crafts session Get creative with crafts for all the family.</p>	<p>10:00-11:30 Family Walk Meet at the centre for a walk to the local parks.</p> <p>11.30-12.30 Drop in Cafe Come for a chat and a cuppa with play activities for the children.</p> <p>10:00-1:00 Community Larder at Westcroft Pavilion More info at: www.sofea.uk.com Help reduce food waste</p> <p>9:00-3.30 Sensory room available for relaxation and sensory play. Contact the centre to book some time.</p> <p>1.30-3.30 MKPA Sports, games, bouncy castle, arts and crafts Garthwaite Pavilion playing fields, Shenley Brook End</p>

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Info**



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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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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

Sign up on our
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