

LMS Matters

Tel No: 01908 508678

Email address: office@longmeadow.milton-keynes.sch.uk

www.longmeadow.milton-keynes.sch.uk

Issue: 36

Date: 26.06.26



Dear Parents and Carers

As we reach the end of an exceptionally warm week, I would like to extend my sincere thanks for your understanding, flexibility and support during the period of extreme weather. Following the Red Extreme Heat Warning, our decision to offer an optional early collection was made with the safety and wellbeing of our children and staff as the highest priority. We are incredibly grateful for the positive response from families and for the cooperation shown throughout the week, which helped us ensure that everyone remained as safe, comfortable and well-supported as possible during these challenging conditions. Unfortunately, we also had to bring the Year 6 residential trip home early, as their accommodation was just not set up to deal with such high levels of heat, and their planned trips and visits offered very little shade from the heat and harsh rays.

PALMS wanted to say a huge thank you to everyone who donated to their Non-Uniform Day. A special well done to Tadpoles, who raised a whopping £99! If you haven't had a chance to donate yet but would still like to support them, you can either donate an item for the tombola or use the donation link, which will remain active for a little longer. Thank you for your continued support.

Attached to this week's newsletter is the latest Community Learning MK **ADULT EDUCATION COURSE LISTINGS**. New courses are added throughout the year so keep an eye on their website and social media pages for the latest updates www.milton-keynes.gov.uk/adult-education. There are lots on offer from English and maths, courses to help aid employment and health and social care!

The latest **MILTON KEYNES MENTAL HEALTH SUPPORT TEAM (MHST)** newsletter is now available. To get your copy, please see the poster further on. All you have to do is scan the QR code and it will take you there for free! In this latest edition it includes: Your feedback in action – see what's changed and what to expect, the logo competition winner is revealed, meet the MHST – who they are & how they support schools and families, top wellbeing tips you can start using today and upcoming groups & workshops – including more flexible options.

Your child may have come home enthusiastic about the opportunity to join a rock band on Wednesday. This week, we welcomed Tommy from Rocksteady Music School, who led a (very loud) launch assembly and a series of workshops for the children.

We hope your child brought home a letter with further information about the programme and how to register. If not, please don't worry; you can find a copy of the flyer attached later in this newsletter, which includes all the details you need.

Have a lovely weekend.

Mr Gray



EYFS/KS1

Sticklebacks

who achieved

96.5%

KS2

Hawthorn

who achieved

98%



TTROCK Stars

Weekly class champions!

KS1

Frogs

KS2

Bracken



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 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

Open Water Safety

With the warm weather continuing, many families may choose to spend time near rivers, lakes, reservoirs, canals, beaches and other open water areas. While these locations can be enjoyable places to visit, they can also present significant dangers, even during hot weather. Water temperatures can remain extremely cold, strong currents may be hidden beneath the surface, and sudden changes in depth can catch even confident swimmers by surprise. We encourage all parents and carers to remind children never to enter open water without close adult supervision, to swim only in designated safe areas, and to avoid jumping into unknown water. Taking a few moments to discuss water safety with your child could help prevent a serious accident and ensure everyone enjoys the summer safely.

LMS Well-being

The Power of Doing Less

The modern world has a very simple solution to most problems... Add more.

Feeling tired? Add a morning routine.

Feeling unfit? Add a training plan.

Feeling stressed? Add a meditation app.

Feeling distracted? Add a productivity system.

Feeling behind? Add a podcast, a supplement, a tracker and a water bottle the size of a toddler.

We're very good at adding. We are not very good at taking away.

Engineer Leidy Klotz tells a brilliant story about building a Lego bridge with his three-year-old son. The bridge was wonky, so Klotz immediately tried to fix it by adding more bricks to one side. His son simply removed bricks from the taller side, instantly levelling it. The better solution was subtraction. Klotz went on to study this tendency and found that people systematically overlook the option of doing less.

Wellbeing culture often falls into the same trap. When we feel out of balance, we reach for another protocol, another tracker, goal, challenge, run... another thing to squeeze into the day. Before long, we've overcomplicated the very thing that was supposed to help us feel better.

So try this, a small experiment: thirty days of doing less.

Less social media, Less screen time, Less overcommitting, Less pressure. No smartwatch, No tracking workouts, No phone on walks, No podcasts filling every quiet moment.

And by doing less, you will find you have more. More quiet, More stillness, More peace, More presence, More space to hear myself think.

At the end of the thirty days, most of those habits may become part of your new routine. Your phone might live on the side and is never present during family time. You might only use social media a couple of times a day. By spending so little time on it, you focus on what you enjoy and don't beat yourself up about the rest. Instead of being fixated on numbers, you will find a pressure you hadn't even noticed was there had lifted. This need to put a number on things is a fairly new phenomenon – how many steps we walk a day, how many calories we consume, how many followers we have, how fast we run a marathon. The modern world rewards us when it comes to numbers. As Michael Easter writes in *Scarcity Brain*, we quantify everything and believe those numbers have power, but they don't account for the full human experience. Metrics are great. But not everything that matters can be counted, and not everything that can be counted matters.

Wellness should become less about adding new habits and more about letting go of things that no longer fit. Because routines need to change as life changes. What worked in one season might become stressful in another. So here's an interesting thought – maybe doing less is not the opposite of wellbeing. Maybe it's the doorway back to it. In a world that constantly tells us to add more, optimise more and become more, there is something quietly rebellious about subtraction.

Sometimes the bravest thing is not another goal. It's a gap. A pause. A walk without your phone. A watch that only tells the time. A life with a little more space in it.



Congratulations to our Top Doodlers...

Bertie L for his 50 day streak

Well done



doodle



Long Meadow Legends

Bumper assembly next week!

Sports Update

Recently, we've had a group of Y3/4 girls play the last football fixtures of this year. They improved each week, showing great effort, determination and perseverance in every game they played. Well done to: Layla, Eden, Ruby N, Elsie, Selena & Robyn.

On Friday afternoon, a team of 24 KS2 children attended a very hot Stantonbury Athletics Track to take part in a huge competition. They performed and behaved wonderfully well all afternoon with lots of individual success throughout.

Well done to;

Junior team - Anne, Grace, Leo, Ali K, Bertie, Amel, Alexi-Mai, Tani, Ava G, Arnold, Dheer & Nathaniel

Senior team - Abbey, Harriet, Safiya, Valerie, Evie-Grace, Henry M, Josh K, Freddie, Zoe, Matthew, Joey & Tyler

On Tuesday morning, a team of Y5 children went to Stantonbury to compete in the Bikeability Olympics. They took part in 4 stations: Bike detectives, slow race, gears sprint & obstacle course before finishing with a team relay sprint around the track. A great morning of fun!

Well done to: Sam, Olivia, Corey, Zeynep, Milly & Eli

#PROUD

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

Milton Keynes Mental Health Support Team

Stay Connected with the MK MHST

June 2026 Newsletter Now Available

We're excited to share our new-look MK MHST Newsletter, shaped by your feedback to make it more useful, accessible, and relevant.



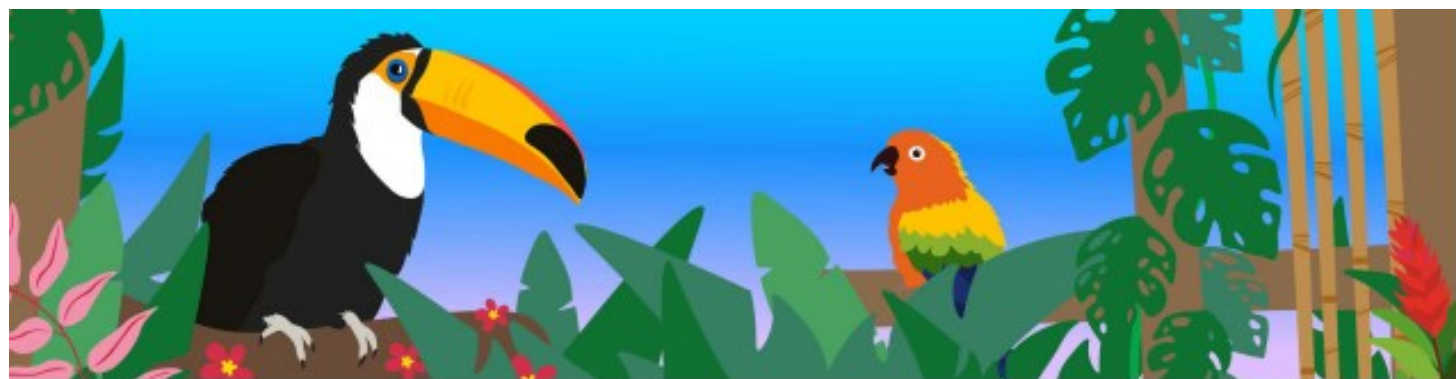
✨ What's inside this edition:

- ✓ Your feedback in action – see what's changed and what to expect
- ✓ Logo competition winner revealed – celebrate young people's creativity (sneak peek below!)
- ✓ Meet the MHST – who we are & how we support schools and families
- ✓ Top wellbeing tips you can start using today
- ✓ Upcoming groups & workshops – including more flexible options



Don't miss out – scan to explore our newsletter!





The Doodle Summer Challenge

1st of July - 31st of August 2026

Earn a pin badge and certificate!

Between the **1st of July - 31st of August**, Doodle are running two exciting Summer Challenges — the DoodleMaths Challenge and the DoodleEnglish Challenge!



Both Challenges are designed to encourage a few minutes of daily Doodling, keeping your child engaged in their learning and boosting their skills. Plus, they can earn exclusive rewards by taking part!

How to take part

1 Create or link your account

If you haven't already, create and/or link a parent account to your child's school account. To find out how to do this, see the reverse of this flyer or visit help.doodlelearning.com and search 'how to link account'.

2 Register for the Challenge

From the **1st of July**, visit parents.doodlelearning.com and press **Register** next to your child's name for one or both Challenges.* **The last day to register for and begin the Challenge is the 18th of August.**

3 Doodle 'little and often'

Once you've registered, encourage your child to **earn 750 stars** (or **600** if they were born after August 2018) and use **DoodleMaths** and/or **DoodleEnglish** for **14 days*** between the **1st of July – 31st of August**.

*These 14 days don't need to be in a row. A day of use is defined as completing at least one exercise between 00:01 and 23:59.

4 Receive a pin badge and certificate!

Once they've reached their target, we'll send a **pin badge to their school**. This will arrive after the Challenge comes to an end. You can also claim a **personalised certificate** for them by visiting parents.doodlelearning.com and pressing **Download certificate**. The last chance to do this is midnight on the 25th of September.



Tag us and use the hashtag
#DoodleSummerChallenge

For more information,
please visit doodlelearning.com/challenge.

Any questions? Visit help.doodlelearning.com and press on the green circle icon to chat to our team.

How to create and/or link a parent account to your child's school account

Creating a parent account is really important (and really easy!). By doing this, you'll be able to enter the Summer Challenge and claim your child's personalised certificate by visiting parents.doodlelearning.com, our online parent hub.

How to create and/or link a parent account via the Doodle apps

- 1 Log in to any of the Doodle apps using the username and password provided by your child's school. **If you're not sure what these are, please contact your child's school rather than creating a new account for them.**
- 2 From the Learning Zone, click on the arrow icon in the top left-hand corner of the screen
- 3 Select **Settings** and press **Parent details**
- 4 If you're new to Doodle, choose **Create parent account**. If you already have a Doodle account, click on **Link existing account**.
- 5 Enter your details to link your email address to your child's account



How to create and/or link a parent account via the Parent Dashboard

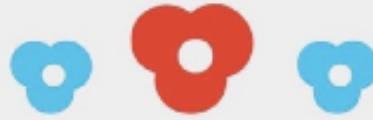
- 1 Visit parents.doodlelearning.com
- 2 If you're new to Doodle, click on **Create account** and follow the instructions. After you've done this, log in to parents.doodlelearning.com. If you already have a parent account, log in to parents.doodlelearning.com.
- 3 Once you've logged in, hover over **My account** and select **Child details**
- 4 Click on **Link to my child's school account** and enter the username and password provided by your child's school. **If you're not sure what these are, please contact your child's school rather than creating a new account for them.**

Good luck, and happy Doodling!

*The Challenge available will depend on your school's Doodle subscription. If you'd like to join both Challenges but your school does not subscribe to DoodleMaths or DoodleEnglish, a home subscription can be taken out in the subject you're not subscribed to. To receive 2 FREE weeks of a home subscription, please visit doodlelearning.com/challenge-offer.



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



Sign the **plan for**
play petition





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!



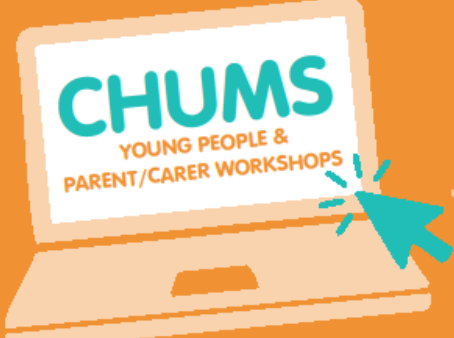
FREE Child Tickets!

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



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>

ROCK
STEADY

DOES YOUR CHILD WANT TO PLAY MUSIC IN THEIR OWN BAND?



With Rocksteady, children learn to play an instrument through fun and inclusive weekly in-school rock and pop band lessons.

It's the perfect way to learn new musical skills, make friends and have a great time - all at school! There's no musical experience necessary and instruments for lessons are provided.

Rocksteady lessons are also shown to boost confidence, improve wellbeing and encourage teamwork!



Scan QR code to
find out more!

98%

OF PARENTS SAY
THEIR CHILD LOVES OR
ENJOYS ROCKSTEADY
BAND LESSONS

94%

OF PARENTS SAY
ROCKSTEADY
IMPROVES THEIR
CHILD'S CONFIDENCE

0330 113 0330 (Mon-Thurs 8am-8pm, Fri 8am-6pm, local rate)

rocksteadymusicschool.com