

# Long Meadow Matters

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Dear Parents and Carers,

All I can say is wow! What an amazing first week back it has been. It's such a wonderful feeling when things on paper become a reality and work.

First and foremost all of our staff have been amazing. They have prepared learning, began to unpick where we are as a community and have supported the children's well-being from day 1. This is then matched with high academic standards, assessing where the children are at with their learning, whilst ensuring the pace of all of this is kept up. I've been blown away by just how hard everyone has worked– I am truly honoured to lead this school team.

Thank you to each and every one of you also. Whether that is turning up at the correct staggered time, sending in kind words, supporting the article in the MK Citizen or just by ensuring you are socially distanced at all times on our school site.

However, the danger is that when things go so well from the start, complacency can set in. In school we can assure you this will not happen. Both with regards to safety and well-being and academically. You must also continue to do your bit. Here are some ways you can support us;

- Do not let your children touch or play on any play equipment before or after school at any point
- Ensure you are socially distanced in our one way system– this may be slowing down or even stopping if you see people ahead of you.
- Consider dropping your children at the main gate and letting them walk in by themselves.
- Cycle or walk to school and not come in the car
- Keep your awareness on our site by not using your phone and asking children not to scoot or ride in school
- Not approaching staff within 2m. If you need a conversation, please request a call back.

Its been great to welcome our new staff, with Mr Summers, Mrs Hargreaves, Mr Hobley, and Mrs Frost, whilst also getting Miss Kidd back into our leadership team. Sadly, Mrs Sinclair, one of our Nursery Nurses, decided to retire over the summer break to spend more time with her family. She has been an amazing staff member and has been a key part of the children's great start to LMS for many years. We thank her for her commitment to every single child and know you will join us in wishing her all the very very best for the future.

Finally this week, please have a good look at the next two pages of this newsletter. One launches PHE's new Mental Health support campaign. As we all know, we have all dealt with lockdown in different ways and so have our children. We will be supporting this campaign in school and will be displaying posters as a constant reminder. The second page shares a page from our core text in school, 'The Boy, the Mole, the Fox and the Horse'. Each week we will share a page from the book, to show you how we can use the book both with children and adults.

See you all next week, when we begin to welcome our Early Years families properly.

Mr Gray  
Head Teacher



Congratulations to

**Brambles**

who achieved **100%**  
attendance this week!

**Well done  
everybody!**

Please remember **DO NOT**  
send your children into  
school if they are displaying  
any of the following  
symptoms:

New continuous cough and /  
or high temperature and /  
or a loss of, change in, normal  
sense of taste or smell.

Please contact school  
reception on 01908 508678  
for advice if unsure.

### **Harvest Collection**

We are once again supporting  
the MK food bank with our  
harvest collections ( in a safe  
way)

Things to think about starting to  
collect are;

- Tinned Pasta (Spaghetti, Spaghetti hoops, ravioli, macaroni cheese)
- Tinned Custard and Rice Pudding
- Tinned Meat (corned beef, Spam etc or tins of Bolognese, chilli con carne, hot dogs etc
- Tinned Fruit
- Biscuits
- Long life Juice / Squash

**PLEASE DO NOT BRING THEM  
IN JUST YET**



### Week 1- Kindness

Being kind is something all of us need to focus on. We are all working through these challenging times together.

Thank you for your support and understanding this week where you have worked together with us to follow our new procedures and systems. We have appreciated your kindness.

It has been lovely to see the children coming back and enjoying socialising and learning together. Being kind to each other is a focus the children are having too. See the attached 'Daily Kind Acts' sheet - print it out at home and see if you can complete these as a family.

We'd love to see photos of them completing some acts of kindness on Twitter.

***PHE LAUNCHES NEW MENTAL HEALTH CAMPAIGN TO SUPPORT CHILDREN, YOUNG PEOPLE AND THEIR PARENTS. OVER HALF OF PARENTS SAY THEIR CHILDREN'S MENTAL WELLBEING HAS BEEN ONE OF THEIR BIGGEST WORRIES DURING COVID***

Most families have experienced upheaval in their daily lives during the pandemic. With children and young people now back at school, PHE's new campaign provides NHS-endorsed tips and advice to help children and young people's mental wellbeing, and equip parents and carers with the knowledge to support them.

Research reveals that the coronavirus outbreak has caused an increase in anxiety in young people, and more than a third of children report being more worried, sad and stressed than before lockdown. New PHE survey data found that two thirds of parents surveyed say their children's behaviour has changed since the start of the pandemic (69%) and, when asked their top three worries around coronavirus, over half (52%) said the mental wellbeing of their children topped the list of their biggest worries.

The advice available on the Better Health - Every Mind Matters website has been developed in partnership with leading children and young people's mental health charities. It is designed to help parents and carers spot the signs that children may be struggling with their mental health and support them. In addition to the advice for parents and carers the site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.

To engage parents and carers a powerful short film has been created featuring a range of celebrity parents including Davina McCall, Marvin Humes, Sean Fletcher, Katie Piper and Edith Bowman, reading extracts from best-selling author Charlie Mackesy's well-known book, 'The Boy, The Mole, The Fox and The Horse'. The emotive extracts all touch upon mental health and aim to encourage parents to visit the Better Health - Every Mind Matters website.

***For more information search Every Mind Matters.***