

Lancing Prep Hove

Newsletter

A Lancing College Preparatory School

Spring Term | 09 February 2024

Message from Mrs Keep

Assuming the old adage that time flies when you're having fun holds true, it's clear that I've been enjoying myself a great deal thus far this year. Quite how we are at the end of the first half of the spring term, and thus the halfway point in the school year, is beyond me! Reflecting on the past couple of weeks, though, it's easy to see how time has flashed by in a blur of activity and I hope the pages of this newsletter give a good sense of what the children have been up to in school.

Of course, school often stretches way beyond the boundaries of our grounds and children of all ages take their learning outside of the classroom. Whether it's weekly Away matches or one of the very many curricular trips that run, the message that learning can and should happen outside of school is an important one, and I hope the children will enjoy the opportunity to learn all manner of things over half term - including perhaps some important life skills in the home.

After half term, swimming takes its place in the timetable for all primary aged children and sees them heading to the pool at Lancing College to learn either the essential life skill that is water safety, or to develop their swimming stamina and technique. Whatever stage they are at, the sea views from our school remind us what an essential skill this is for each and every one of our pupils. Please do make note of what day your child will be swimming to help them remember their kit.

It was a pleasure to see a good number of parents at Mr Clifton's PSHE for Parents session on 'Our Children's Digital Future'. A recent survey of parents confirmed that this is the number one area parents want the school to support them with, and Dan shared thought-provoking insight into the ways in which all our children are engaging with the online world. As we all know, the digital world moves at lightning speed and so we host these events regularly so as to keep parents updated as to what the children are telling us now, and to help share the challenges we know children of different ages face in school and beyond as digital citizens. Whether you are the parent of a pre-schooler or of a teen in Year 8, there is important information shared at these events. For those parents who weren't able to come along this time, please do come next term when we are holding a repeat event. To all those who attended and asked such prescient questions, as well as giving invaluable feedback, I would like to extend my warmest thanks. Our work in school with the children can't happen in isolation, so the more we discuss these important issues, the better supported each of our children will be.

I hope you all have a wonderful half term break with your children and look forward to seeing you on return for the longer days that herald the start of the second half of the school year.

Notices are on Page 14

Chinese New Year!

We celebrated the start of the Year of the Dragon today.

Year 2 had a special visitor who came in as part of their topic about other countries to talk about China and Chinese New Year.



Meanwhile Chef Stevie and his team were busy preparing a delicious Chinese feast for the whole school to enjoy!







Follow us on



@lancingprep.hove





Pre-Prep News

Pre-School

The children were very lucky to have a visit from Vicky the vet! She came to talk to us all about her job looking after poorly animals and pets. She showed us some photographs of her patients, and we were delighted to see several of a tortoise who looked very much like our very own Dave!

Having put on real vet uniforms, the children practised bandaging their pets and listened to their heartbeats as well as the children's own. They had lots of fun and learned so much about how real vets treat their patients. It was a brilliant experience and we are so grateful to Vicky for her time.











Pre-Prep News

Reception

The children had a blast at our Reception Camp on a Friday evening. Their favourite part was toasting marshmallows around the campfire and drinking hot chocolate whilst listening to the story 'The Rabbit, The Dark, and the Biscuit Tin' by Nicola O'Bryne. They also enjoyed making shelters for animals, as well as exploring the tent and camp set up. They drew sooty pictures using the charcoal end of burnt sticks and many of them drew pictures of campfires and themselves toasting marshmallows. There was lots of conversation about stars, the dark and excited chatter all round! The following week they began by sharing photos of the camp, which inspired them to write a recount about their fantastic evening.















Pre-Prep News

Year 1

The children were historians and used sources such as photos, diary entries, and fact books to learn about the race to the South Pole between Scott and Amundsen. After that, they collaborated as a class to make a timeline of the events from 1773 to the present day.



The children built on their knowledge as they enjoyed an amazing visit from a travelling Natural History Tour. The children were presented with a morning of fun activities relating to the Polar Regions. Artic Pete was very impressed with the children's knowledge of the regions from this half term's learning, and how they behaved on the day. They were also given experiences of the Northern Lights, a snow machine, saw real life cut outs of some Artic animals and made some plaster models to take home as a reminder of the day. Great fun!

Next half term they contrast this region of our world with the continent of Africa!











Year 2

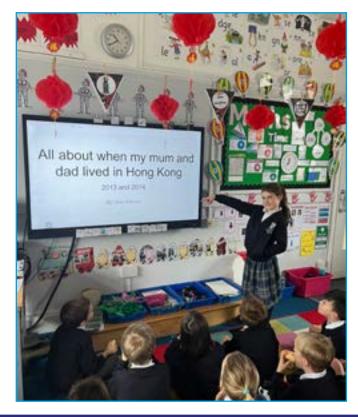
Year Two have been busy immersing themselves in their 'Far East' topic. We have been studying lots of different countries and comparing their cultures to Brighton. We visited Brighton Pavilion to take part in a rather exciting 'Dragon Tour' hosted by Brighton Museum.

Back in the classroom we had some special visitors who gave us a firsthand account of what it is like to live in some of the countries we have been studying, including Thailand, The Philippines and South Korea. Olive in 2W very bravely prepared and delivered her very own presentation on what life is like in Hong Kong.

During our art lessons we have been making Japanese bonsai and cherry blossom trees. The children have been using their Pre-Prep learning characteristic of 'persevering tortoises' to make sure their wires looked as 'twig like' as possible.









Year 3

The children enjoyed a fantastic trip to Herstmonceux Science Centre. Having recently focused on the topic of 'Light' and about to look at 'Forces and magnets' in their Science learning, they were excited to explore and experiment with the many exhibits and interactive investigations on offer at the observatory! During their visit the children asked the scientists numerous interesting questions.

There was also an opportunity for the children to put their knowledge and skills to the test when supported to construct a Truss Bridge with the help of their friends and the guidance of the staff. The chance to ride on a hover board and see Mr Price become the filling in a sandwich were just a couple of fun memories of the day for the children to treasure!









Year 3The children have been so busy working on their costumes for the Brighton Children's Parade!

Don't forget to save the date of Saturday 4 May to come to support them as they march in the parade.







Year 4

The children's new topic in Science is 'States of Matter' and they have been looking at how materials can change state.

When investigating the melting point of chocolate, they not only used the method suggested which was to use different temperatures of water but also held it in their hands and, to the children's great delight, their mouths! The experiments were both a hit and very tasty too.

They then conducted experiments to see freezing, melting, condensation and evaporation, using ice cubes.









Year 5

The children had a wonderful time as they explored the City of London, visiting the Bank of England Museum and The Royal Courts of Justice. They were fascinated to see how the economy has changed over time and handled real gold bars! On the eve of Safer Internet Day, the children studied and re-enacted a real criminal case of cyberbullying in a real criminal court and reflected on how their online actions will impact their future.









In Science this term, the children have been looking at the topic 'Earth & Space' in Science.

This gave them the opportunity to create a fruit-based version of our Solar System outside on the path by the playing fields!

They measured the distance each planet was away from the Sun taking the scale of the earth being one meter away from our local star and tried to recreate the size of the planets in fruit!



Year 6

In English, the children have been continuing the development of their critical thinking and analytical skills, writing arguments for and against the use of Al.

The rise of Artificial Intelligence continues to feature in headlines, whether extolling its virtues or warning of potential dangers, so it is good to know that the children are approaching new technology with an open mind whilst being aware of the pitfalls.



OL PA

Year 7

A keen group of gifted and talented Year 7 scientists took part in this year's Galactic Challenge at Bede's Senior School.

Pupils were mixed into groups with nine other prep schools and worked hard all day on a brief to build a low orbit research vessel. They then presented their ideas to a panel of judges and a large audience of parents and teachers.



It was a fantastic day, with huge amounts of progress made by the pupils in their communication skills, presentation skills, public speaking skills, and teamwork. This year we are delighted to announce that three of our pupils were on the winning team - well done to Jasper, Henry and Joel!

Ultimately, the real winners are the friends they all made on the day. Well done to all the pupils who took part.



Debating Workshop

Six pupils in Years 7 and 8 took part in a debating workshop at Windlesham House and learnt about the techniques needed to be in a successful debating team. They fought hard to persuade a judging panel that 'Animals should not be used for human gain' and 'Fast food should not be banned'.





Year 8

The children have been presenting their research in history and REP over the last couple of weeks. Their presentations have focused on developing research and analysis skills as well as making sure that their audience is engaged with visual aids and enthusiastic delivery.







Sports News

Hockey Results			Netball Results		
Wednesday 31 January		W/D/L	Wednesday 31 January		W/D/L
1 st XI	v Handcross Park & LPW	LD	1 st	v Cottesmore	W
2 nd XI	v Handcross Park & LPW	LW	3 rd	v Cottesmore	L
3 rd XI	v Handcross Park	L	Colts A	v Cottesmore	L
4 th XI	v Handcross Park	L	Colts B	v Cottesmore	L
Colts A	v Handcross Park & LPW	LL	Colts C	v Cottesmore	L
Colts B	v Handcross Park & LPW	L D	U9	v Lancing Prep Worthing	D
Colts C	v Handcross Park	L	U9/U8	v Lancing Prep Worthing	D
Colts D	v Handcross Park	L	U8	v Lancing Prep Worthing	D
Thursday 1 February		Thursday 1 February			
U9A	v St Christopher's	D	U9	v Cottesmore	D
U8A	v St Christopher's	D	Wednesday 7 February		
U8B	v St Christopher's	D	1 st	v St Christopher's	L
			2^{nd}	v St Christopher's	L
Thursday 8 February			3 rd	v St Christopher's	L
U9	v Handcross Park	D	Colts A	v Copthorne	W
U8	v Handcross Park	D	Colts B	v Copthorne	W
			Colts C	v Copthorne	W
Rugby Results					
Wednesday 7 February		Football Results			
1 st	v Cottesmore & Shoreham College	L L	Wednesday 31 January		
2 nd	v Cottesmore	L	2 nd XI	Bede's Tournament	3 rd place
U11A	v Cottesmore & Dorset House	D D			
U11B	v Cottesmore & Dorset House	W W			
U10A	v Cottesmore & Dorset House	W L			

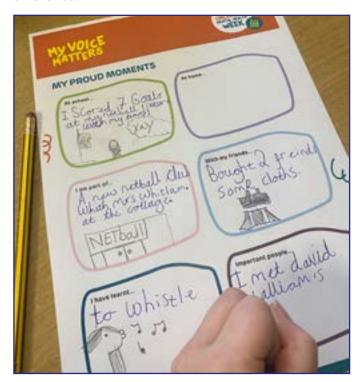




Children's Mental Health Week - Your Voice Matters

Form Time activities and PSHE Education lessons have allowed for thoughtful and purposeful reflection time towards this year's Children's Mental Health Week theme 'Your Voice Matters'. The children have reflected on the right they have to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

We have taken time to consider our proudest achievements and realise that we all matter and can make a difference.







PSHE for Parents

Thank you to all those parents who were able to attend this week's 'Digital Future' forum for discussion. As ever, it felt important to update the parent community on the challenges being faced by the school when it comes to our children's digital lives, and also to be able to host a discussion about the challenges you face at home.

As we have illustrated in our sessions of the last few school years, there are a surprising number of our children who are active online and engaged in social media from an increasingly young age. Through the conversations we hear in school and those we have with parents, we know that many of our pupils are easily able to access content that is both harmful to their health and can at times impact on the wellbeing of their peers. We are of the view that if your child has access to a smart device, has an online identity or has social media, gaming or streaming accounts of their own, then it is essential that you engage with us in this discussion. We want to be proactive in supporting our children fully, which includes supporting parents where and when we can. We also have much to consider when preparing for a world where Virtual Reality and Artificial Intelligence will define the technological landscape in which we live our lives. There is much to be excited by with the digital world, and it is our aim to find ways in which to support our families to navigate their online worlds safely and well-equipped.

A repeat event has already been added to next term's calendar which will be in the evening, and we would urge all families to attend.

Mr Clifton
Designated Safeguarding Lead

CHARITY BIKE RIDE

Pedalling for a Purpose: LPH staff Charity Bike Ride in May from Hove to Paris!

We are thrilled to share exciting news about an upcoming event that not only promotes health and adventure, but also aims to make a positive impact on the lives of others. A group of LPH staff has decided to embark on a charity bike ride from Hove to Paris over the early May bank holiday weekend, all in the name of raising funds for our two school charities – 'Children with Cancer' and 'The Sussex Cricket Foundation'.

Picture this: a group of enthusiastic staff, fuelled by a passion for both cycling and making a difference, setting off on an epic journey from our school gates at 6.30am on 3 May, pedalling their way through picturesque landscapes, and ultimately reaching the iconic city of Paris. Albeit with a few coffees and croissants along the way! To say they are 'fuelled by a passion for cycling' is perhaps an exaggeration, as most of the group own bikes that they've had their entire adult lives and that haven't seen daylight in years! To put things into perspective, six riders made it out for a bike ride on Saturday morning, and ventured from LPH to Newhaven, as this will be the first stage in May. Mr Ames's machine had eight gears in total, while Mr Clifton's had just four. Mrs Moulds' bike only had one brake. Mr Clifton's bike also got a puncture, and Mrs Ridge had a water bottle that didn't fit into its cage and kept falling out. So, they've got a way to go, but made it to Newhaven and back in just over two hours!

In May, they will be riding approximately 80km each day, covering a total distance of 250km. Mario has kindly offered to act as support driver, and they have already received a huge amount of support from local bike shops and the charities themselves.

Of course, the main reason for this challenge is to raise money for and awareness of our school charities, and the success of this bike ride relies on the generosity of our community. The staff are genuinely going to find this a tough challenge, and it will all be worthwhile if the school can raise a good chunk of money along the way. If you would like to sponsor us, please visit our fundraising pages, either by clicking on the links or scanning the QR codes. As you will see, each charity has its own fundraising page, so choose whichever you'd like to support or, even better, split between the two!





Justgiving.com/page/lph2paris

Justgiving.com/page/lph2paris2

Stay tuned for updates on training progress and the exciting moments the group encounter along the way. Thanks so much to those of you who have sponsored this initiative already, and please do get in touch if you think you might be able to help in any other ways!

Mrs Ridge and the cycling team!



Notice Board

Wildlife Trust Competition

Mrs Gardener would like to draw parents' attention to this competition which links nicely with the topic of living things and their habitats which is taught in Years 2,4,6, and 8.

Closing date is 10 March.

Find out more here:

https://www.wildlifewatch.org.uk/migration









Email: info@booknookuk.com

Tel: 01273 911988



This April, 180 local Sussex school children from primary, prep, including Lancing Prep Hove, and secondary schools unite with musicians from the Yehudi Menuhin School, Bernardi Music Group String Academy and Lancing College Choir alongside professional Opera soloists for a musical spectacular presented by Sing with Strings and performed at Lancing Chapel.

See flyer attached for more details.

**** "THIS IS A WONDERFUL HOLIDAY CLUB, FULL OF **FUN & FRESH AIR"**

**** "I LOVE THAT IT'S PHYSICAL ACTIVITY NOT BASED ON TRADITIONAL SPORTS"



**** "THAT WAS SO MUCH **FUN. CAN I GO AGAIN** TOMORROW?"

**** "LOTS OF GOOD **OLD FASHIONED GET DIRTY PLAY!"**

SPY CAMERA

LOCATION

HOVE (2 SITES)

DATES

MONDAY 12TH - FRIDAY 16TH FEE

TIME

9AM - 3PM

AGE RANGE

AGES 5 - 11

PRICE

£37.50 A DAY

"BEST HOLIDAY CLUB AROUND"



- **™** 100% OUTDOORS
- MAKING FRIENDS
- PHYSICAL ACTIVITY
- **BUILDING CONFIDENCE**
- ENERGETIC & ENGAGED STAFF
- w FLEXIBLE BOOKING
- OFSTED REGISTERED
- CHILDCARE **VOUCHERS ACCEPTED**



Attention all Dads & Mums... Please join our little football game... All welcome!

Please join our very casual 5-a-side footie game at Hove Rec: 7pm on Wednesdays, above the rugby pitches just west of the club house. We are looking for players of ALL standards! (Seriously). Please contact Sandor on 07716 186273 if interested or to find out more.



What Parents & Carers Need to Know about PERSUASIVE DESIGNONLINE

WHAT ARE THE RISKS? 'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentile reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

TIPL VA



















Schools unite to perform local Folk Opera at Lancing College Chapel



This April, 180 local Sussex school children from primary, prep, and secondary schools unite with musicians from the Yehudi Menuhin School, Bernardi Music Group String Academy and Lancing College Choir alongside professional Opera soloists for a musical spectacular presented by Sing with Strings and performed at Lancing Chapel.

Presenting 'Beware the Mackerel Sky', a dramatic tale of smugglers and spies, conflict, mystery, heartache and kindness, this one-act folk opera brings to life the rich smuggling heritage of an early 19th-century Sussex community in Shoreham and Lancing, weaving real-life characters and events with fiction. Including a musical blend of influences from opera, musical theatre, choral and orchestral music with exciting memorable songs.

The event brings together eight Primary and Prep school choirs, community choirs, opera singers and music professionals in one multigenerational and multidisciplined 400 strong community for three performances only.

Composer and Sing with Strings Project Manager, Christopher Hussey and Artistic Director Andrew Bernardi write; 'We believe in the transformative power of music, performance and collaboration – at its core, this project is an unmissable opportunity for fun, confidence building, making connections and sharing learning with people from different disciplines. We hope to inspire interest in music and promote study and career pathways in singing and instrument playing.'

Lancing College is honoured to host the community company of musicians and spectators. Head Master, Mr Dominic Oliver says 'We are thrilled to be a part of Sing with String's incredible musical performance project, bringing together the local community alongside musicians from the Yehudi Menuhin school and professional musicians from across the globe, in collaboration

with the Bernardi Music Group. As participants and hosts, it is our honour to open Lancing's Chapel for the benefit of the community and to celebrate the diversity of musical talent in what is our 175th celebration year. '

For all press enquiries please contact Kat Field on kfield@lancing.org.uk or call 01273 465708.

Notes for editors:

Dates of performance:

Saturday 27 April 2024

18:00 Performance 1 – Saturday Evening (doors open 17:45)

Sunday 28 April 2024

15:30 Performance 2 – Sunday Matinee (doors open 15:15)

18:00 Performance 3 – Sunday Evening (doors open 17:45)

Performance lasts approximately 75 minutes (no interval)

The Team:

Artistic Director - Andrew Bernardi

Composer and Project Manager - Christopher Hussey

Book/Stage Director - Theresa Gooda (based on an original book by Charlie Olsen)

Lyrics - Charlie Olsen

Conductor - Steve Dummer

Chorus Directors - Emily Barden, Aedan Kerney MBE and Alex Mason

Opera Singers - Daisy Bevan, Juliet Schiemann, Anando Mukerjee and Benjamin Bevan

Full list of performing groups:

- Yehudi Menuhin School
- Bernardi Music Group String Academy
- Lancing College Choir
- College Singers
- The Boundstone Chorus
- Worthing Choral Society

School Choirs:

- Farlington School
- Lancing College Prep Hove
- Lancing College Prep Worthing
- Prebendal School
- Sir Robert Woodard Academy
- Sompting Village Primary School
- Southwater Junior Academy
- The Weald School

Thank you to Focus Foundation, Tooveys, Nyetimber, NFU Mutual and Kreston Reeves for all their support and sponsorship.



Tickets:

Tickets available from www.bernardimusicgroup.com/events/ from 17th January 2024 on a first come, first served basis. Adults (aged 19+) @ £12.50, Children (aged 5 – 19) @ £5, Children under 5 are free. No refunds will be offered for tickets purchased.