



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Spring Term | 01 March 2024

Message from Mrs Keep

It's already two weeks back after half term and we seem to have barely seen the sun, although it is shining bravely through my office window as I write this. The children are, as ever, undeterred by the deluges of rain we have enjoyed recently, and taken every opportunity they can to get outside, whether on the astro, adventure trail or down at Forest School. The annual Pride (for Pre-Prep) and House (for Prep) pancakes races were great fun and it was lovely to hear the assembled throng of pupils sing Happy Birthday to Mr Clifton as he ably demonstrated the technique required to navigate the course laid out for the Prep race. On a related theme, we also enjoyed celebrating Ryan's very special 'leapling' birthday yesterday as we all gathered for the House debating competition.

It's been a time of academic exams for some Year 8 children sitting for scholarships to their chosen senior schools and they have, I am sure, given of their very best. We will look forward to hearing how they have done later on this term. The school has also been under scrutiny with a visit by the Good Schools Guide whose reviewer spent the day here immersed in life at LPH. We will share the outcome of the review once it is to hand.

It's a shame that many sporting fixtures have also taken a bit of a hammering but with the start of meteorological Spring today, I hope this is a sign of some kinder weather to come! The tubs of tulips planted by every year group are showing encouraging bursts of greenery and will soon brighten the school in the run up to Easter.

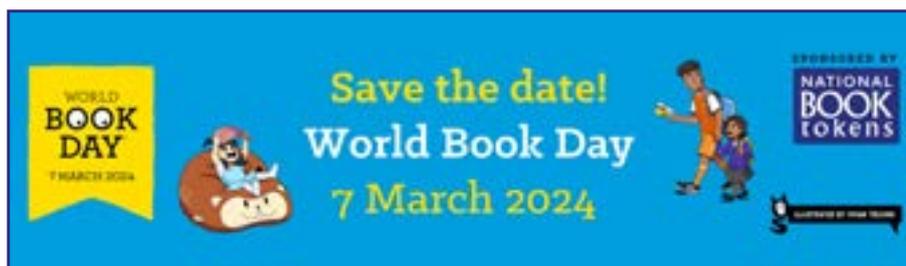
It was good to finish off a quietish couple of weeks with a PTA fundraising cake sale today, combined with the opportunity to stock up on some pre-loved uniform. We have some events to celebrate over the coming weeks, with World Book Day, International Women's Day and our Mothers' Day events coming along in the space of a couple of days next week and after that our Easter celebrations will come into focus.

I hope all the children find plenty of time this weekend to get cracking with their sponsored reading – perhaps this will be a useful suggestion to have up your sleeves if rain puts paid to alternative activities!

Notices are on Page 12

Pancake Races!

Congratulations to both Elsa, winning Pre-Prep Pride and Lavies, winning Prep House, for their dexterity with the pancakes and frying pans at this year's races.



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Pre-Prep News

Pre-School

The children had a super start to the term in Pre-School! As well as enjoying lots of activities related to our topic 'Farms', they have started their weekly swimming lessons. The children have really enjoyed the sessions so far and have even begun to swim on their backs!

It was lovely too to spend time in our school garden (with Dave!) and in the Reception classroom as part of the LPH 'Rising Reception' programme of events and lovely to see some mummies and daddies there too.



Pre-Prep News

Reception

The children have received a letter from a disgruntled Wilfred the Worm asking them to find out about worms and spread the word that 'worms are wonderful'. The children have enjoyed becoming wormologists, using non-fiction books to find out interesting worm facts, searching for worms in the garden to observe closely, as well as building a wormery to allow them to watch worms at work.

Reception are looking forward to having the older children visit them next week so they can share all their knowledge in the hope they can convince them that worms are wonderful!



Pre-Prep News

Year 1

The children had a stunning start to their Africa topic this term. First, they created their own passports and boarding passes before boarding a plane to embark on an exciting journey to Kenya! They enjoyed their flight, complete with fizzy water in champagne flutes! On arrival they were greeted by Theo (Year 2) who taught them a traditional African song called Jambo Bwana; the children absolutely loved the whole adventure.

Since then, the children have been tasting tropical fruit, and using their growing knowledge of adjectives to describe the fruit from the story 'Handa's Surprise'. There was a mixture of reactions ranging from 'delicious' through 'juicy' to 'disgusting'! It was fabulous that everyone had a go, very much in line with the ethos here at LPH, and some children even surprised themselves!

They have been learning about the wild animals found on the Savannah and have enjoyed adding artwork and animal facts to their role play corner. There are many budding David Attenboroughs in Year 1, who are keen to create their own factual videos to enrich their learning, as suggested by Mrs Gardener in assembly this week. We love a challenge!



Prep News

Year 2

The children have been working hard to develop their growth mindsets. They concentrated hard whilst making card towers. It wasn't easy and at times very frustrating, but their perseverance paid off and they felt proud of what they built.

In Maths, the children have been learning about money and giving change and what better way to practise that, than be having their very own shops in the classrooms. It was a fun activity and we clearly have some budding entrepreneurs in the making!



Prep News

Year 3

The children have begun investigating different forces in Science and they have been 'fishing' for magnetic materials in and around the classroom as well as building structures for magnets.

In REP, the children have been creating their own stained glass window designs taking inspiration from their trip to Lancing College Chapel and from looking at how Saints are depicted in stained glass windows.



Prep News

Year 4

The children have had great fun learning about the water cycle in science recently. Having done the 'learning' they then listened to a rewritten version of Taylor Swift's 'Blank Space' song with lyrics to help us remember how the water cycle works <https://youtu.be/4CivRFwtayE?si=jNAhthr7ypLJO3DB>. This is courtesy of a child who happily told his parents what he was learning about, and they sent in the link.

We then made water cycles in a bag and are now enjoying watching them in our classrooms. Only one has fallen so far!



Mrs Moulds took four Year 4 children to a Maths competition hosted by Christ's Hospital school. They were fabulous ambassadors for LPH; they behaved beautifully and obviously really enjoyed the whole experience. They also did incredibly well, with one pair coming 11th and the other 14th out of 57 pairs from approaching 30 schools. We could not be prouder.



Prep News

Year 5

In REP, the children continued their investigation into 'justice' by exploring different types of protest that are used to create justice around the globe. They defined different terms and identified which had been used in a dramatic scene where a customer campaigned to ban pineapples from pizzas!



Prep News

Year 6

Pupils discussed whether self-driving cars should be used in town centres and most agreed that there were more benefits for keeping humans behind the wheel. They used skills in dividing points up, responding to each other and justifying arguments with scientific evidence.



Prep News

Year 7

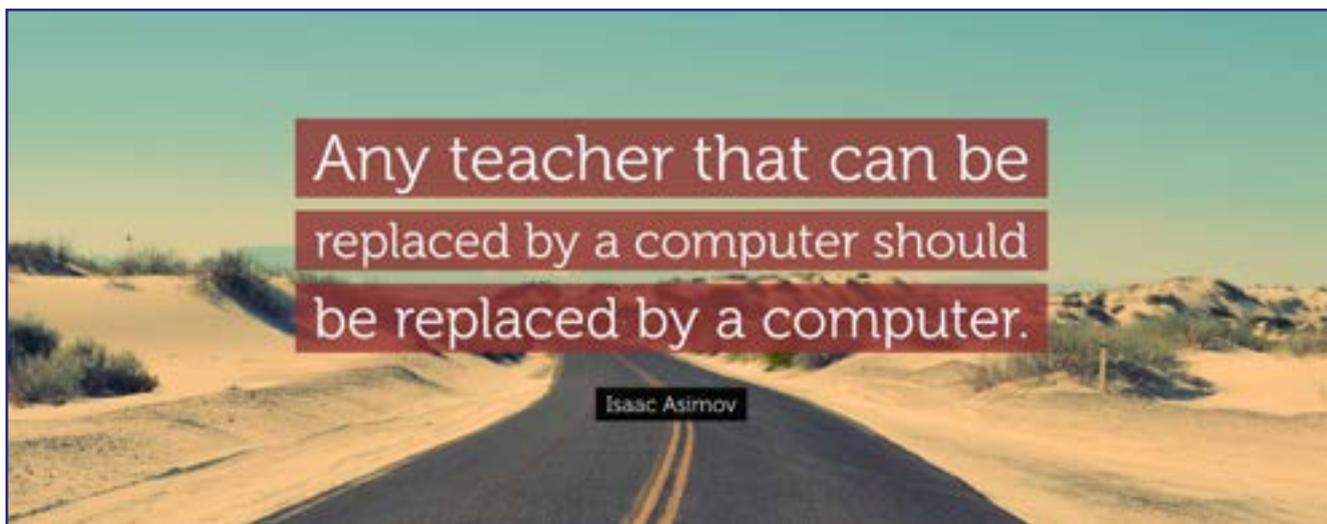
In History, the children have been looking at the relationship between King Henry II and Thomas Becket this half term, and their lesson finished with them hot seating these two men and Edward Grim, a monk. They worked brilliantly together and really put themselves into the characters of these medieval men!



House Debating Competition

Blundells have made it through to the final after going head to head with Stewarts, after a fiercely fought debate discussing whether teachers should be replaced by computers!

Which house will they face in the final?



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](https://www.justgiving.com/page/lph2paris)



[Justgiving.com/page/lph2paris2](https://www.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>



Explorify Art Competition

Turn curiosity and creativity into a work of art

Competition winners will have their creations made into an Explorify Start with Art activity and receive a £50 book token!

Explorify is eager to see artworks from all educational settings, including home learners. Winners will be carefully selected from two categories:

- Age 7 and under
- Age 8-12

Enter by 31 March 2024



Scan for competition details and tips for success.

Lancing College is thrilled to extend a warm invitation to LPH parents for an evening filled with laughter and joy, courtesy of the Lancing Parents Association.

Join us for an unforgettable night of comedy, hosted by none other than Graeme Mathews, renowned as one of the best club MCs on the circuit. The night will be headlined by the hilarious Jeff Innocent, whose comedic prowess is sure to leave you in stitches. Alongside Jeff, we have lined up excellent comedians to ensure an evening packed with laughter and entertainment: Dave Wilder, Caroline Mabey, Dr Kevin McCarron, and Dan Fardell.

Tickets are selling quickly, so be sure to purchase yours here: <https://buff.ly/3OJQdx>



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. Performances are on 27 & 28 April. See booking link for details.

Tickets available from www.bernardimusicgroup.com/events/ on a first come, first served basis. Adults (aged 19+) @ £12.50, Children (aged 5 – 19) @ £5, Children under 5 are free.

Lancing College 175th Anniversary Ball

The celebrations culminate with a spectacular ball set in the College's magnificent estate. The evening will begin with a 'Sussex Bubbles' drinks reception in the gardens surrounding the Chapel. The party will then move to the marquee in the Lower Quad for a sumptuous summertime feast catered by Caper & Berry. This will be followed by some 'kick off your shoes' dancing to the hottest party band in the country, **The Dark Blues**, and a fireworks finale to remember for the next 175 years.

Book your tickets here:

<https://www.lancingcollege.co.uk/event/175th-anniversary-ball>



EASTER HOLIDAY CLUBS

"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.

LANCING PREP HOVE - WEEK 1
THE DROVEWAY, HOVE, BN3 6LU

TUE 2 APR EXPLORE EASTER ISLAND
WED 3 APR NERF ADVENTURE GAMES
THU 4 APR SUPER MARIO DAY
FRI 5 APR CAMPFIRE COOKOUT: EASTER TREATS

LANCING PREP HOVE - WEEK 2
THE UPPER DRIVE, BN3 6NB

MON 8 APR THE BIG WILD EGG DAY
TUE 9 APR EXPLORE EASTER ISLAND
WED 10 APR CAMPFIRE COOKOUT: EASTER TREATS
THU 11 APR NERF ADVENTURE GAMES
FRI 12 APR SUPER MARIO DAY

CAMPFIRE COOKOUT EASTER TREATS
We'll be making our own batch of Mini Egg armless fudge, then gathering around the campfire to toast hot cross buns & marshmallows, before diving into bushcraft fire lighting skills for Easter adventurers

EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS
For all those Nerf crazy bunnies out there! Teamwork is encouraged, as we play our Golden Egg Battle Royale & Easter Bunny Rescue before taking on the instructors in the Kids vs Instructors shake down! Watch out for the Bunnyinator, she wants her chocolate eggs back! "Hasta La Easter Baby!"

SUPER MARIO DAY: YOSHI EGGS & BOWSER'S FURY
Tech meets nature, in a positive spin on tech! A day inspired by our favourite Italian plumber, Mario & friends. The kids will build their very own Yoshi Egg, play Bowser's Fury, & take on the Super Star Cornhole Challenge

THE BIG WILD EGG DAY
This is the BIG ONE! Join us for eggpicking Easter fun with our eggplicative egg drop challenge, a spring scavenger hunt, & the giant team egg hunt. Plus loads of fun high-energy games & laughter, to burn off the easter sugar in the fresh air

EXPLORE EASTER ISLAND & BIG HEADS
Step back in time & discover one of the world's wonders, as we go on an ecological adventure to this beautiful & strange land, Rapa Nui (Easter Island). Learn how to move mountains, build 'Moai' 'big heads' with clay, replant an ecosystem, & celebrate Tapati Festival by making traditional headdresses

"BEST HOLIDAY CLUB AROUND"
★★★★★

"NO SCREENS, JUST GOOD FUN OUTSIDE"
★★★★★

WILD LIFE

ANIMAL AMBASSADOR

For more info on dates, locations, how the clubs run & to book: theoutdoorsproject.co.uk

Lancing College

Preparatory School, Senior School & Sixth Form

Multi-Sport Camp: 2nd – 5th April 2024

Active Academies Multi-Sport Camps have been in operation for over 8 years and are a popular choice for children of all abilities, offering a good balance of fun competitions, targeted support, and advanced training.

For younger children, we typically focus on games and developing the fundamentals of speed, strength, endurance, coordination, balance, and flexibility. Each session is led by qualified sports teachers and/or coaches, who understand the physical development of children of all ages.

The Lancing College Multi-Sport Camp is for children aged 5 – 12 and takes place daily between 9am & 3pm. The cost is £32 per child per day, although discounts exist for booking an entire camp for one or more children.

We hope to see you soon – Emma & Martin Footman

book: www.activeacademies.co.uk

ACTIVE ACADEMIES

POWERED BY

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

The National College

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