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Message from Mrs Keep

As the sun makes its long-awaited appearance, the children are spending more time than ever taking their learning outdoors. Our older pupils have spent the last week working through their summer term exams, and it's been good to see our move away from Common Entrance allowing us more freedom with exam timetables, thus keeping their time outdoors to a maximum. No matter the age, every pupil in the school undoubtedly benefits from the freedom to stretch their legs and enjoy some fresh air.

For another half term, we've navigated our way through the few changes to the restrictions, namely enjoying the return of school trips and competitive inter-school fixtures. Our Year 2 children trail-blazed with the first trip out of school to Bodiam Castle, followed by our intrepid Pre-School to Amberley Museum to finish up their Transport topic with a ride on a vintage bus.

We will of course continue to follow the guidelines in the second half of term but we are cautiously and carefully planning for a number of events, as well as a return to what we hope will be something more resembling usual life at LPH for September 2021.

There will also be more summer sports fixtures against other schools to look forward to and Year 3 will be spending a day at the wonderful Wakehurst. We are also welcoming September's new Reception class children to a Teddy Bear's Breakfast so they can meet their new classmates and spend some time playing together while their parents have an informal Q&A with our Reception staff.

The second half of the term has some real crackers coming up. We are all getting very excited about STEAM week which will see every child in the school busy with all manner of activities straight after the half term break. Although not all our usual residential trips can take place this year, we have planned an expedition week which begins on 14 June. Every year group in the Prep School will be enjoying activity days and at least one overnight trip during the course of the week.

With so much to fit into a few short weeks, it will be important for the children to enjoy a relaxing and restful half term break so that they return to school with batteries fully charged in readiness for the adventures ahead. I hope you all have a wonderful week in the promised sunshine.



News from the Pre-Prep

Pre-School

The children in Pre-School have had a fabulous finish to their topic '*Back in Time*'. The children have been looking at different types of transport and how it has changed over the years. They even had a pilot come to visit to discuss his experiences with planes and his job role.

The most exciting part of this topic was our visit to Amberley Museum. The children saw different vehicles ranging in age. They then had a ride on a 1930 Tilling Stevens vintage bus! The children were also given the opportunity to explore other areas of the Museum and also take part in various activities such as fire engine rubbings.



News Round Up

Reception

This week in Forest School, EYFS used their sense of hearing to listen out for birds tweeting, bees buzzing and the rustling of leaves of squirrels up in the trees. The children used quiet voices as to not disturb the wildlife and they were all in agreement that they wanted the wildlife to remain. Working together, quietly, they created habitats from the natural resources on the ground to entice more creatures who would like to live and visit our Forest School.



Zoolab came to visit as a fabulous finish to our minibeast topic. The children wowed or visitors with the facts they already know about various creepy crawlies. The children were so brave at having a go at touching and even holding some of our wriggly visitors!



News from the Pre-Prep School

Year 1

The children have been creating pirate ship paintings in Art. They sponged on the stormy background and ripped the blue sea to give a foamy wave effect. There was a whole pirate armada at the end of it!



Year 2 Visit to Bodiam Castle

written by Ted B

Yesterday all of Year 2 went on a huge luxury coach with the most amazing blue lights. When we went through a dark tunnel the lights went very bright and when that was happening I weirdly thought of space. When we got there we had a snack it was a pastry and raisin thing. Then we walked across the drawbridge and we went to the pointy portcullis and I stood right under a spike. It was scary. Next we sat on a wooden throne and bowed to the people on the throne. After that we marched up the spiral staircase and we spotted a few garderobes.

Then we had the greatest packed lunch ever. It was so delicious I could eat it again. Five minutes later we played on a field. On the field there was a tree with a huge hole in it. I was the first to go in. I felt like an animal in its den. Next we went back up to the castle and drew pictures of it. After that we had an afternoon snack and we had a choice of apples and flapjacks and I chose the flapjacks. When I got home I was exhausted and ready for bed!



News from the Prep School

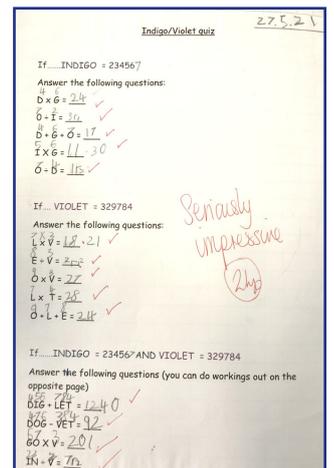
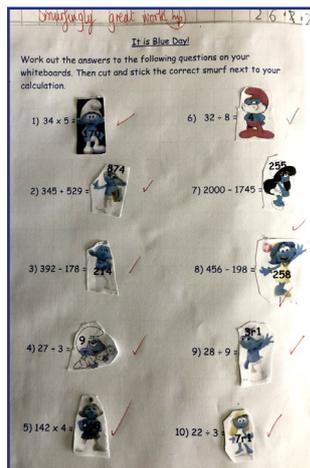
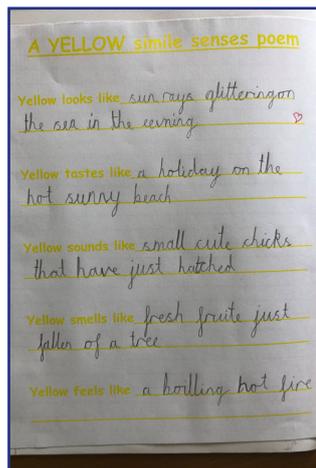
Year 3

The children finished the first half of the Summer Term with a themed 'Rainbow Week.' Maths and English lessons were arranged around the theme.

In Maths the children had to be teachers and mark in 'red,' be editors and mark in 'green,' solve the smurf-related problems as well as use their reasoning techniques to solve coding problems relating to indigo and violet.

In English we had a week of writing poetry including acrostic, poems based on senses and using alliteration, similes and metaphors to create a visual image in the minds of our readers.

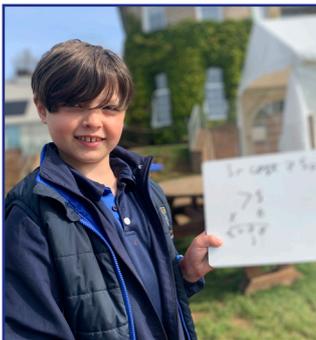
Friday's finale was creating a rainbow inspired calligram inspired by the NHS who we are all incredibly grateful to for the amazing work they continue to do. We certainly added colour and style to the final week!



News from the Prep School

Year 4

In conjunction with their topic of Ancient Greeks, Year 4 have been busy today channelling their energies into their Maths Olympics. Teams were given problem-solving questions to solve. Once correct they each had to attempt an Olympic challenge. Basketball slam-dunk, hockey dribble and hoola-hooping were just some of the challenges they faced. Gold medals were awarded to the team with the winning number of points.



Year 6 Railway Safety workshop



The pupils have taken part in *The Go Learn* programme, which is delivered by Southeast Communities Rail Partnership and Southern. The programme aims to help children develop confidence and skills for safe, independent travel on public transport to senior schools and other settings. It provides young people with the skills to use rail services safely and confidently.

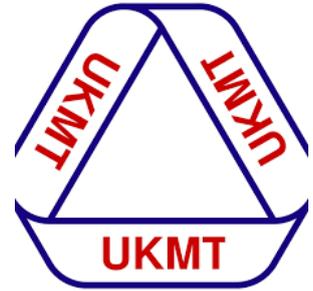
Although the workshop was attended remotely, learners had the opportunity to ask questions, compete in a quiz and to work together to find out exactly how the railways work in the UK. Thanks to Southeast Communities Rail Partnership for providing this vital 'life-skill' developing experience.



News from the Prep School

UKMT Junior Challenge

Once again this year our more able mathematicians in Year 7 and Year 8 took part in this challenging competition. The Junior Mathematical Challenge is a 60-minute, multiple-choice competition aimed at students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using mathematical techniques to solve interesting problems.



Bronze, Silver and Gold certificates are awarded to the top-scoring 40% of participants in the ratio 3:2:1 and a few thousand pupils are then invited to enter the Junior Kangaroo, the next round of the competition. We are extremely proud of all the children and especially the Gold Certificate winners who have been invited to enter the Junior Kangaroo. Mrs Silverson is absolutely delighted with this year's outstanding results. Our congratulations go to:

BEST IN SCHOOL Jethro S

BEST IN YEAR 8 Ethan B and Luca B



GOLD CERTIFICATES Luca B, Ethan B, George K & Jethro S

SILVER CERTIFICATES Henry A E, Joshua C-J, Sol G,
Mia H, Joe J, Alex L
Tom M, Oliver M, Harry P
James R & Kate W

BRONZE CERTIFICATES Leo A, Henry H & Leia P



Noticeboard

TERM DATES

SUMMER 2021

Term starts Monday 19 April 2021
May Bank Holiday Monday 3 May 2021
Half term from Friday 28 May 2021 usual collection times,
restarting on Monday 7 June 2021
Term ends Wednesday 7 July 2021

AUTUMN 2021

Term starts Thursday 2 September 2021
Half term from Friday 15 October 2021 usual collection times,
restarting on Monday 1 November 2021
Term ends Friday 10 December 2021

SPRING 2022

Term starts Wednesday 5 January 2022
Half term from Friday 11 February 2022 usual collection times,
restarting on Monday 21 February 2022
Term ends Friday 25 March 2022

SUMMER 2022

Term starts Wednesday 20 April 2022
Bank Holiday Monday 2 May 2022
Half term from Friday 27 May 2022 usual collection times,
restarting Monday 6 June 2022
Term ends Friday 8 July 2022

Music and Performing Arts News

We would like to encourage the uptake of individual and small group instrumental lessons.

From September, we are offering a number of instrument scholarships from Year 1 upwards on the following instruments:

Trumpet, Trombone, Violin, Cello, Clarinet, Saxophone, Flute and Oboe.

Please get in touch with Mrs Bunker, Director of Music to arrange a free taster lesson.

We are also delighted to be offering individual and small group lessons in Speech and Drama in the Pre-Prep from September. More information will be emailed in due course.

For further details regarding instrument scholarships and Pre-Prep Drama, please email Mrs Bunker:

nbunker@lancing.org.uk

Please see following pages for details of Bikeability cycle training over the half term break and information for parents on online safety



Pied Piper Activities...

...creating wonderful childhood memories

EASTER & SUMMER HOLIDAY FUN
For 4-12 year olds at
Lancing Prep Hove

- Roller racers & pedal go karts
- Forest school activities
- Camp Film
- Inflatable Obstacle Course
- Challenge Room
- Mini Olympics
- Swimming/water slides
- Zorb Football/Tag Archery
- Art & Crafts

Lots of active fun with friends, boosting their physical and mental well-being, as well as personal development and confidence

www.PiedPiperActivities.co.uk

'I just wanted to say how much they had enjoyed themselves. It was their third year of spending a week at Pied Piper and it gets better every year.'

Noticeboard

Please see below for details of the Bikeability training courses in the Summer half term holiday.

There is also information for parents about online safety on the pages that follow.

Level 1 & Level 2
CYCLE TRAINING
at Preston Park and Hove Park



Level 1 is where you will learn to control your bike.
Level 2 is where you start with real traffic, but sticking to quiet roads.

Tuesday 1 – Friday 4 June
10am – 12.30pm each day
Ages 9 –14

Places are limited and on a first-come first-served basis.
Levels 1 & 2 together is £30 per person.
To book your place, please visit
<https://sports.brighton-hove.gov.uk/Events/StandardTicketBookingProcess>



Level 3
CYCLE TRAINING
at Preston Park and Hove Park



Level 3 is where you learn to cycle safely on busy roads within the city.

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.

Places are limited and on a first-come first-served basis.
Level 3 training costs £25 per person.
To book your place, please visit
<https://sports.brighton-hove.gov.uk/Events/StandardTicketBookingProcess>

Tuesday 1 – Thursday 3 June
1.15pm – 3.15pm each day
Ages 11 – 14

Students must have attended Level 2



Part of our Online Mental Health & Wellbeing Series



Brought to you by



www.nationalonlinesafety.com

What you need to know about...

PERSUASIVE DESIGN

What is it?

'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These equations are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. iPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep patterns too. Phones emit blue light, which can trick people into thinking it's day time and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of 'alert, check, scroll'.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there.

Our Expert Jodie Cook



Jodie Cook is a leading expert on social media. She is the founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.



What Parents & Carers Need to Know about

TEXTME



13+

TextMe is a free texting and calling service. Users can send texts, voice messages, pictures and videos to any phone number in more than 40 countries. The app is free and available to install on any Apple or Android device. On registration, it assigns a 'new' mobile number to each user, effectively making them anonymous. TextMe is not recommended for children below 13 years old but there is currently no way to determine a user's actual age: children under 13 could easily bypass this age criteria since no verification is required to download the app.

Visible Location

Like many communications apps, TextMe has a feature which allows users to share their location with other people. This function presents a risk if children are not careful about who they share their whereabouts with. It would make it much easier, for instance, for online predators to establish roughly where a child lives and – even more dangerously – discover their current location.

Protection for Predators

Messages and phone calls using TextMe cannot be traced. Indeed, texts and calls made through the app do not even appear on an itemised phone bill. This means that not only can children communicate with other users without their parents knowing, but also if they were to be approached by a predator via the app, it would be difficult for even the authorities to establish the offender's identity.

Exposure to Advertising

Users can earn points on TextMe by watching adverts, completing surveys or playing games within the app. Points can then be exchanged for extra calling minutes or more messaging credits. The desire to accumulate points could result in children spending longer hours on the app and heighten their exposure to advertising content; some of which isn't always age appropriate such as dating websites and dieting products.

Anonymous Users

Users are allocated a 'new' phone number on joining TextMe, separate to any they might already have. This creates a potentially dangerous degree of anonymity, rendering it impossible to know exactly who your child is chatting with. The feature could facilitate online bullying, harassment or sexting, while some people are concerned that it essentially turns any device into a burner phone – often used in illegal activities.

In-App Purchases and Subscriptions

TextMe is free but does also offer a premium subscription service which removes adverts and unlocks extra calling minutes. The subscription renews automatically on expiry, potentially meaning a rolling charge. Additionally, there is a range of bundles available as in-app purchases for increased minutes and extra text credits, which children could easily purchase inadvertently.

Advice for Parents & Carers

Keep Locations Private

Try to help your child understand why using TextMe to share their location might not be safe. Even sending it to a genuine friend from their everyday life could be hazardous if they're in a group chat which also includes people they don't really know. In general, it's important to explain to your child that revealing their whereabouts to someone they have only spoken to online is never a good idea.

Set Spending Limits

Given that TextMe offers numerous options to buy extra minutes and text credits, or take out a premium subscription, it would be wise to set your child a spending limit in advance if you do decide to let them download the app. Alternatively, you could remove any payment methods that are linked to their device, so they cannot make in-app purchases – either deliberately or unintentionally.

Monitor Digital Wellbeing

TextMe actively encourages users to fill in surveys, play games and watch adverts to earn themselves more credit for calling and texting. This can easily result in children spending an unhealthy amount of time on the app. Should you allow your child to download TextMe, you might first want to establish restrictions on how long they can use it for each day.

Discuss Online Dangers

It may be wise to discourage children from downloading anonymous messaging apps given the lack of transparency. However, if you do feel that your child is mature enough to use TextMe, it's safest to talk to them about the possibility of predators contacting them through the service. Make sure they know to tell a trusted adult immediately if a stranger asks for personal details or invites them to meet offline.

Leave, Block and Report

If you discover that a young person is in a group TextMe chat that is making them uncomfortable, or they have been added to a group they do not want to be part of, encourage them to leave. There is an option to block any user who is sending them unwanted messages (swipe on that conversation, tap 'More' and then 'Block'), while any instances of harassment can also be reported via email.

Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



SOURCES: <http://go-textme/>, <http://www.textmeinc.com/>, https://textme-www-ossites3.amazonaws.com/docs/privacy-policy/privacy_policy_v22.html, <https://apps.apple.com/gb/app/text-me-second-phone-number/id514426964>, https://textme.zendesk.com/hc/en-us/mobile_site-base, <https://hush.com/reviews/textme-app-review/>



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