



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Summer Term | 15 May 2020

Dear Parents

A quick Google search last week told me that the alleged ancient Chinese curse 'may you live in interesting times' has no known source, but it always brings to my mind the wonderful Terry Pratchett novel, *Interesting Times*. There will be children in the older years at school who may not yet have discovered the joy of Discworld and who are now old enough to do so. I would urge them to give the series a go. With plenty to laugh about and set in a world far removed from our own, the Discworld novels would seem to offer perfect escapism for us all.

While we aren't enjoying the wonder of escaping into a good book, it is a pleasure to report on the learning that the children are engaged in so positively while they are at home. In this newsletter you will find a snapshot of daily form time, and will see just how creative the teachers and their pupils are, finding ways to keep in touch and have fun via our screens. It isn't the same, but seeing so many positive children - and teachers - reminds us all how lucky we are to learn together and have each other to lean on.

Of course, there will be times for each of us when we worry. Having as much time together as possible allows us to reassure each other and, now more than ever, the teachers are aware that it is pastoral care that underpins everything we do. Sometimes, though, the children show insight that brings us all up short. The teachers frequently share with each other moments of joy, and I would like to share one special piece of PSHE created by a pupil in Year 2. Her words are eloquent and her ideas thoughtful, and perfect to share with the community that is Lancing Prep Hove.

WORRYING

by Myla (Year 2)

Worrying is a natural thing. Everyone does it sometimes. In fact, I worry sometimes but worrying also helps you understand and overcome your fears. So if anyone ever has the same worries, like your children, you can explain. I have a good imagination but at night it makes every breath of wind sound like a vicious beast.

'You're safe. You're lovely. You're loved.'

How to get rid of worries:

- Put them in a box
- Think of a positive for each of your worries
- Take them out again, and smile

This Week in 'History' ...

1536

Ann Boleyn put on trial

1800

George III survived second assassination attempt

1858

Royal Opera House building in Covent Garden opened

1905

First parcel of land sold, founding Las Vegas, Nevada

1928

Mickey Mouse's first cartoon 'Plane Crazy'

1940

First McDonald's opened in San Bernadino

2005

Star Wars: Revenge of the Sith premiere Cannes Film Festival

2010

Jessica Watson became youngest person to sail around the world, non-stop, with no assistance

2019

Lancing Prep Hove Year 5 Residential Trip Ferny Crofts

Birthday snapshot: 16 May

Liberace,

Christian Lacroix,

Pierce Brosnan,

Olga Korbut,

Janet Jackson,

Megan Fox and

Archie W in Year 5!



Lancing Prep Hove Form Time - Pre-Prep

In the Pre-Prep we continue to think about how kind actions and words can make ourselves, family and friends happy. Parents and children have been letting their form tutors and Mrs Morrison know what they have been doing to spread happiness.

Some examples are, 'playing with my sister', 'helping my mum make sandwiches for lunch', 'being polite and saying please and thank you', 'trying my hardest at my home learning', 'when my cousin called just to say hi'.

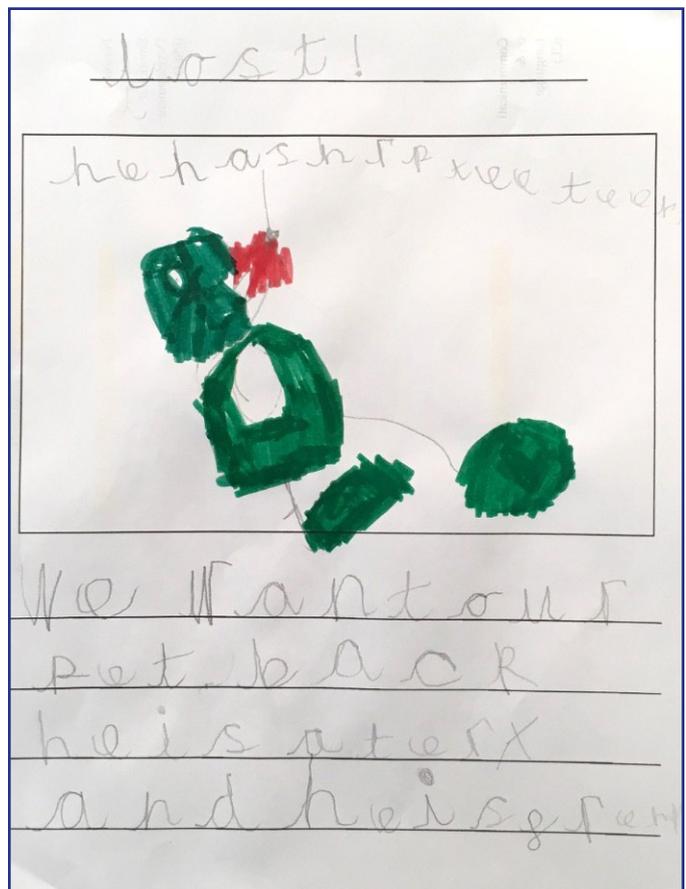
The Year 1 parents making a video of the children saying thank you to their teachers this week made Mrs Morrison, Miss Gilgrass and Mrs Coleridge really happy too!

Reception: RR Form Time

Every morning in RR, after the register, we have a challenge card to complete.

Sometimes it could be walking like a crab or a bear or it could be doing 20 star jumps, and sometimes it might be to sit and concentrate on our breathing. We are finding that this is giving us a bit of energy or relaxation before we launch into phonics and learn to read some quite complicated words.

This is followed by a dinosaur story of sort ... there hasn't been a day yet that we've not listened to a story about a dinosaur. It is in the hope that our pet one comes back, we had a postcard to say he was on holiday in Santorini!



Reception: RS

As part of our dinosaur topic, RS have been looking after our pet dinosaur, Stompy. The only problem is that he recently went missing! We wrote lost posters and put them up in the windows of our homes.

At the beginning of the week, we received postcards from him to say that he is travelling the world (social distancing, of course!) in search of his parents.

We hope to hear some more news from him soon!

Lancing Prep Hove Form Time - Pre-Prep

Year 1

It wouldn't be an exaggeration to say that 1M have LOVED learning about weight and capacity this week. The children have been using what they can find at home to compare weights and Mrs Morrison has challenged Year 1 to a 'water race' in their garden and to estimate how many small containers would fill a larger container. They seemed to like it best when a container was overflowing and got their teacher wet!

We've had A LOT of fun applying our growing knowledge to complete science investigations too. The children have created their own Pirate Ships from recycling, testing whether they would float. Next week we will think about waterproof materials and water density.



1G's comedy club has opened with the children sharing their best jokes. A few forgotten punchlines served to make the jokes even funnier! Each morning the children are smiley and eager to begin their Teams lessons, especially when we all turn up to class with our underwear on our heads (to support writing instructions of how to get dressed of course).

Year 2

In Year 2, our Form Time activities have been varied and fun and we have particularly enjoyed the assemblies online. Next week, we're going to have a whole class form period and we can't wait to see each other. Our Wednesday Boggle challenges are becoming more hotly contested each week with a seven letter word this week. Will it be an eight letter word next week?

Lancing Prep Hove at Home - Prep Form Time

5S shared their favourite song with their classmates during Form Time and then Aggie very kindly created a 5S playlist which we have all been listening to at home. We hope you enjoy this rather eclectic mix, something for everyone from John Denver to the Stormzy:

<https://open.spotify.com/playlist/13pnpPJyZZGxdzGKITD8Le?si=JuRyWIJtTbuMKAT1zvlwEA>

Year 6

The 6C pupils have just recently started to run their own *Crisps World Cup* in which we are voting on 'matches' between different brands eg Pringles Sour Cream vs Wotsits. (Other brands of savoury snacks are also available!). This is providing a good starting point for a 'would you rather' discussion in smaller groups. We have also been sharing a picture of the day in which we have a chance to think about something outside of the ordinary or something linked to the news.

6K have enjoyed a most excellent quiz this week, which was hosted by Jethro, Kavi & Dylan and tested our general knowledge. We've also enjoyed a themed pirate day, worn our shades (because we're cool with this) and told some truly awful jokes.

Year 7

7B join their Form Time every day with positivity and commitment, and they have a very proud form tutor in Miss Bowdler. They have reflected on how lockdown has changed their outlook and, in the words of one wise soul, 'we have realised that we are stronger than we knew and far more resourceful!'. Some of their excellent advice and observations are added alongside 5G's advice later on in this newsletter.

7M try to fathom a brain puzzle each morning. It could be naming the country and capital by identifying its flag, naming the element from the periodic table symbol, a classic brainteaser, some mental maths or, Miss Marriner's favourite, guess the punchline of the joke.

Year 8

In 8C Bethany came up with a 'pass the blazer' challenge to find a way to link the Form together – each person makes a short video of catching a blazer in their left hand, doing something with it and throwing it on to next person with their right hand. Bethany will be linking them all together and we hope to share the results with you all soon.

DT: Cookery

As part of DT, many classes have been learning to cook and Mr Messingham has been really impressed with their enthusiasm and cooking skills. Last week Year 7 made some delicious pizzas and over the last two weeks Year 5 have made their own butter as well as some omelettes (some of them using their own butter to cook it with). We have a few aspiring chefs out there!



House Competition - You must have been a beautiful baby!

The challenge was to identify the member of staff from a photograph of them in their tender years! It proved a difficult task for our pupils with the top individual score only 8 out of 20 - Lavies House won overall. See if you can match the name to the face! The members of staff in alphabetical order are: Mr Ames; Miss Atkinson; Miss Bowdler; Mrs Butler; Mrs Charlish; Mr Chilton; Mr Clifton; Dr Cooper; Mrs Coutts; Mr Dunk; Mrs Gardener; Miss Marriner; Mr Messingham; Mrs Moulds; Mrs Olsen; Mr Price; Miss Roberts; Mrs Silverson; Miss Snell and Miss Weller. No prizes - just for fun!



Lancing Prep Hove - Life during Lockdown

The pupils in 5G have been offering sound advice about how to get through lockdown:

- Don't overthink things and on the news they put lots of bad news, but remember that they report mainly bad news to get people's attention.
- Keep calm and don't get stressed.
- Something which you like, look at what happened in the past with that thing that you like so then you still have it. Or watch something you like on TV.
- Just think about the good reasons.
- If you have spare time, hang out with your family because that might help, eg family quiz, tennis courts and basketball and yoga and Jo Wicks and Daddy's growing lots of chillies and ginger etc.
- You know that it will be over soon, and it's not the end of the world. There's a lot of good things to it, so you don't need to worry so much.
- Talking to friends in form time
- Just keep yourself busy like playing in the garden
- We know it will be over eventually and you'll get to see each other again
- Stay brave and be strong
- Enjoy taking things slow spend lots of time with friends on facetime.
- Keep yourself occupied eg writing in a journal

They have also shared reasons why they are grateful to their parents:

- Helping me with my work when I'm stuck
- Helping me if I get stuck with my work
- Mum's made me nice meals, meals I like but more healthy. Mum made me grateful for giving my brother a house because he wanted it for so long.
- Helping me with my homework.
- Looking after me and giving me a phone!
- They have been teaching you how to cook, plant things and Jo Wicks and yoga
- Lunch has been amazing! And just getting ideas down in general and helping me to get ideas sorted in my head. Mum reads things out to me and that helps.
- Done more stuff with me to make me feel better, like going on walk and cooking, playing.
- Cheering me up if I'm feeling a bit down.
- Made me feel better about the situation because they have been telling me it's going to be ok and over soon.
- Helping me in lessons, cooked cakes, made me eggy bread, long walks, race around the world and film night.
- My Mum has been very kind to me and helped me with my learning.
- Pretty much everything!
- Keep us occupied and helping you with your lessons.

7B pupils have also shared their reflections:

- Life in Lockdown has become a wide and varied positive challenge. Each Form Time we set ourselves new tasks. We have worn sunglasses whilst showing the front cover of a book we are currently reading, holding onto a pet or sibling with our friends playing musical accompaniment.
- I have learnt that I actually really like my siblings!
- One Form Time we all came prepared with a positive quote we had created.
- To know that you have made the most of your life, you will want to relive it in exactly the same way.

Hear from our Pupils....



We canvassed pupils for their thoughts about how their school life is going since returning to distance learning after the Easter break. It's good to hear that they are so positive about how we have adapted our distance learning methods, even though they are missing being in school, and we are missing them too!

- *I like form time. It's good to see my friends and I can chat with everyone.*
- *We can be at school and at home at the same time.*
- *I have really enjoyed seeing my teachers.*
- *I loved the loo roll art challenge.*
- *This week is easier because we know if we need help our teachers can always support our learning.*
- *It's all been good, and the teachers are really helpful.*
- *The teachers are always there if you need help.*
- *I've really enjoyed being able to communicate with my teachers and my classmates.*
- *Catch-up lessons are really good because I can finish off all my work.*
- *I like that even though we're not at school we can still talk and discuss the work through Teams. It makes it easier and more sociable.*
- *I enjoy baking food in DT and making the art projects.*
- *I enjoy the calls at the start of lessons because it feels like we're back in class.*

Throwback Friday

Here are just some highlights from the second newsletter of the Summer Term 2019!



Reception's Transport topic was brought to life with a train and bus ride to Brighton and back



Soggy and the other Year 1 ducklings charmed us all!



Well done to our UK Maths Challenge Winners!



Year 4 visited Brighton Museum to research its chair collection for their design project.



U10 Boys won Sussex Tennis Tournament



Year 8 visited Cambridge

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



There's a good chance you already know what the PlayStation 4 (PS4) is. Sony's video game console is often touted as being one of the best-selling of all time, with over 100 million units shifted worldwide. With over seven years of polishing and fine-tuning under its belt, you'd expect the console to be one of the safest around. While this is overwhelmingly true, there are still things parents should be on the lookout for whether their children are starting it up for the first time or they're already experienced users.



What parents need to know about PLAYSTATION 4



SAFETY CONCERNS

PlayStation users are able to add each other as friends by simply inputting another player's username and sending them a friend request. If accepted, they can chat openly from the console's dashboard, including voice chatting in a private party. If players know each other, this can be a great way to talk privately while in games, without having to interact directly with others. But, similarly, if a stranger adds a child and is accepted as a friend, they have direct access to them.

ACCESS TO PERSONAL INFORMATION

The PlayStation Network (or PSN) is essentially used to house all the other PlayStation services (like PlayStation Plus and PlayStation Store) under one roof. Accounts are free and come in two forms; master accounts and sub accounts, with master accounts having access to the parental controls on a console. If a user's ID and account password were compromised (if a child was tricked into revealing it or if a hacker obtained the details otherwise) then it could provide access to personal information or banking details.

ONLINE BULLYING

Sometimes in an online game, players will be able to freely chat with each other. While these interactions will mostly be positive and about having fun in a game, some people will take this opportunity to use offensive or abusive language or may just want to aggravate other players. In some cases, it may amount to harassment, trolling or cases of online bullying.

ADULT CONTENT IN GAMES

The PlayStation offers a huge variety of different games, all with different age ratings. From shooting games to driving, sports, educational titles and everything in between, they all need special attention when considering a purchase, as some can contain adult content or explicit language which isn't always suitable for young children. The best way to know what a game involves is to check out its PEGI rating which will be on the game box, or on the website page before you buy. Remember that these ratings serve as a guide, and the ultimate choice lies with parents to know what is acceptable and appropriate for their children.

SCREEN ADDICTION

The PS4 can provide hours of entertainment. As well as being an avenue to play games, it provides the ability to browse the internet, watch live TV or stream video services such as Netflix, Amazon or YouTube. Such is the variety, that it can be easy to switch between modes and rack up time in front of the screen. Some children may also find it difficult to control the amount of time they play games, potentially leading to gaming disorder.



National Online Safety #WakeUpWednesday Safety Tips for Parents & Carers

CREATE 'CHILD FAMILY MEMBER' ACCOUNTS

The PS4 allows parents to set up different accounts for different family members, including children. This will allow you to control different aspects of your child's PS4 experience including the ability to set age restrictions on gameplay, limit play time sessions, disabling chat messaging and the ability to access the internet.

DISCUSS PSN RISKS WITH YOUR CHILD

It's always a good idea to discuss with your child how to stay safe on the PlayStation Network and how to respond if people they don't know contact them. Advise your child to report anybody who upsets them or makes them feel uncomfortable and to never share personal or private details or images with anyone online. You can also block other users if they are abusive or your child feels threatened by their behaviour.

SET MONTHLY SPENDING LIMITS

It's a good idea to set a limit on how much can be spent on things like new games, or for skins or card packs in games like Fortnite and FIFA. This can be done using your master family account and then selecting your child's account. Go to Applications/Devices/Network Features from where you should be able to select Monthly Spending Limit and adjust it as you see fit.



IMPLEMENT PRIVACY CONTROLS

Sometimes it's easier to block potential risks at the source when playing online. Through Network Features, you can select whether a child's sub account can communicate with others while on the PSN or whether they can view content created by other players. This means disabling the ability for your child to communicate via chat or messages or displaying and entering comments for friend requests and game invitations. It also means you can block videos, images and text created by other users from view.

SET AGE RATING LEVELS FOR GAMES, DVDS AND BLU-RAYS

As well as controlling what age rating level of a game your child can play, you can also set appropriate controls for DVDs and Blu-Rays. To set this up, simply go through the Family Management setting and then Applications/Devices/Network Features and select the type of content you would like to restrict.

LIMIT PLAY TIME

Play time can also be managed through the PlayStation's parental controls. On the family manager accounts, go to Settings, Parental Controls, Family Management and select the child account you'd like to limit play time for. From here, set a Time Zone, then configure the Play Time Settings to preference.

KEEP ACCOUNTS SECURE

To stop children from changing parental controls and adjusting their own limits and restrictions, you can create a system restriction passcode to disable quest login and set up a log-in passcode so that only you can access your account. To protect against hackers, you can activate 2-step verification (2SV) which will alert you of any new logins. You can also set up a password at 'checkout' in the PlayStation Store so that there is an additional layer of security if anybody attempts to make any unauthorised purchases.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



SOURCES: <https://www.playstation.com/en-gb/get-help/help-library/parental-controls/ps4-parental-controls/> | <https://www.playstation.com/en-gb/get-help/help-library/parental-controls/online-safety/> | <https://www.playstation.com/en-gb/get-help/help-library/parental-controls/play-time-settings/>