



# Lancing Prep Hove

A Lancing College Preparatory School

## Newsletter

Summer Term | 26 June 2020

Dear Parents

Since our last newsletter, much has changed at LPH and, as I write, I can see Year 2 playing a chasing game on the astro, some Year 6 girls turning upside down with acrobatics on the field and, in the distance, a group of Year 6 boys having a kickabout with a football. We aren't back to normal but school is wonderfully noisy and, even within the constraints of bubbles, our grounds allow the children to be sociable beyond their own class.

The teachers of those classes that have returned have all commented on how lovely it is to be back with children in person and I know they are enjoying the opportunity to have a freer way of working. Our focus is predominantly social – we want the children to enjoy time with their friends and to be able to chatter among themselves. Of course, they are getting on with some work too, but that is secondary to our focus on wellbeing and socialising. Greeting the children every day, I must congratulate them on how readily they come into school, especially our youngest children who come into Pre-School each day happily waving their parents goodbye at the door. The independence your children are showing is as impressive as it is heart-warming, going quite some way to remind us all that school is like a second home.

Just as we are continuing to focus on getting Years 5, 7 & 8 children back to school, we are also starting to think about September. We haven't yet had updated guidelines regarding what that might look like but, like you, have heard that 'all children will be back in school in September'. I sincerely hope so and, in recent weeks, we've confirmed that old adage 'where there's a will, there's a way'.

At the end of this year, we will say goodbye to Mrs Butler who leaves LPH to return to senior school teaching and to take on a pastoral role at St Swithun's in Hampshire. We have appointed Mrs Emma Drew as our new Head of Languages. Our normal transition events can't happen as children can't cross bubbles and teachers can't teach across classes, but outside of school hours Mrs Drew has already started liaising with Mrs Butler to ensure a smooth handover. In the Pre-Prep, we wish Miss Bunn and Mrs Coleridge all the best as they undertake teacher training courses. I sincerely hope both will once again be part of the LPH staffroom when they have their Qualified Teacher Status, and, on behalf of the whole school community, wish them the best of luck in their training.

To those children whose year groups have not yet returned, I would like to say a very big 'well done'! At this stage of the year you would usually be involved in school play rehearsals, trips out, sports day and all manner of events outside of the normal timetable. This year, you are keeping going with your school work. Your teachers are impressed with your commitment and so am I. You will be back in school soon, too, at which point I promise we will have plenty of fun!

Please see Page 5 for news about our 2020 Virtual Prize Giving.

### This Week in 'History' ...

**1284**

Lüneberg document records a piper leading 130 children away from Hamelin

**1857**

First 62 recipients awarded Victoria Cross for Valour during Crimean War

**1909**

V&A Museum opens

**1963**

JFK makes the 'Ich bin ein Berliner' speech in West Berlin

**1973**

London premiere of 'Grease'

**1977**

Last live performance by Elvis in Indianapolis

**1997**

Publication of Harry Potter and the Philosopher's Stone

**2019**

Lancing Prep Hove summer outings were taking place, as were our annual House Swimming Gala, Pre-Prep and Prep Sports Days

### Birthday snapshot: 26 June

**Bill Lear**

(engineer and founder of the Lear Jet Corp)

**Laurie Lee**

(poet and author)

**Kubo Tite**

(Japanese manga artist)

**Samir Nasri**

(footballer)

**Chris O'Donnell**

(US film actor)... also

**George G in Year 7**

**and Rafferty G-J in Year 5**

**and a special shout-out to**

**Scarlett in Year 3 (birthday 25 June)**



## Lancing Prep Hove - More Year Groups Return!

The preparations were put in place for our new way of working at Lancing Prep Hove. There are new 'traffic' arrangements around the school and the children who have returned are in their 'bubbles' but it has been lovely to welcome so many back on our phased return, with more year groups coming back soon too.



## Lancing Prep Hove - Pupils Return!

Our pupils love to take their learning outdoors and we have certainly been able to do that over recent days. It has sometimes been more of a case of finding somewhere shady to sit, rather to bask in the sun and the heat! School may be different now and may have to stay that way for some time but two things that have not changed is hearing the sound of our pupils learning and seeing their smiles!



## Lancing Prep Hove at Home - Wellbeing Day #2

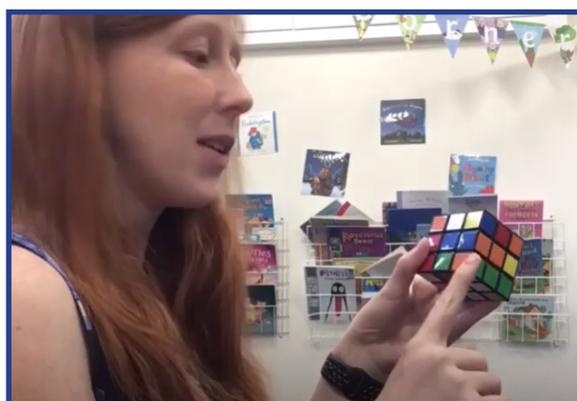
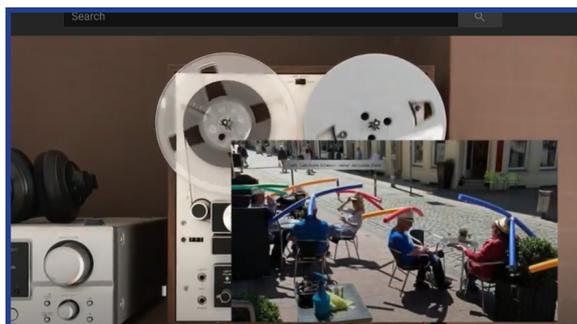
After the success and fun of our first Wellbeing Day, we departed from the timetable the following week for a second time to give everyone a break from distance learning and the chance to try out some new skills. We revisited some of those from the earlier day and there were some new ones to try out too!

As before the activities were under various headings, starting with Be Active. Mr Price's extraordinary Zumba session will live long in the memory of all those who took part in it. This was followed by Be Creative, Be Mindful and Be Kind sessions. Mr Messingham provided a 'Mission Possible' for pupils to design outfits or accessories that would help them to achieve the required current two metre social distance from others. There were brainteasers from Mrs Holliday and a 'Gratitude Scavenger Hunt' where the aim was to think positively of things we are grateful for, rather than dwelling on things that we don't have. The challenge was to find (or at least think of) something that:

- is useful
- is your favourite colour
- makes someone you know smile
- makes you happy
- tastes amazing
- you enjoy looking at outside
- you like the smell of
- is something new you have never seen before
- makes you feel safe
- enjoy doing outside with your friends
- is your favourite place to spend time alone
- really makes you laugh
- you are truly grateful for
- is unique to you
- reminds you of people you love.

All this was before the lunch break which was also part of the day as our Be Connected session, followed by an afternoon of Be Inspired - Miss Pollak impressively showed us how to solve a Rubik's cube, Mrs Silverson took us through making a recycled magazine basket and Mrs Bunker inspired us to write our own lyrics to a backing track, using Baz Luhrmann's 1997 classic *Sunscreen Song* which offers advice to younger people (or indeed one's younger self). Practical skills were also on offer with Miss Weller showing us how to write our names in and Mr Keep showcased his culinary skills with pasta making.

From card tricks with Mrs Butler to line drawing with Mr Chilton and learning to juggling led by Mrs Moulds, the staff displayed some hitherto unknown talents. We hope that everyone enjoyed the day's activities before settling down to a calming session on breathing techniques and some time to just be themselves at the end of the day!



## Other News!

### Junior Memory Championship Success

We were delighted to receive the results of this competition which is sponsored by the Learning Skills Foundation. Pupils in Year 5 and 6 took part this year and it is really lovely to see our pupils using their memory skills they have been taught to achieve such good results, both in the competition and in their learning at school. Congratulations go to Huggie B and Alec V who have been invited to enter the final of this international competition, a virtual event that will take place over the next couple of weeks.

The following certificates have been achieved:

Gold – Huggie B and Alec V  
Silver – Kavi M and Calum O  
Bronze – Ciara H and Dylan K

### Well done, Will!

We hear that Will M in Year 5 has started summer training sessions with Sussex CCC and was excited that the very first session was coached by Ian Salisbury, the current England spin coach! During his first-class cricket career, Ian played for Sussex, Surrey and Warwickshire and also gained England caps, as one of the few leg-spinners to play Test cricket for England in recent years.

## Virtual Prize Giving

Our pupil numbers have grown so much over recent years that we moved the venue for our end of year Prize Giving to the Chapel at Lancing College. Sadly, that cannot take place in the same way this year but we are organising a Virtual Prize Giving Day to view online which will incorporate an opportunity to see and hear some of the usual elements of the event, including words from Mrs Keep, the teaching staff, Year 8, our Head Boy and Head Girl and a musical interlude. The children will watch this at school in their classroom spaces, before leaving for the summer. Equally sadly, we are not able to welcome parents to school for the Prize Giving either but we are offering you the opportunity to view it remotely online. You will receive via Schoolpost a link to the web page on the morning of 8 July. The page itself will be online from 10am. Your invitation is below:

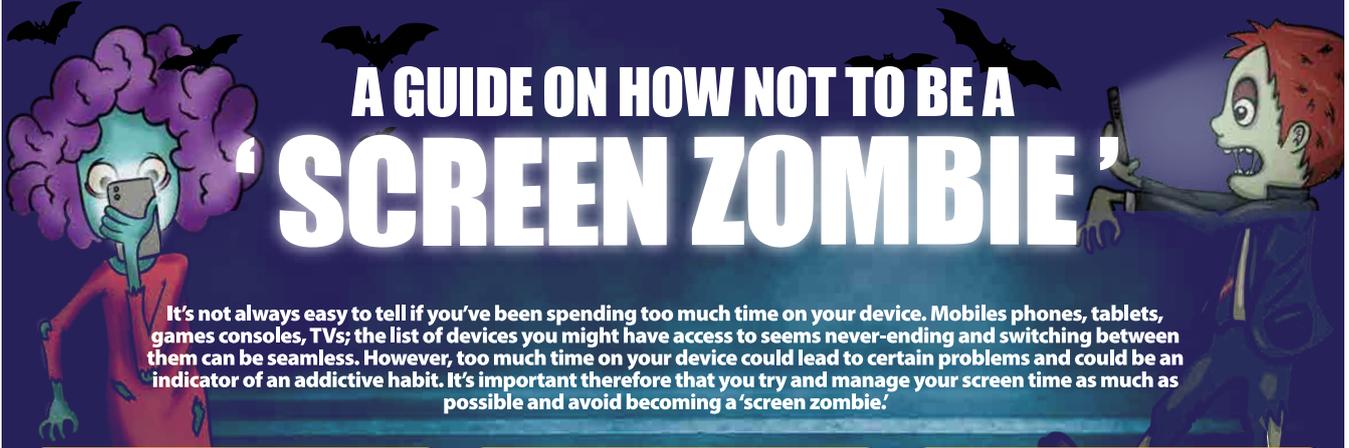


## Throwback Friday

The Summer Term is, as everyone knows, not running our traditional activities and events that our pupils and their families enjoy so much.

This time last year the children were out and about on residential trips and day outings and of course the highlights of the LPH Athletics season - the Pre-Prep and Prep School Sports Days - were taking place, with the grit and determination we are used to seeing, from our youngest to most senior competitors!





It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

### TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



### BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



### SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



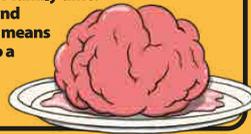
### DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



### ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



### BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



### BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



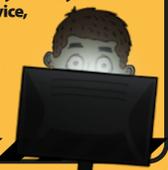
### SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



### UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



### Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



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#WakeUpWednesday