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Message from Mrs Keep

Dear Parents

This week has been Mental Health Awareness Week. While we haven't marked it as a specific event at LPH, the underlying themes are of course ever-present in all we do. This year, the '5 Ways to Wellbeing' have formed the focus, based around the themes of social connectedness, physical activity, awareness, learning and giving.

Social connectedness is something being back at school has given us in abundance. We aren't yet able to work or play outside of our bubbles but within the paired year groups there is plenty of time to learn and socialise together both in and out of classrooms. The children always have plenty to say for themselves and to each other, but they are also excellent at listening to what their peers have to say. Our workshops on social media and gender issues at the start of the week gave an open forum for the older pupils to share their ideas, even if there were a number of issues on which they reached no overall consensus. The fact that they are talking and listening to each other is a great starting point.

Physical activity is always important in school. It has been wonderful watching the Pre-Prep children heading off for weekly swimming lessons alongside their normal PE lessons. This essential life skill has been hard to develop in recent months as pools have been closed, so we are all relieved to see the children taking to the water and growing in skills and confidence. For the prep school pupils, we joined our sister school at Worthing for some much-anticipated cricket fixtures. These were training events, mainly orchestrated to test our risk assessment and procedures. Having gone well, with a few useful lessons learned, Mr Price, Mr Ames and Miss Weller will be in touch with more information about future fixtures soon. There is no doubt that the return of matches has been eagerly awaited, and the school was positively buzzing with excitement for the fixtures of both Wednesday and Thursday.

Awareness is of course something that comes from all of us being willing and able to talk about our understanding of mental health and wellbeing. In assembly with the senior pupils this week, we explored the unusual practice of laughter yoga. Yoga aside, I was impressed with the ease with which the children could all explain their understanding of mental health.

Taking 'learning' as something we are all doing each and every day, the fifth element of 'giving' is an important one. Knowing that the act of reaching out to help others can be as good for our wellbeing as the act of being helped, being constrained to our bubbles has been hard at times. However, there will be plenty of opportunities next half term for the children to reach out to others as we support the Year 8 pupils in their running of the school fete, and I must also mention how impressed I have been with the Year 6 pupils who have started to think about using entrepreneurial skills to fundraise for our school charities. More information about their enterprise initiatives will be published in due course.

The weather has been rather wet this weekend so, if you find yourself feeling trapped indoors, head online to find out a little more about laughter yoga. It might surprise you!



News from the Pre-Prep

Pre-School

For the children's topic, 'Back in Time', they have been learning about Pirates by counting treasure, exploring our dress up and even walking the plank! They have also enjoyed making a splash at the Lancing College pool where they have been having their swimming lessons.

The children have also been learning about Eid and how it is celebrated.



Reception - Looking after our Environment

At Forest school this week the children did a great job of cleaning up all the rubbish that seems to have landed there. They were very surprised by what they found. After a discussion, everyone came to the conclusion that a clean and rubbish free Forest School makes a happier and safer place for all the wildlife that chooses to visit there.



Reception - Counting in 2s and 5s

In Reception the children have been learning about the story of 'The Very Hungry Caterpillar'. They all decided that he had eaten quite a lot of food so chose to count the individual foods. The children realised that counting in 2s would be a lot quicker than counting in 1s and so, paired the fruits up and counted to 20. They used a number line to support them and even worked out the pattern of counting in 2s without the use of the number line! Some children discovered that counting in 5s would be even quicker and gave this a go!



News Round Up

Year 1 - Pirate Punch!

As part of our 'Pirates' topic, the children have been learning about instructions and instructional writing this week in English. They worked with their partner to follow the instructions on how to make a pirate punch. Once the children had followed the instructions carefully, they were able to taste their punch. It was terrrrrrific!!



Year 2

The whole Pre-Prep enjoyed their morning of 'Under the Sea' related drama with Perform last week. David was a fabulous drama lead and the children enjoyed lots of laughter and movement whilst learning about oceans and sea creatures! As well as being creative about moving like the creatures, the children were asked to work collaboratively to create sea creatures in a 'freeze frame' for their peers to guess. Can you spot the sea snake and shark? The children's faces highlight just how much fun they had! Details of Perform Drama groups will have been sent home via flyers.



News from the Prep School

Year 3 - Rocks Everywhere!

In Science, the children have taken great delight in discovering and analysing the rocks and stones that can be found around the school grounds.

Now that we are familiar with the origins and formation of igneous, sedimentary and metamorphic rocks, we are developing our classification and research skills to decide where the rocks found in the soil may have come from and how many of the materials used to build our school are natural or man-made.



Year 4

The children thoroughly enjoyed their Ancient Greek lesson when they were presented with a chocolate chip cookie to excavate. They were given excavation tools to use to uncover as many chocolate chips as they could. This was documented and discussed within the lesson!



Continuing our Greek theme, Year 4 are building Greek pots in Art and DT. They have made the structure using a balloon and two cardboard tubes for the top and bottom. They are currently using papier mache to stabilise the outside of the pots before popping the balloons inside. They will be decorated with painted Greek patterns when set.



News from the Prep

Science Gardeners

Our science garden is teeming with life and the pupils have enjoyed their time outdoors pond-dipping and observing the progress of the tadpoles.

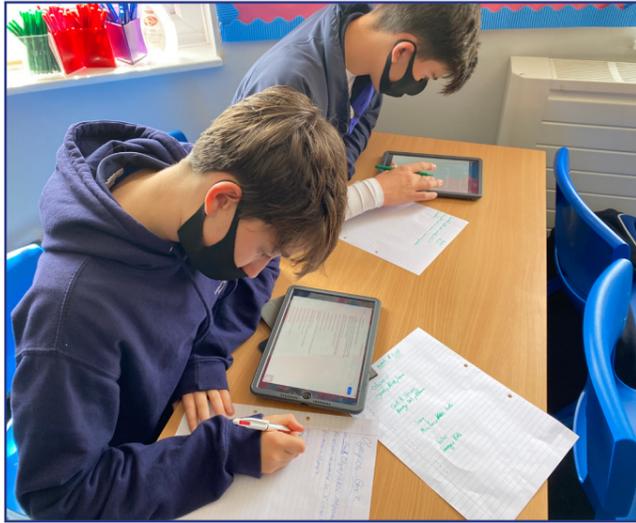


News from the Prep School

Year 8

Some of the Year 8 students have begun a rather epic project, creating their own *Horrible Histories* episode on the Ancient Greeks. Henry has taken the role of Director, and students are working as a team to write, produce and edit their sketches. Luca appears to be particularly excited about dressing in a toga, and the girls have been busy writing their song. The episode premiere will be shown to Year 4 later in the term!

Fun at Yellow Wave



Years 7 and 8 were lucky enough to bask in the Brighton sunshine as they showed off their volleyball skills at the Yellowwave Beach Café. Mr Clifton coached the players, demonstrating how to volley the ball properly (something Miss Bridges doesn't know how to do) and how to pass to other teammates. The weather was glorious, and Year 8 were particularly lucky to spend one of the Wednesdays in their final term at Lancing Prep Hove, laughing and playing in beautiful sunshine.



News from the Prep School

Sport

The children have been very excited at the prospect of playing cricket fixtures against other schools. This has just started with friendly training co-ed matches against our sister school, Lancing Prep Worthing, with six girls and six boys in each team. Although sadly it is not possible for parents to come to watch, we hope it won't be too long before we can welcome you back to support your sons and daughters from the sidelines. More fixtures are in the pipeline, we hope!



Well done to our our U11 Tennis team who won the Bede's Tournament with their excellent play and outstanding sportsmanship!

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

CRICKET CAMPS

Under 7's to Under 12's
Boys & Girls

Camp 1: June 1/2/3
Camp 2: August 2/3/4
9am - 2.45pm (9pm pick up)



Book your place now!
£100 for 3 days
or £40 per day

pncricketcamp@gmail.com
07956776682

OPEN TO NON
PRESTON NOMADS
PLAYERS TOO!

Preston Nomads Cricket Club
Spn Cama Memorial Ground
Clappers Lane
BN5 9ND

Kit provided
ALL COACHES DBS CHECKED

Road Safety

Some parents may be aware that on Thursday of this last week, there was a collision between two cars at the junction of our end of The Droveaway and Shirley Drive. We have been approached about passing on details of a 38 Degrees petition to encourage the authorities to look at improving safety for vehicles and pedestrians in this area and some parents may already have signed and shared it. The link is here for anyone who would like to find out more about this.

<https://you.38degrees.org.uk/petitions/traffic-safety-on-shirley-drive>

Cricket Bats

While we are out at breaks in bubbles, we would ask that the children do not play with wooden cricket bats. Keen cricketers may of course bring in a plastic bat with which to play, and there will be a few school bats that the children will be able to use and which will be kept in bubbles and cleaned appropriately.

Wooden bats will continue to be used in Games lessons and for fixtures.

HEY KIDZ!!
AGED BETWEEN 7 AND 11? THEN...
(in school years 3 to 6)

**Kidz Klub
Dyke Road**
is for YOU!

A BRILLIANT MIX OF FAITH & FUN!
MEGA-FUN GAMES • COMPETITIONS • PRIZES • COOL SONGS
GRIPPING STORIES & DRAMAS • BIG SCREEN • MUSIC
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£1 Entry EVERY FRIDAY IN SCHOOL TERM-TIME
5.30pm to 7.00pm

In Hall at Church of the Good Shepherd, Dyke Road, Brighton, BN2 5AE
For more info contact Felix on 01273 882 287 or 07459 201 443, or e-mail
info@kidzklubdykeroad.co.uk, or visit www.kidzklubdykeroad.co.uk
Kidz Klub Dyke Road is run as a partnership between Church of the Good Shepherd and
Kidz Klub Brighton & Hove Ltd (charity number 1126869)

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.

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>

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

Brighton & Hove City Council

**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

Brighton & Hove City Council

12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE

Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

ONLINE

- 1 Give something back to nature**
A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!
- 2 Tranquil streams**
Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.
- 3 Give geocaching a go**
If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!
- 4 Share what you see**
While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!
- 5 Watch the stars**
Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.
- 6 Wildlife on the web**
A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

OFFLINE

- 1 Ditch the phone**
Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.
- 2 Put down some roots**
Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!
- 3 A different kind of tweet**
Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!
- 4 Feed your feathered friends**
Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.
- 5 Park your worries**
If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.
- 6 Art and soul**
Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.




National Online Safety
#WakeUpWednesday

Sources: <https://nhs.uk/news/2020/05/12/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018

What Parents & Carers Need to Know about The Ofcom Children and Parents: MEDIA USE AND ATTITUDES Report 2020/21

Content Consumption

97% of children aged 5-15 watch content on video-sharing platforms (VSPs)

Most popular apps used by 12-15 year olds

- TikTok: 65%
- Instagram: 65%
- Facebook: 50%
- WhatsApp: 53%

Social Pressures

83% of 8-11s & 89% of 12-15s felt the pressure to be popular online

Screen Time

4 out of 10 parents found it hard to control their child's screen time

Online Safety

- Only **32%** of parents use parental controls built into devices
- Only **30%** use controls to restrict access to inappropriate content
- Only **50%** use settings to stop app downloads or in-app purchases
- 2 out of 3** sought online safety advice from schools

Online Gaming: Who Plays Games Online?

- 55%** of 5-7s
- 80%** of 8-11s
- 86%** of 12-15s

Posting/sharing content

39% of 5-7s shared content online → **75%** of 12-15s shared content online

Parental Concerns

- 50%** concerned about pressure to make in-game purchases
- 45%** concerned about bullying
- 38%** concerned about content

Vulnerable Children

Children aged 12-15 are more likely to ...

- Have a negative experience
- Be contacted online by a stranger
- Feel pressure to send photos/personal information
- Rely on video-calling platforms to socialise

84% of children who have an impacting/limiting condition used video software such as Zoom, HouseParty and Skype



National Online Safety
#WakeUpWednesday

Live Streaming

8-11s
40% watch other people's live streams
8% have shared live streams
Most popular platforms:
YouTube: 30%, Instagram: 10%, Facebook: 10%

12-15s
50% watch other people's live streams
17% have shared live streams
Most popular platforms:
Instagram: 38%, YouTube: 32%, Facebook: 25%

Sources: <https://www.ofcom.gov.uk>