



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Autumn Term | 17 September 2021

**Notices
are on Page 11**

Message from Mrs Keep

Dear Parents

A more joyful start of term I struggle to recall! As we return to a more familiar way of working, the school is positively buzzing with activity and the sense of collaboration can be heard as well as seen everywhere. After eighteen months of various restrictions, we once again have the freedom to work together and share, and there is a lovely sense of purpose as everyone sets about reminding ourselves of how strong we are as a team.

It is always a special pleasure to welcome our new families, and the new pupils have settled brilliantly from day one and are happily among friends already. Walking around school before lunch today, the children were all happily engaged in their learning and it felt as though we were far further into the term than we actually are.

Our school Prefects and House Captains have been busy from the get-go helping around the school, and I must thank them for their contributions each day. Also working to support the wider school community are our new Peer Mentors, who have completed their training and are working with Mrs French to support the wellbeing of all the children in LPH. Nominations and voting for School Council and Food Council reps will be underway soon as those groups prepare to meet, and this coming week we will have our first House and Pride meetings of the term. Hearing what the children have to say is an intrinsic part of how we keep the school happily moving forward.

September is clearly a time for us all to think about the academic year ahead, and we started this year with an assembly discussing what values we thought were most important to our school. Our community often feels more like a family than a school, and by treating each other with genuine care, we make sure it is a place where we all want to be.

In lessons and at playtime, it is always easy to find moments of kindness, alongside plenty of effort and hard work. House points are accumulating at quite a rate in the Prep school, and Pride tokens in the Pre-Prep are piling high.

We have got off to a wonderful start, and it has been a particular delight to have our fabulous library back where it belongs, in the heart of the school. The children certainly think so!

There is so much more to come, not least the PTA fete next weekend. Thank you to you all for helping make the start of the year such a pleasure.



Pre-Prep News

Welcome back!

Mrs Morrison was delighted to welcome the Pre-Prep back to school. The children were engaged and animated during assemblies in the first weeks back to school and were very happy to tell us all their holiday news and get back to our usual routines. It's been a lot of fun!

Everyone enjoys the Pre-Prep Celebration Assembly that takes place each Friday afternoon. We celebrate individual awards for outstanding behaviour and work, along with birthdays, achievements outside of school and the Pride that collected the most points this week. As always, it was very, very close because all Pre-prep children have been working exceptionally hard and have had a fabulous start to the new school year. The children should all be very proud of themselves.

Elsa were the proud winners of the Pre-Prep Pride Cup in the first week back at school. Mya and Emile were delighted to collect the cup on behalf of their Pride!



Pre-School

We have welcomed back our Pre-schoolers from last term and new joiners alike and the children have been enjoying getting to know each other.

More news to come in the next newsletter!

Pre-Prep News

Reception

The children have had a lovely couple of weeks settling into Reception life. As well as exploring the school and its amazing outdoor space, the children are also making new friendships, especially with those who have recently joined our school.

They have wondered down to Forest School and had an amazing time together. The children discovered some conkers but could see lots more in their prickly cases up in the Horse Chestnut tree. They brought a toy in on Friday to show and share with their peers after achieving 10 marbles in the jar and have also enjoyed spending their explore and learn time leafing through books, playing with numbers and getting mucky in our new mud kitchen.



Pre-Prep News

Year 1

Year one's superhero day was a stunning start to the children's topic this term. After making their own mask and designing a cape for their teddy, it was time for training! Strength, conditioning and agility were all features in our super obstacle course. We are so proud of all of the children for completing their superhero training!

At the end of our first two weeks, it's clear that the children got straight into their learning. Miss G and Miss B are very impressed with their concentration and independence already. Here are some photos in action!



Pre-Prep News

Year 2

The children have quickly settled into their move to the top of the Pre-Prep and are tackling their learning with enthusiasm. The beginning of term has brought some welcome autumn sunshine and the children have been making the most of being outdoors. They have been thoroughly enjoying their time in Forest School and we have been looking at the different trees and shrubs that grow at the far end of our school.



Prep News

Year 3

The Year 3 children have been settling into life in the Prep school with great confidence and enthusiasm. Whilst the school returns to a more 'normal' way of life we must not underestimate how many changes these children have encountered as they start the next stage of school life in the Prep school.

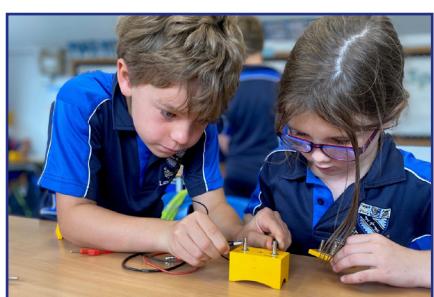
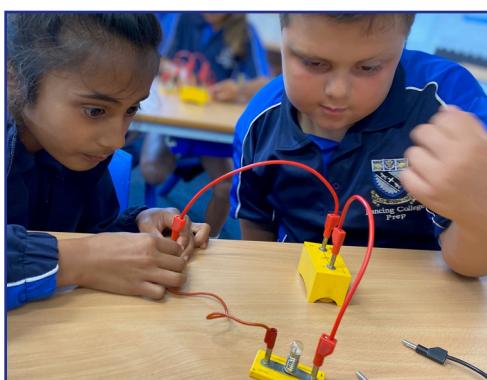
They have had their first Prep school assembly, Prep school lunch, their first DT lessons, their first Art lessons in the Art Room, (the delight was real!) their first fixtures all while navigating their way around the whole building. It should be noted that in between all this 'busyness' they've been working hard in the classrooms too! They have shown us all how ready they were to take this next step and we are already hugely proud of them. We are excited for the year ahead.



Year 4 will be...

In our first week of term, Year 4 talked about all of their hopes and fears for the new year. Lots of them were extremely excited for the year ahead and we challenged them to finish the sentence 'Year 4 will be...' we had lots of brilliant words to describe what we think this year will hold and hopefully we live up to the expectations!

To kick off our Science lessons in Year 4 we have been exploring how electricity works and what makes a circuit. The children worked in pairs to use the equipment to make a working circuit that could make a lightbulb work then, they challenged themselves to make a buzzer work as well. It was harder than it sounds!



Prep News

Year 6

The Year 6 children are delighted that they can now move freely around the school to access all specialist rooms, now that the Covid-safe measures have been reviewed for the start of this term. They have been amazing at making their way around school moving from room to room and it is exciting to be returning to this again!

The boys also enjoyed the U11 Football Tournament at Lancing College and the girls joined the other year groups for a pre-season hockey training session on the College astro - see the Sports news on page 10.



Prep News

Year 7

In History, The children have been looking at what life was like leading up to 1066. Following this, they have begun to investigate who the main contenders were to the throne. They have been able to present their own episode of The X Factor: Battle for the Crown! George 'O'Leary' made a fantastic host and Ella 'Cowell' was a pretty feisty judge! We are looking forward to seeing Year 7 battling it out next week as we explore what went on during the Norman Conquest in 1066!

In MFL, the children have been utilising their IT skills to learn German or Spanish online with staff from Lancing College, before starting learning in person in two weeks time. It was lovely to hear German and Spanish being spoken in the room at the same time!



Human Rights Club

Pupils in Years 7 and 8 have formed a Human Rights Club and are discovering more about what it means to have 'rights'.

In the coming weeks, they will start to create their own campaigns to support and protect groups of people whose rights have been threatened.

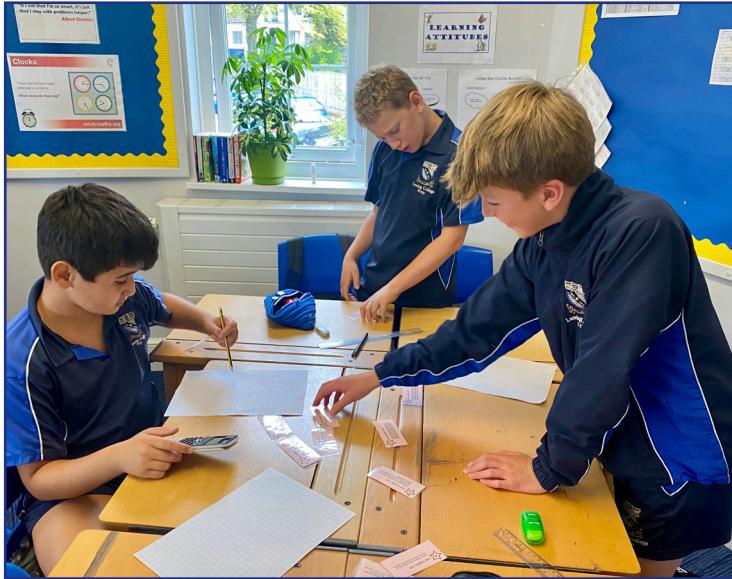
Their goals are to spread awareness about issues and represent others who do not have a voice.



Prep News

Year 8

In Maths, the children worked together in teams to solve a family tree puzzle, using their ratio and percentage skills. The winning teams were proud of their 'well-done' subject postcards.



Maths Puzzles!

In fact, there have been lots of Maths puzzles to solve over the first fortnight of term. There has been a set of Maths Puzzles for each key stage in the school on the noticeboard outside Mrs Wheeler's classroom. Well done to Luca (5D), Dino (4A), Charlie (3S), Gabby (3S) and Harry (2S) for submitting the correct answers for the first set of puzzles. Mrs Wheeler is very much looking forward to seeing how many more correct answers are submitted with each new set of puzzles!

A photograph of a noticeboard titled "Maths Puzzles!". The board is divided into sections for different year groups: Pre-Prep, Years 3 & 4, Years 5 & 6, and Years 7 & 8. Each section contains a math problem and a small illustration. To the left, there is a sign encouraging students to solve the puzzles and write their answers. Below the board, there are clear plastic bags containing additional puzzles.

Sport

Girls' Hockey

The girls in Years 5 to 8 basked in brilliant sunshine as they underwent a pre-season hockey training session with our sister school in Worthing up at the College with their coaches and some of their first team players.



U11 Six-a-side Football Tournament at Lancing College

The LPH boys joined a group of other prep schools in a very welcome return of this annual event. The team qualified through the group section to progress to the Cup knock-out stages and were just pipped by a single goal to bring their participation to a close. It was good to see their competitive spirit coming to the fore and how well they played together as a team.



Noticeboard

Music and Performing Arts News

We have a few spaces remaining in Thursday EYFS Drama Club 3.30pm

Instrumental lessons are underway in the Music Department. We would love some more pupils to take up Violin, Flute, Clarinet and Brass. If you would like to arrange free taster sessions, please email Mrs Bunker to arrange this.

Fiddle Toys

We have reminded the children that 'fiddle toys' are not to be used during lessons as they risk interrupting the learning both of the user and of those sitting in their vicinity. They are of course welcome to bring a 'fiddle toy' for break times.

There are a very small number of children for whom these are an important tool in terms of assisting concentration, based on professional recommendations. The teachers will have been made aware of the need to make accommodations for those children.

If parents have any queries regarding this please do not hesitate to contact the Learning Support dept.

Helen Holliday & Fran Moulds

Well done to the Friday Dippers!

This ladies' group meet for weekly swims in the sea and decided to take on the Open Water Swimming Society 'Couch to 5K' swimming challenge. Three of our Year 8 mothers are members of the group and decided to fundraise for *Young Minds*, the UK's leading charity for children and young people's mental health. On a very choppy early morning of 11 September, the group completed their challenge and at the time of writing have raised nearly £16,000 for the charity. For anyone wishing to get involved please see www.justgiving.com/fundraising/Friday-Dippers



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

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Kidz Klub Dyke Road is run as a partnership between Church of the Good Shepherd and Kidz Klub Brighton & Hove Ltd (charity number 1126909)

**PTA Fete
next Saturday, 25 September
1.30-4.00pm**

What Parents & Carers Need to Know about ECHO CHAMBERS

The internet is a vast space, home to all manner of differing viewpoints. However, website owners have realised that people tend to enjoy the online company of others who think and sound like them. It's in the website providers' interests, then, to create echo chambers: sites where the user's own views are echoed, reinforced and built on without being challenged. This is common on social media. Combine echo chambers with the dangers of misinformation and fake news, and the result could easily see children becoming trapped in an online bubble – only ever confirming what they think they know, discouraging them from questioning, and never offering a different perspective.

Stifled independent thought

Childhood is a time when free thinking and individual expression should be encouraged. Echo chambers restrict this by fencing young people into a world they're already immersed in. Of course, there's nothing wrong with being a fan of gaming, boy bands or football, but echo chambers can quickly start to focus children's attention on a very limited number of interests, at the expense of everything else.

Blinkered worldview

Social media algorithms may use sophisticated software, but their principle is simple: keep users on the app or website for as long as possible by giving them more of the content they want. For social media platforms, this means prioritising the posts, videos, and streams of your child's favourites. This constant regurgitation of the same kind of content can cause children to develop an extremely niche and selective view of the world.

Risk of radicalisation

Extremist groups have been known to use echo chambers – allied to website popularity algorithms – to their advantage in the past. They also attempt to use social media as a conduit for grooming and radicalising (known as 'red-pilling') impressionable minds. Ironic memes have been known to promote far-right ideology, while terror groups have utilised social media in an attempt to recruit young people.

Creating obsessions

Children and young people naturally tend to enjoy a diverse range of interests. Echo chambers, as perpetuated on social media, can funnel your child's attention down an extremely restricted path. This gradual but powerful take-over of your child's impulses can cause them to slowly whittle down their former varied interests into an unhealthy, overwhelming obsession with one particular subject.

Lack of variety

More than 500 hours of content is uploaded to YouTube every minute, which is over 80 years' worth of material every day. Algorithms, however, push people towards familiar faces and themes. If you notice that your child seems to be watching content from the same small number of accounts all the time, it's a sign that algorithms are exerting an influence and your child is no longer being served a varied diet of online content.

Changes in behaviour

In extreme cases, the content found in echo chambers can lead to radicalisation. Growing isolation, an unwillingness to discuss views, and increased anger and secretiveness after being online can all be indicators that a young person has been at least partly indoctrinated. Other warning signs include sudden hostility towards certain groups, drastic changes in appearance and expressing unusually controversial or divisive opinions.

Safety tips for Parents & Carers

Talk it through

If you become worried about the effect that online echo chambers might be having on a young person, the first step is to establish an open dialogue with them about what they're discussing online, and on which sites and platforms. Try to approach the conversation in a non-judgemental manner – explain that you trust them to make good decisions, but that doesn't stop you being concerned about them.

Introduce time limits

If you become concerned about the amount of time that your child is spending on certain websites or social media platforms, you could talk to them about establishing some time limits. You can maintain these limits either through personal supervision, or by using the parental control options on their devices to either reduce access to sites or prevent it altogether.

Adjust content settings

Investigate the settings of individual apps and sites to see if they can be tailored to limit the impact of echo chambers. Twitter's default setting, for example, is to show tweets it thinks a user will like first, rather than a chronological timeline. Likewise, YouTube automatically plays its next 'recommended' video (selected by an algorithm and based on what the user has watched in the past) unless you specifically tell it not to. Both of these settings can be adjusted.

Ask for expert help

It can be hard to know exactly when having an inflexible opinion on a topic crosses the line into extremist ideology. Should things become so serious that you're genuinely worried a young person is becoming radicalised online, then it may be best to seek additional help. Speak to the safeguarding lead at your child's school or contact a professional support organisation such as Childline or the NSPCC.

Meet Our Expert

Alan Martin has been writing about technology for a decade. In 2015, he joined Dennis Publishing to help launch and establish Alpha – a site about tech and internet culture. He worked on over 1,800 articles and after starting out as Science Editor, he then became News Editor, Deputy Editor and finally Acting before he left in 2018 to go freelance.



National Online Safety
#WakeUpWednesday

SOURCES: <https://www.bellingcat.com/news/americas/2018/10/11/memes-infowars-75-fascist-activists-red-pilled/> | <https://theconversation.com/on-social-media-isis-uses-fantastical-propaganda-to-recruit-members-86626> | <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-help-lines/protecting-children-from-radicalisation/> | <https://smallstepsconsultants.com/the-far-right-threat/how-to-spot-signs-of-far-right-radicalisation/> | <https://www.techradar.com/news/how-ds-is-struggling-to-keep-a-lid-on-the-social-media-tinderbox>



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