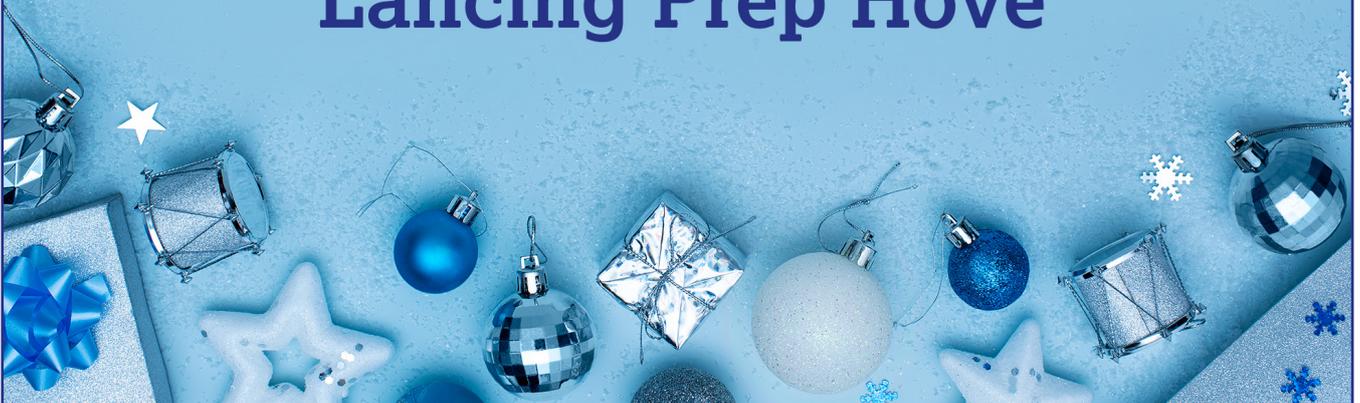




Notices
are on Page 12

A very Happy Christmas from all at Lancing Prep Hove



- Links to the various films we have created for the Christmas performances this week will be sent out next week via SchoolPost to parents of the relevant yeargroups.
- We wish our families a safe and peaceful break and look forward to welcoming everyone back on Wednesday 5 January 2022



Message from Mrs Morrison

I am writing at the end of an extremely busy and productive term for your children at Lancing Prep. The term has undoubtedly ended on a high note with our live Pre-prep Nativity Performances, trip to the Pantomime, Christmas Feast, Pre-Prep Pride Award for Elsa Pride, and a visit from entertainer Mr Pineapple Head yesterday. We have had a particularly fun final week of term to end a full term of fantastic moments, highlighting that the children have made excellent progress from their starting points, built resilience, friendships, independence, and all whilst having bundles of fun!

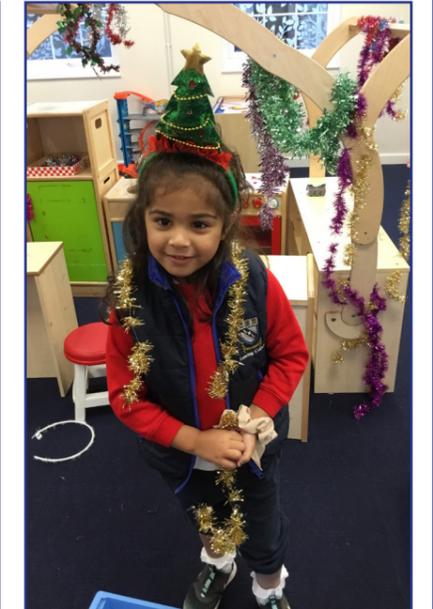
It only remains for me to wish you all a wonderful and safe Christmas break and I look forward to welcoming the children back with a spring in their step on Wednesday 5 January 2022 for an exciting new term.

With warmest wishes,
Lianne Morrison



Pre-School

The Pre-School children have been enjoying getting into the Christmas Spirit by taking part in lots of festivities. They also practised so hard for our EYFS Nativity, where they were very cute sheep. See next page!



Reception

Reception took a walk to the post box near to school on Hove Park Road. With them they took their Christmas cards that they'd made for their families. They addressed their envelopes and were careful to put the stamp on in the correct place. They were all very excited when they spotted the post box and had to stand on tip-toes to get their envelope through the slot. It's been great to hear that they've all been delivered home – especially after learning about the process it takes for post to reach where we live.





Pride Treat

Well done to the Pre-Prep Prides winners this term - Elsa.

The children donned their coats and wellies had a wonderful time down in the Forest School. They enjoyed the crisp winter sunshine and blue skies and were very pleased to have a hot chocolate as part of their reward!



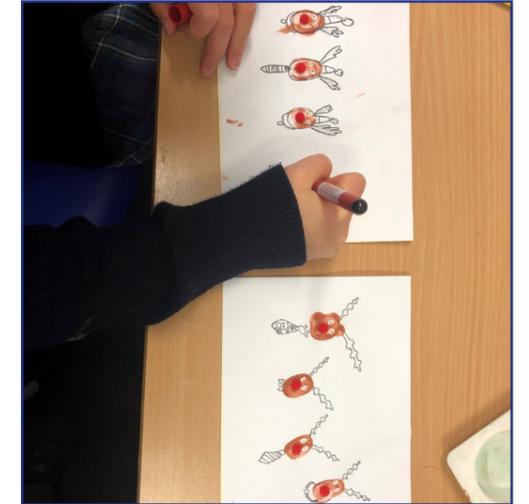
Pre-Prep Nativity



Prep News

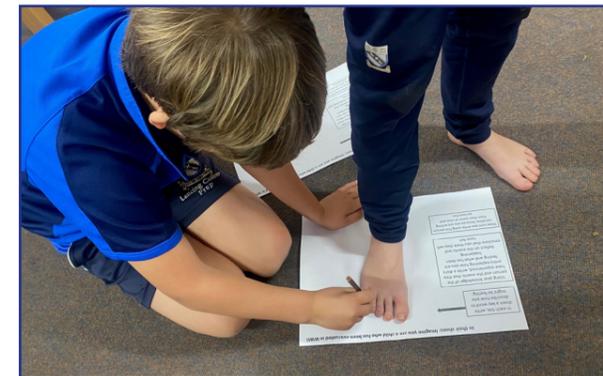
There has been a plethora of Christmas-themed activities alongside regular lessons. The next pages are a snapshot of the hive of activity that has been buzzing at LPH over the past two weeks. These are mostly self-explanatory but we have added in a little text where necessary!

Year 3



Year 4

It's been a wonderful couple of weeks in the Year 4 History classroom, and the learners' attitudes towards studying have been exemplary. As a final activity, the children had the opportunity to step into the shoes of an evacuated child, and to try and write a diary entry from their perspective. They showed impressive empathy and superb teamwork in drawing around one another's feet!



Year 5

The children have been working on wooden bow ties this term in DT and were proud to show off the results of their endeavours.



Year 7

It's been a super couple of weeks in the History department, with Year 7 enjoying a number of creative activities to finish off our topic. Having spent the term studying the Norman Conquest, learners had the opportunity to act out the changes that William made in 1066, from killing those who disagreed with him to forcing peasants to give up their land. There were some interesting takes on French accents, but all learners showed a fantastic understanding of the topic and their efforts across the term have been commendable. As a final activity, Year 7 had the opportunity to create Norman Conquest board games, and they produced some fantastic resources and games.



House Christmas Tree Competition

A relay of prep school children came together in their year group bubbles, eager to win the coveted House Christmas Tree competition, a perennial highlight in the run-up to Christmas. This year, themes included sports, gratitude and even Star Wars, and rules excluded single-use plastics from the decorations. Resident judge Mr Mason had a hard task choosing Youngs House as victors from a highly competitive field (or should that be forest?) of entries.



Christmas Lunch with a Difference

We may not all have been able to share our school Christmas lunches together but those who were not with us certainly enjoyed theirs with some style via Teams!



Panto fun

Another firm favourite in the LPH Christmas calendar is our annual foray to one of the local pantomimes. Children from Reception to Year 6 donned their Christmas jumpers and headed off to Worthing to see a pantomime of Beauty and The Beast (oh no they didn't, oh yes they did!).



Year 7&8 GCHQ Christmas challenge

GCHQ, one of the UK's intelligence agencies, is running a Christmas Challenge on 13 December aimed at 11-18 year olds. Young people across the country are encouraged to pit their wits against seven tricky puzzles to find the festive answer.

To take part, sign up to receive the Top Secret resource pack to your inbox in December or click on this link (it will be live from Friday, 10 December) to get the Resource Pack with all the info you will need to take part in the challenge.

If your child is in Year 7 or Year 8 and would like to give it a go, this is the perfect way to stretch them over the holidays.

New Era Exam Results

Congratulations to the following pupils who took their exams on Friday 3 December over Zoom, held in the Music School:

| | | |
|--------------------------|-----|-------------|
| Leo A | 83% | Distinction |
| Isobel CB and Ella F | 84% | Distinction |
| Beatrice S and Jasmine D | 82% | Distinction |
| Molly A and Hannah M | 78% | Merit |
| Xander Assayag Eales | 81% | Distinction |

Sunday 5 December, Carols Among the Trees at Church of the Good Shepherd

Thank you to all pupils in the Prep School Choirs that came to sing in the service. We enjoyed performing *O Come all ye Faithful*, *Hark the Herald*, *Away in a Manger* and *In The Bleak Midwinter*. Well done to you all!

Wednesday 8 December - Informal concert

Well done to pupils in Years 1 and 2 who performed pieces of their own choice to their friends. It was a lovely occasion and the playing was great!

Other notices

Our music school practice rooms are available to book before and after school and during break times, subject to availability. Please ask your child to book a practice room with Mrs Bunker at the start of the school day. Spaces are available for Piano, Flute, Clarinet and Saxophone lessons for children in Years 5-8. Instruments are available to hire. Instrumental scholarships are available to assist with tuition fees.

For all enquiries about music and drama lessons, please email Mrs Bunker: nbunker@lancing.org.uk



Noticeboard

FRIENDS OF
WESTDENE GREEN

Christmas Garland Making 2-5pm

- £5 - guidance and materials inc
- Decorate your front door for Christmas!
- Mulled wine, hot choc and mince pies

Light up Westdene Big Switch on 6pm

Carol Singing 6.10-7.10pm

- Join friends and neighbours
- Led by Nadia Bunker
- Sing your heart out!!

**SUNDAY
DECEMBER 12TH AT THE BARN**

Love in A Box

Thank you to everyone who responded to this annual appeal; the Christmas Tree in the school office had all but disappeared from view by the time the Head Boy and Head Girl came along to help deliver them to our local YMCA, with our PTA members.



Congratulations Willow and Jasmine!

We are immensely proud of two of our Year 6 pupils, Willow and Jasmine, who have been through a tough assessment process and have now been selected for the Girls' U11 Sussex CCC Pathway. Well done, girls!



See end of this newsletter for details of girls' cricket at Brighton & Hove CC from January 2022.

"How to be your child's own ADHD Coach" - with Sarah Templeton, 7pm on Tuesday 14 December

ADHD Aware is a local charity supporting adults and children with experience of ADHD. They are launching a series of webinar events with the first one being hosted by Mrs Bunker, Director of Music.

Sarah Templeton has recently published a book for parents of ADHD children. In the talk, Sarah will discuss the challenges and coping strategies for real world scenarios that neurodivergent families face. For more information and to register, please join the mailing, Head over to:

<https://adhdaware.org.uk/adhd-support-group-meetings/brighton-mailing-list/>



What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content; usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history; so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake - but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.

Sources: <https://www.education.vic.gov.au/Documents/about/programs/bi/stopstoppers/inappropriate.pdf> | <https://www.nos.gov.au/educators/training-professionals/professional-learning-program-teachers/inappropriate-content-factsheet/> | <https://www.revealedcredibly.co.uk/wp-content/uploads/2021/04/childrens-media-lives-year-7.pdf>

GIRLS CRICKET

AT BRIGHTON & HOVE CC

Starts January - **FREE** Taster Session

Expert coaching and fun
every week at the biggest
club in the city

ECB qualified female and male coaches

No experience necessary and all equipment supplied

**Indoors until Easter and then at our own outdoor
facilities in central hove all summer long**

**Softball and hardball teams at U10, U11, U13, U15 and
U19 and Women**

**If you would like to start cricket at the largest girls
cricket club in the city then please contact Peter Davies
on 07504 296993 or
girls@brightonandhovecricketclub.co.uk**