



Message from Mrs Keep

Dear Parents

The week before half term, in another step toward an old normal, we opened our doors and gave a warm welcome to parents attending a number of events. Our Pre-School families came to our Open House days to take a look at the next stages of their children's journey through the Pre-Prep. Inevitably, the senior children who showed our parents around raised the most comments, always positive and often glowing. They were described repeatedly as confident, polite, knowledgeable and friendly – and I'd agree that these are words I'd happily use to describe the children at LPH.

The other main comment was about how engaged and happy the children seemed to be. Of course, fostering their interest is the key to keeping them focused. Like any of us, if we ask them to do something boring, concentrating on it is hard. If we make it interesting, concentrating is easy. Even in the week before breaking up for a much-needed holiday, the children demonstrated how happy they are to be learning. I always come to the end of Open House and Open Morning events with a real sense of pride, and this week has been no exception. With children like these, there is much of which to be proud.

Also in the final week, we welcomed parents to multiple sessions on Online Safety & Digital Trust. Mr Clifton shared thought-provoking insight into the ways in which all our children are engaging with the online world. I know that word has spread as to the importance of parents engaging with this topic of conversation and so more events for parents will be arranged. For those who were unable to attend, a summary of the school's experience of and approach towards children being online will be shared after half term. In the meantime, we have included four useful guides for parents at the end of this newsletter. To all those parents who attended and asked such prescient questions, as well as giving invaluable feedback, I would like to extend my warmest thanks.

Finally on the last Friday of this half of the term, our wonderful PTA hosted a charity bake sale in Laurent Hall. It was another heartwarming step back towards normalcy and enjoyed by all. There was, it goes without saying, no shortage of enthusiastic pupils volunteering to help sell an abundance of fabulous bakery items, many themed for Valentine's Day.

I hope you are all enjoying a wonderful half term break with your children and look forward to seeing you on return for the longer days that herald the second half of the school year.



Pre-Prep News

Pre-School

The children in Pre-School have enjoyed being creative as we have celebrated Chinese New Year and Valentine's Day by making Chinese Dragons and Valentines Day cards. They have also linked their learning to these celebrations such as sharing stories, counting challenges and practising their fine motor skills.



Pre-Prep News

Reception

Reception children came back to school on a Friday evening in their pyjamas for their Gruffalo camp. The campfire was on (well an interactive version of a campfire) and the children set out their sleeping bags and blankets to snuggle down for a story. Then they set off to the adventure playground with their torches for a play in the dark followed by a walk around the field to look for fox, snake, owl, and mouse. On return to the classroom there was hot chocolate and Gruffalo crumble before settling down again to watch *The Gruffalo*. The children couldn't believe it when it was over and are desperate to do another one!



Pre-Prep News

Year 1

The children brought their polar topic to a close with a visit to the Booth Museum as a treat. They enjoyed searching for various polar animals. Our mission was to find the huge narwhal tusk, but to our disappointment, it was nowhere to be seen, as it has been borrowed by another museum! This didn't faze the children at all though and they loved looking at all the different animals they found.



Pre-Prep News

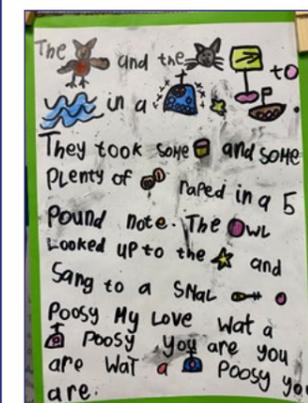
Year 2

2S have had a fantastic couple of weeks problem solving and becoming increasingly independent with their learning. They have been choosing to tackle some of our trickier challenges in the classroom as well as making well thought out predictions when faced with new challenges.

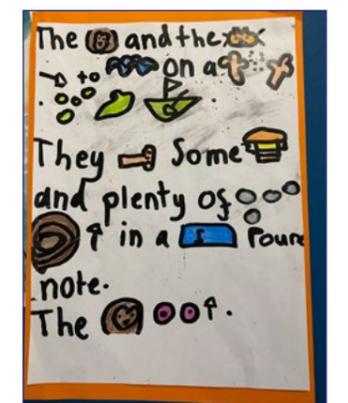


Year 2 love using *Talk for Writing* to support their writing skills. *Talk for Writing* is a unique process that uses spoken activities to develop writing skills. Quality writing is created by first expanding and developing children's oral language skills and then teaching the necessary steps for exceptional sentence, paragraph and text construction. It has the potential to dramatically improve a child's writing. The approach also offers children with learning and language difficulties an opportunity to develop stronger writing skills.

Feedback from the children indicates that they find *Talk for Writing* 'fun, engaging and motivating.' The class collaborated to make actions for the traditional poem *The Owl and the Pussycat* before changing adjectives and nouns to make their own poems. Can you match the action to the words? Pussycat, lovely, beautiful, star, owl, cash?



Here are some story maps that the children created after learning the poem by heart and before innovating the poem to create their own versions.



Prep News

Year 3

Year 3 have been looking at the book *'Leon and The Place Between'* by Grahame Baker-Smith for the past two weeks. It is set in a circus where Abdul Kazam encourages you to 'Trust nothing but believe everything!'

The work the children have done has been magical itself and to celebrate their efforts we finished our learning by trying to master some circus skills ourselves! Circus into Schools came in and helped us to juggle, hula hoop, try balancing feathers on fingers and even noses... and many more things were tried, tested and then put on show. The children (and staff) had the best time and have left for half term ready to show off their new skills!



Prep News

Year 4

4A were incredibly lucky to have Frida present a special book this week. Frida taught us that her ancestor, William Dampier, was an explorer, navigator, and naturalist who became the first Englishman to explore parts of what is today Australia, and the first person to circumnavigate the world three times. She shared a book written by her grandfather, from which we read chapters and learned all about his travels. Frida's stories were inspiring and loved by all!

We would encourage you all to share your family history with your children, as we would love to hear even more tales about lives of the past and where all our learners have come from.



Prep News

Year 5

The children have been exploring the life and times of the Anglo Saxon this term and discovering how they arranged their farms and settlements around their agricultural needs. They have worked well together to create infographic posters to illustrate their learning.



Year 6

The Science garden and pond are enjoyed by all year groups and Year 6 have had a wonderful time carrying out an exploration of the pond to see what creatures have made it their home.

We are hoping to see some frog or toad spawn in due course but for now, the children were thrilled to find a newt and a snail!



Prep News

Year 7

Year 7 children have been studying the relationship between Henry II and Thomas Becket this term, and the topic concluded with learners creating a series of news reports about the murder. Year 7 were able to explain why the relationship turned sour and what happened in Canterbury Cathedral on the night of 29 December, 1170. It was fantastic to see some real acting talent come to the fore! Well done, Year 7, you were a pleasure as always!



They also had a brilliant day out at the London Design Museum where they went to see the Waste Age exhibition looking at how design can avert the climate emergency. They took part in a workshop which brought to life the impact of waste, showcasing a new approach across the production of food, fashion, electronics and construction which focuses on the circular economy and reduction of waste. Pupils made lots of sketches and came up with ways to recycle to create new products which they will be putting into practice during their summer term art project.



Music & Performing Arts News

Years 3-4 Brass, Clarinet and Saxophone

Mrs Bunker would be very keen to start small group lessons for pupils in the lower KS2 classes after half term. Sessions would cost £5 per week and would be led by our Woodwind and Brass teachers, Miss Linda Atkinson and Mr Ellis-Devitt. Instruments are provided so that parents do not have to buy one. Please email Mrs Bunker if your child would like to try out these sessions.

Key Stage 1 Violin Group

Pupils in Years 1-2 are having a great time in Violin Group. The children have started using the bow and, most importantly, how to hold it! The group meet every Thursday lunchtime and instruments are provided by the school. The children are starting to work on pieces from the Fiddle Time Starters series.

Key Stage 1 Cello Group

Year 2 Cellists are working on Willow Waltz and Jig from the Vamoosh Cello book series. Mrs Mudge says the children are a joy to teach every Tuesday and she is looking forward to sharing some of the pieces with parents soon. Please note that, after half term, these sessions will be at 12.30pm on Tuesdays.

Lower KS2 Violin and Cello Group

Mrs Bunker would be very keen to start a lower KS2 Violin and Cello group from the Summer Term. Sessions would cost £5 per week and would require 4-6 pupils to become viable. Instruments are provided so that parents do not have to buy one. Please email Mrs Bunker if your child would like to try out these sessions.

BStarz Saturday Theatre School – now at Lancing Prep Hove

BStarz Saturday Theatre School gives budding performers a real opportunity to shine. Each week, BStarz runs a programme of high energy, intensive workshops where your child will discover the three disciplines of acting, singing and movement. Children will be given all the tools and skills they need to harness their ability, to flourish and express themselves confidently throughout the creative arts. For more details, visit <https://bstarzacademy.co.uk/>



ABRSM and New Era Private visits

The school has been approved to host ABRSM exams as a private visit. There will be an exam entry on the following dates:

Monday 21 March - ABRSM; Tuesday 22 March – New Era; Wednesday 23 March – ABRSM & Thursday 24 March - ABRSM

Pupils in Years 2-4 and choir members in Year 5 have opted to take the ABRSM Prep Test in Singing. The children are working hard to learn the songs. The timetable will be circulated in due course.

Other notices: Practice rooms in the music school are available to book before and after school and during break times, subject to availability. Please ask your child to book a practice slot with Mrs Bunker.

A reminder that pupils should store instruments in the larger practice rooms in the Music School. Alternatively, these can be stored in the form room with permission from the form tutor. Instruments should not be stored in kit rooms.

Instrumental scholarships are available to assist with tuition fees during term time, subject to terms and conditions. For all enquiries about music and drama lessons, please email Mrs Bunker: nbunker@lancing.org.uk

Prep News



Sporting Achievements

Brighton and Hove Small Schools Girls League

Our squad of 9 girls are a mix from Years 5 and 6. They scored a total of 6 goals and didn't concede a single goal all season. It has been a fantastic effort from all the girls who showed true sportsmanship throughout every game.

Brighton and Hove Small Schools Boys League

This was a co-ed team with Maia R playing every fixture. The team won every game, scoring a total of 19 goals and conceding just two.

The team demonstrated excellent sportsmanship throughout the season and every school they played commented on their good manners and great footballing skills.



'School of the Year' Sussex Tennis LTA

Our thanks go to parents and coaches from Pav & Ave Tennis Club who nominated LPH for this award. Having made it to the shortlist, which also included Lancing College, the panel of judges, gave this prestigious award to LPH.

We will hold the title for one year and hope to retain it next year too! We have fantastic links with the Pav & Ave club and a good number of our talented pupils attend tennis sessions there.



Prep News



Boys' Results

Wednesday 2 February W/D/L

**Triangular v Handcross Park and Lancing Prep
Worthing - Hockey**

U13A	LL
U13B	WW
U13C	L
Colts A	LD
Colts B	DW
Colts C	D12-12

Thursday 3 February - Hockey

U8/9A	v LPW	W
U8/9B	v LPW	W

Wednesday 9 February

Touch Rugby v Sompting Abbotts

We put out two co-ed teams against SA boys' teams. Although we lost both games, the boys and girls in our teams had the best time. They were very engaged and it's a brand new sport to all of the girls. Well played by everyone involved.

Monday 7 February

Brighton Small Schools League - Boys

U11	v Balfour B	W 3-0
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Girls' Results

Monday 31 January

Brighton Small Schools League - Girls

U11	v Balfour	W 4-0
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Wednesday 2 February - Netball

U13	v LPW	L
U12	v LPW	W
U11	v LPW	W
U10	v LPW	L

Wednesday 9 February - Netball

U11/U10	v Brighton College	W
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Thursday 10 February - Football

U8/9	v St Christopher's	LL
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These were the girls' first time playing on a full-size pitch. The girls adapted very well and the games were close contests and played in good spirits.



CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.



10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

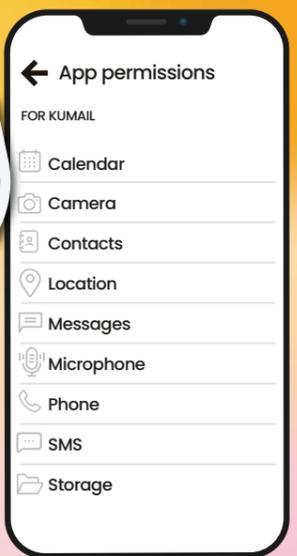
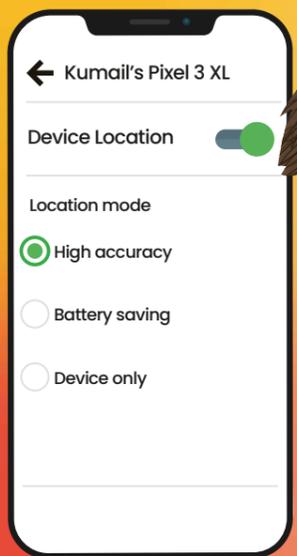
10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

How to Set up PARENTAL CONTROLS for PRIVACY Android Phone



The settings on an Android device allow you to set certain rules to help safeguard your child's privacy when they are using it. For example, you can turn off location services to keep their whereabouts private; prevent third-party apps and sites from viewing their information; and stop apps from accessing other functions of the phone (like the camera or microphone, for example). We've produced step-by-step guides on how to tighten up an Android phone's privacy settings.



How to manage location services

- 1 Open the Google Family Link app
- 2 Select your child's account
- 3 On the 'Settings' card, tap 'Manage'
- 4 Tap 'Location'
- 5 On the card with the correct device's name, tap 'Settings'
- 6 Tap 'Location Settings'
- 7 Turn 'Device location' to off
- 8 To reactivate location services in future, repeat these steps and turn 'Device location' back on

How to control access for third-party apps and sites

- 1 Sign in to your Google Families account
- 2 Under 'Members', select your child's name
- 3 Select 'Account info' and then 'More'
- 4 Select 'Third-party apps with account access'
- 5 Turn 'Allow third-party apps to access XX account' to off by toggling the switch

How to manage app permissions

- 1 Open the Google Family Link app
- 2 Select your child's account
- 3 On the 'Device' card, tap 'Settings'
- 4 Tap 'App permissions' then choose a permission
- 5 Below your child's device, switch the permission off
- 3 On the 'Apps installed' card, tap 'More'
- 4 On the 'Allowed' list, tap the app you want to change the permissions for
- 5 Tap 'App permissions'
- 6 Switch the permission off

Alternatively, you can manage permissions for individual apps. Repeat steps 1 and 2, then ...



Source: <https://families.google.com/familylink/>

How to Set up PARENTAL CONTROLS

for PRIVACY iPhone



The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

How to make changes to privacy settings

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

1 Open 'Settings'

2 Tap 'Screen Time'

3 Tap 'Content & Privacy Restrictions'

4 Scroll to 'Privacy'

5 Choose the settings you wish to restrict

6 After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

How to prevent changes to other settings/features

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.

1 Open 'Settings'

2 Tap 'Screen Time'

3 Tap 'Content & Privacy Restrictions'

4 Scroll to 'Allow Changes'

5 Select 'Allow' or 'Don't Allow' on the settings for which you wish to enable or disable changes

