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Message from Mrs Keep

I am always proud of the children at LPH and the wider school community, but over the past couple of weeks, I have been almost overwhelmed by the sense of thoughtfulness permeating the school. There have been a significant number of charitable initiatives launched by the children, each showing a very real awareness of events that are often far removed from their experience of LPH.

Following on from the enormously successful Readathon, which demonstrated once again how generous our school community is, it was a delight to see Frida, Evie and Zerya lead assembly on International Women’s Day. They spoke with real understanding about the importance of equality and the way in which experiences for women and girls can still be so very different to that of boys and men. In selling the badges which Frida had made herself, the girls have raised £132 thus far for Women’s Aid International. In speaking clearly and eloquently, the girls raised awareness across the school community and the impact of that has the potential to be lifelong and far reaching.

The children have also seen a presentation by Luke Delahunty about the injuries he’s had to overcome to take part in the Invictus Games. He will be visiting our school on 22 March to run a fitness circuit with the children. The money raised will go to support GB Athletes and to help fund sporting equipment at our school, with the aim of inspiring the next generation of athletes. The message of resilience and never giving up resonates with us all and sponsorship forms will be coming home for those children who are keen to support this cause.

While the Readathon, International Women’s Day, Sports Sponsorship and Red Nose Day have all been planned events in the school diary, it is the ongoing events in Ukraine that have spurred so many children of all ages into action. I never want any child at LPH to be told they can’t reach out to support someone in need, and so have been keen to enable them in their charitable endeavours. The full list of planned activities, including the dates on which they will be happening, are set out below.

In assembly next week, we will explore the ways in which the children are helping by fundraising, but we will also continue to explore other ways in which children can reach out to others, in charitable deeds as well as fund-raising or giving. Ours is a privileged community and I know many families will be happy to make donations towards each event; however, the expectation is not that children must contribute to each thing. Please do talk in your family about what matters to you and act accordingly. No child will be excluded from any activity should they not be contributing financially. By participating, they are all developing awareness of the world around them and a strong sense of being a responsible citizen. Thank you for all you do to encourage them.

Fund raising initiatives instigated and developed by the children:

Event	Date	Suggested Donation	Organised by	For
Blue & Yellow Mufti Day	Fri 18 March	£2 (£1 Ukraine & £1 Red Nose Day)	Reception	Whole School
LPH Apple Juice at lunch	Weds 16 March	£2	Year 2	Years 1 & 2
Sponsored sunflower petals	Easter holidays	50p per petal	Year 3	Years 3, 4 & 5
Sponsored sleepout	Thurs 24 March		Year 7	Year 7



Pre-Prep News

Pre-School

The children in Pre-School have had a wonderful couple of weeks as we have continued with our 'Blooming Marvellous' topic. This has involved learning about Spring and the children have taking part in various themed activities. They made their own daffodils which practised their fine motor and name writing skills. To commemorate their learning, the Pre-School children visited Lancing College Farm. They were met by Farmer Jon who showed them the different animals he had on his farm and also told us some information about them such as what they eat, about their fur etc.

The children have also been busy celebrating British Science Week! They have become scientists by taking part in lots of experiments and making predictions.



Pre-Prep News

Reception

As part of our 'Blooming Marvellous' topic, Reception set off to the Butterfly Farm to discover more about the life cycle of a butterfly and to see how many varieties of butterflies there are. On entering the butterfly farm, it was incredibly warm, and the children realised that a butterfly preferred a warmer climate. They spotted symmetrical, and sometimes repeating, patterns on their wings as well as some exotic colours. Some children pointed out how the butterflies were using their proboscis to drink the nectar from the flowers. There were also a few children who were close to bringing one home as the butterflies took a liking to them: landing on heads, shoulders, hands and backs. It was an amazing experience and something we would like to do again.



Pre-Prep News

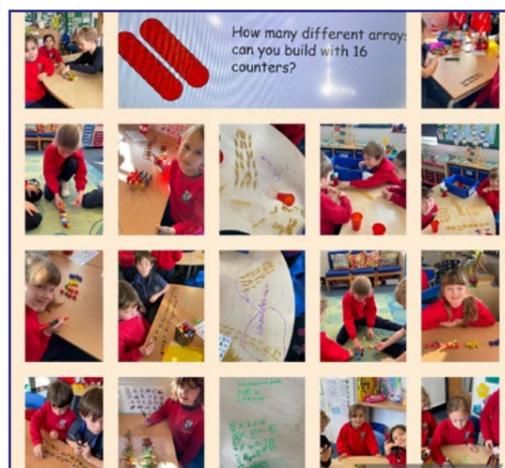
Year 1

In Year 1, we encourage children to spell words phonetically. We teach many alternative spellings for each phoneme but praise all efforts when using their sounds to create words. Here the children have been segmenting the word by physically pulling the sounds apart.



Year 2

2S have been busy working on their Maths topics, building arrays from different numbers of counters.



Pre-Prep News

Year 2

2M welcome a challenge and this week it was Maths that got us thinking hard! During our multiplication topic, the children were shown an array of 24 dots and were asked, 'How many multiplication sentences can you find?' The children worked on the challenge in pairs, and 'had a go' by working on whiteboards, which enabled them to amend their answers as they progressed and learn from any mistakes. Finally, they attempted to be systematic, which allowed the children to check if they had missed any possible answers. We also learnt some new vocabulary – 'commutative'. They were very proud of their efforts and results!



Visit to Wilderness Woods

The children had a wonderful time being explorers for the day at Wilderness Woods. They demonstrated excellent teamwork when building shelters collaboratively, which were then tested to see how waterproof they might be – lots of fun!

They were also shown how to build a fire and whittle a stick with a vegetable peeler, before adding a marshmallow and digestive biscuits to sample a s'mores; yummy! We had a very fun day and out and were very grateful and excited to have parent helpers to come along and support a school trip once again – a huge thank you to you all from Year 2.



Pre-Prep Pancake Day Races

The Pre-Prep had an enormous amount of fun taking on Shrove Tuesday when the children completed their traditional pancake race between Prides. The children became experts at bouncing and flipping the mini pancake in a little frying pan, which was perfect for their smaller hands; very, very cute! All Prides cheered one another on, which created a fabulous atmosphere of team spirit and all the children tried their very best. Aslan were the first to cross the finish line, but Elsa and Mufasa were not far behind.



Prep News

Year 3

In their first year in the Prep School, Year 3 have adored the opportunity to represent the school, compete against other local schools and of course, enjoy match tea with their opponents. With many fixtures this year having been postponed due to reasons beyond our control, it was a joy to see all of the boys offered the opportunity to compete in our last rugby fixture of the season, away to Oakwood School and at home versus Windlesham School. The girls performed admirably in their netball fixture, hosting Windlesham School, while bathed in glorious Spring sunshine. The sportsmanship and effort to support one another was clear to see and set a wonderful example to their older peers watching from the sidelines.



Prep News

Year 4

The children enjoyed working together on biography writing and of course, it was great fun to get dressed up for World Book Day!



Year 6

In English, the children have written silent movie scripts to help them to focus on how actors perform without needing to say anything! They worked hard on using their acting skills to present short scenes in black and white. This learning links with their current class book, *The Invention of Hugo Cabret* which is set nearly a hundred years ago in Paris.



Prep News

Wellbeing Support

Workshops have been held for children in Years 1 to 5 promoting emotional resilience, positive thinking and healthy relationships with peers. Over the past couple of years, there has been a great deal of upheaval and we can clearly see the impact this has had on the younger children's social skills. We are looking to support them all in developing greater resilience and social awareness.

The workshop helped them understand why they are finding some things so hard, and each group discussed the long term effects Covid has had on their mental health. There was a positive focus, too, on the importance of looking after each other. The children spent time discussing their feelings towards school and social situations, and they used role play to help understand how each other might be coping. A lot of valuable discussions took place, and the early observations are that the children gained great benefits from the workshop and are working hard to put the skills they learnt into practice.



International Women's Day

The girls and boys at LPH celebrated IWD together in school.

Frida, Zerya and Evie from Year 4 did a brilliant job in researching and delivering an informative assembly to the Prep School (mentioning Suffragettes, Amelia Earhart and Malala Yousafzai as pioneers) which was enjoyed by staff and pupils.

It was heartening to see so many pupils proudly wearing the badges supporting equality, created by Frida, which are being sold to raise funds for *Women for Women International*.



Prep News

Pancake Day Races

Two pupils from each year group along with one member of staff represented their house in a obstacle course on our Astro. They had to go over, under and around obstacles before flipping their pancake and running back to the next person. While completing the course they were dressed appropriately in apron, oven gloves and chef's hat.

There was amazing support from every pupil all cheering on their houses from the sidelines.

Placings: 1st – Youngs 2nd – Blundells 3rd – Lavies 4th – Stewarts



World Book Day



Sports News



Netball Results

2 March **W/D/L**

U11 & U10 In-house fixtures due to opponents cancelling. All teams played brilliantly and it allowed everyone to play in positions they don't usually! It felt like a 'proper' fixture as parents were watching and we all enjoyed match teas

9 & 10 March **W/D/L**

U13A	v LPW	L
U13B	v LPW	L
U13C	v LPW	D
U11	v Windlesham	W 12-0
U10	v Windlesham	W 7-2
U9 & U8	v Windlesham	mixture of wins and losses



Sports News



Rugby Results

23 & 24 February **W/D/L**

U13	v St Christopher's	L 2-6
U12	v St Christopher's	L 3-7
U11A	v St Christopher's	L 2-8
U11B	v St Christopher's	D 8-8
U10A	v St Christopher's	W 8-2
U9A	v St Christopher's	L 5-10
U9B	v St Christopher's	L 6-8
U8A	v St Christopher's	D 6-6
U8B	v St Christopher's	W 9-5



2 & 3 March

U13	v Brighton College	L 0-8
U12	Snell Cup. First time LPH has entered	W1 L4
U11A	v Brighton College	D 5-5
U11B	v Brighton College	W 3-0
U10A	v Brighton College	W 3-0
U10B	v Brighton College	L 6-10
U9A	v Brighton College	L 8-10
U9B	v Brighton College	W
U8A	v Brighton College	W
U8B	v Brighton College	W



9 & 10 March - Touch Rugby

U11A	v Windlesham	W
U11B	v Windlesham	W
U10A	v Windlesham	W
U10B	v Windlesham	W
U9A	v Windlesham	L
U9B	v Windlesham	W
U8A	Oakwood Tournament - lots of fun!	
U8B	v Windlesham	W

Notice Board

Year 7

The Year 7 children are planning a 'Sleep Out to Support Ukraine' event on Thursday 24 March.

This event will involve Year 7 students only, with suitable adult supervision. They will spend the evening together in the Laurent Hall, playing games and simply enjoying one another's company, technology-free. We will be raising money for [United Help Ukraine](#)

The whole point of the event is to spend one evening away from the comforts of their own homes, perhaps not enjoying the best night's sleep, and instead reflecting on how lucky they are to lead the lives that they do. Year 7 will be advertising the event and a sponsorship page has been set up. We ask you to dig deep and show your support by sponsoring us [here](#)

Thank you so much and well done, Year 7!

Easter Holiday Art Courses



@cygnetsartschool

Cygnets' focus is on traditional drawing, painting, and sculpture, combined with unique projects; experienced teachers, and professional quality materials. Classes are always kept small with a high student-teacher ratio. There are two workshops running each day. Students can attend individual classes, or bring a packed lunch and stay for both!

VENUE: The Nest Family Club, 48 Cromwell Rd, Hove BN3 3ER
COST: £30/Class | £55/Day | £100/Week

TERM TIME CLASSES • HOLIDAY WORKSHOPS • PRIVATE TUITION

Now Booking for Easter Holidays 2022: 'Springtime' Ages 5-12

This Easter, Cygnets are running a series of fantastic workshops under the theme 'Springtime'. Each project will cover a new exciting subject or medium. Further details overleaf.

Week 1	Week 2
Wednesday 6th April 10:30am-12pm: Charcoal Horses 12:30-2pm: Monet's Waterlilies with Wax Resist	Wednesday 13th April 10:30am-12pm: Adders with Pencil & Fineliner 12:30-2pm: Tulip Still Life with Inks
Thursday 7th April 10:30am-12pm: Soft Pastel Pigs 12:30-2pm: Garlic Still Life with Fineliner & Ink	Thursday 14th April 10:30am-12pm: Trout with Soft Pastels & Gold Ink 12:30-2pm: Acrylic Goldfish

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What Parents & Carers Need to Know about

WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients; not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS
Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES
Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS
WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING
Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS
To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING
The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers [CLICK HERE](#)

CREATE A SAFE PROFILE
Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING
If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS
Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP
If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION
If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES
If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS
You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert
Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

National Online Safety
#WakeUpWednesday

What Parents & Carers Need to Know about



YUBO



Yubo is a social networking platform where users can chat and livestream with up to 10 friends at once. People can connect with others based on location, with a Tinder-style 'swiping' mechanism to accept or reject someone based on their profile pictures. The app has approximately 50 million users worldwide – but despite its popularity, Yubo has not been free from controversy. While the app claims to monitor inappropriate content, a newspaper investigation in early 2022 found young users being exposed to sexual harassment, racism, bullying and conversations with adult themes.

WHAT ARE THE RISKS?

FLIMSY AGE GATES

Yubo states it is only for over 13s, but there is no credible age-gate to prevent an even younger child joining the platform. An undercover journalist investigating dangerous content reported spending 10 days posing as a 15-year-old on the app without any age verification. This flaw, and the fact that it's impossible to verify a user's true identity on Yubo, raises serious concerns over potential grooming.

INAPPROPRIATE CONTENT

Yubo has experienced problems with inappropriate content being displayed to children and teens. Although the app's developers claim to monitor profiles and messages for adult-themed or unsuitable material, a *Sunday Times* investigation found young users being exposed to sexual harassment, racism and bullying, with many chats referencing self-harm, suicide and drug use.

LIVESTREAM RISKS

Due to Yubo's lax age verification, children are able to launch live video streams which strangers can then view and interact with via real-time text chat. Not only is the thought of strangers watching children's livestreams extremely worrying (they could also use these as a means to establish the child's location) but text chats might result in a young person disclosing personal information.



ON AIR

BULLYING POTENTIAL

Yubo users 'swipe' to accept or decline the chance to talk with each other. These decisions are entirely based on someone's profile picture, raising the potential for children to be left with low self-esteem if declined repeatedly. Negative feedback about their appearance can seriously damage a child's emotional wellbeing, causing a loss of confidence in how they look or how interesting they are.

EXTENSIVE ACCESS

Users of Yubo, no matter what their age, are required to grant access to their device's microphone and GPS. This means they are potentially revealing highly sensitive information, including their exact location. In addition, new users of the app are asked to provide personal details such as their name, date of birth and phone number, which – in the case of young people – represents a clear risk.

'GATEWAY' EFFECT

Yubo's swiping system (right for 'yes'; left for 'no') works much like Tinder and various other dating apps. This could lead to children exploring similarly designed apps that aren't intended for a young audience. Users can also link their Yubo account to social media such as Snapchat and Instagram, making it easier for a stranger to track them down on various platforms.

Advice for Parents & Carers

DISCOURAGE USE

We don't often advise totally avoiding an app, but due to the concerns that Yubo has generated of late (the February 2022 *Sunday Times* exposé and a recent abduction case in which the alleged perpetrator met a teenage girl through the app) and the fact that inappropriate content has been proved to be circulating on the platform, you may decide that the safest option is to dissuade your child from downloading it altogether.

STAY AWARE

It's important to stay attuned to how your child is using social media. If they only access Yubo in private, for example, you might reasonably question what they're potentially using it for. It's also important to watch for warning signs that they may be over-using the app: prioritising it over everyday routines like meals and homework, for instance, or showing signs of irritability and a lack of concentration.

DISCUSS IN ADVANCE

If your child is absolutely determined to join Yubo (perhaps their friends all use the platform, for instance), then it's essential to talk to them about the dangers of this type of app *before* they install it. It's vital they understand not to disclose personal information to people they don't know, for example, and that they're warned about the type of mature content they may be exposed to on the app.

ALTER THE SETTINGS

After the recent high-profile controversies surrounding the app, Yubo's developers have increased its security controls. Users can now choose to block profiles, screen out nudity in live streams and keep their location private. There's also an option to report inappropriate content, so make sure your child knows that they can now flag up anything they find disturbing via the app's Safety Centre.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



LOCATIONS



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