



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

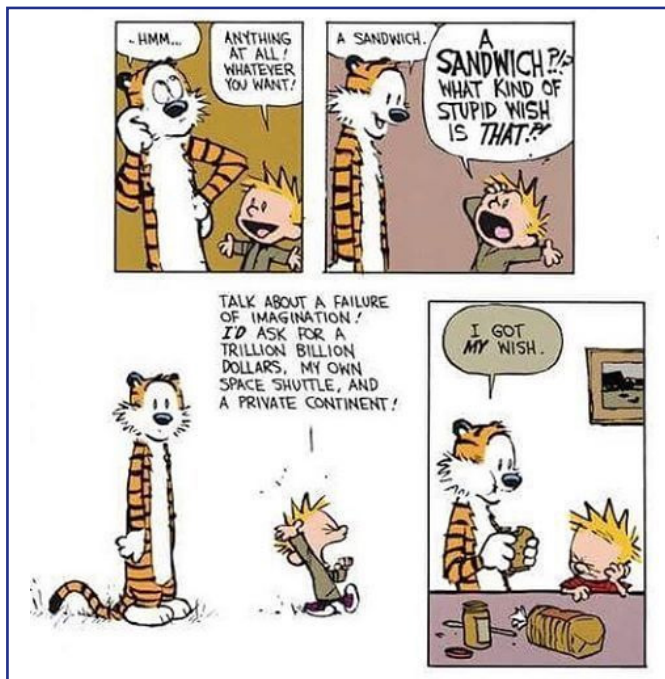
Spring Term | 20 January 2023

Message from Mrs Keep

The first fortnight of the new term has passed in the blink of an eye, and we have all settled quickly back into routine. A number of new families have joined the school and, as always, the children have done a sterling job helping them to feel at home. Thank you to everyone who has helped to welcome somebody new.

The term has got off to a busy start with plenty of activities enriching the curriculum and celebrating success. Starting in the first week with the winning House, Youngs, and winning Pride, Mufasa, heading to the cinema to celebrate their success last term, there have also been gifted & talented workshops, guest speakers and a music concert. Added to this, we've had a cracking start to our new season of rugby and netball, when conditions on the pitches have allowed, with our co-ed teams showing tenacity and not a jot of bending to old-fashioned gender stereotypes. It all looks promising for the term to come!

While the school year starts in September, the start of the new calendar year means we have used assembly times to talk about our resolutions. With some help from Calvin & Hobbes, I challenged the children to be ambitious for themselves, but also to be kind to themselves if they occasionally slip up on their journey to improve themselves in some way. As is always the case at the start of a new term, the children have the energy to be the best version of themselves and it's a pleasure to spend time with them.



Notices are on Page 11

Chinese New Year

Here are just a couple of images from our splendid feast. See page 9 for more about this celebration!



Pre-Prep News

Pre-School

The children have been celebrating Chinese New Year. They arrived at school to discover a Chinese themed café in their classroom; using the dumpling steamer and chopsticks to serve food. The children have listened to Chinese stories and how the animals came about to represent each year. As this year is the year of the rabbit (which also fits nicely into our pet topic) the children had a go at drawing a rabbit, writing 'r' for rabbit and playing a game at forest school where the fox chases the rabbit.

We have also decorated the classroom with Chinese lanterns attaching our names to them written on red strips of paper, for luck, keeping in with the theme of the Chinese symbols going down rather than across like how we are used to seeing.

Gung Hay Fat Choy!



Pre-Prep News

Reception

It has been all about the Gruffalo over the past few weeks in Reception. The children had a very cold but fantastic visit to Friston Forest where they made Gruffalo bread and built shelters. They came back to school to their very own Gruffalo hunt.

There was even a 'break in' from the Gruffalo himself who was trying to warn us about Mouse. Although they didn't manage to see him, the children used their investigative skills to look for clues, coming together to write him a letter.

As if that was not enough, the children have been making habitats for the small woodland creatures from mud and other woodland materials, imprinting, and matching footprints extending their learning and language with their peers.

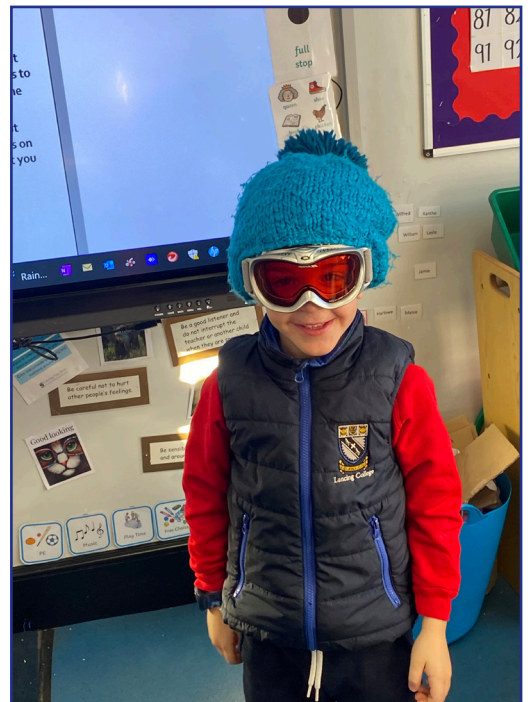


Pre-Prep News

Year 1

The children had a stunning start to their topic with a talk from Alex Hibbert, a real-life polar explorer! He told us all about his expeditions to the Arctic circle and how he overcame different challenges. The children loved asking different questions and finding but mostly enjoyed learning about the dogs who travelled with him!

In English, the children thought about the type of clothing, equipment and food that they might need to take on an expedition. We also made our instruction writing purposeful by ending with making our very own hot chocolate with marshmallows! We began by orally rehearsing the steps needed to make hot chocolate, after which we wrote the instructions, complete with time connectives.



Pre-Prep News

Year 2

The children have have been busy immersing themselves in our India topic over the past few weeks.

They have been learning about famous landmarks, as well as styles of artwork. They have created some fantastic Mehndi inspired Rangoli's and are looking forward to making Indian weaving baskets next week.

During our PE lessons they have been learning gymnastics and tag rugby and despite the cold weather they managed to enjoy some small, sided games in preparation for a session on the Indian sport, Kabaddi.

It has been a busy few week, but the children are all smiles as we embrace the spring term.



Prep News

Year 3

The last cohort of Year 3s instructed us in no uncertain terms that we had to explore Greek Myths with our new cohort and so....we are!

The foreword of the book tells us Greek Myths are full of 'happy endings,' Year 3 respectfully disagree so far! At the start of term they read Pandora's box and this week have been working collaboratively in both small groups and as a class to re-tell the fateful story of Daedalus and Icarus.

The children, as always, impressed with their ability to work as a team and each group created a very impressive section of the story which showed off their creative writing skills. Next they edited them with care ensuring grammatical rules were correct, spellings accurate and also opted to change a word or two for more exciting vocabulary. They finally put the parts together to create their own, and arguably better than the original (!), version of the myth.



Prep News

Year 4

The children had a workshop with Guy, a local dentist, who spoke to them about all things tooth related!

The children asked some very interesting and well-thought-out questions and were given their own dentist goody bag so that they could put into practice what they had learned about brushing their teeth effectively.



Year 5

In Design Technology, the pupils have just completed their wooden bow ties.

They began by drawing out the shape, then, using a coping saw, they cut out the basic shape and smoothed it off using rasps and sandpaper. Finally they chose some material to add as the knot part of the tie, and added some elastic to fit.

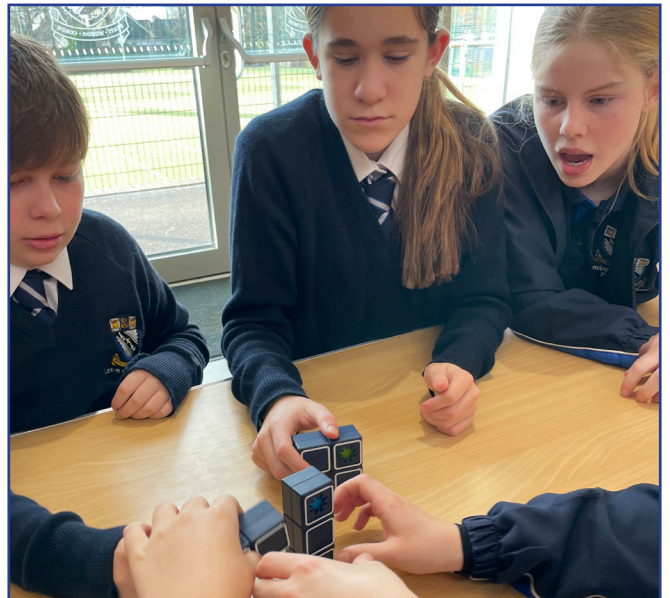
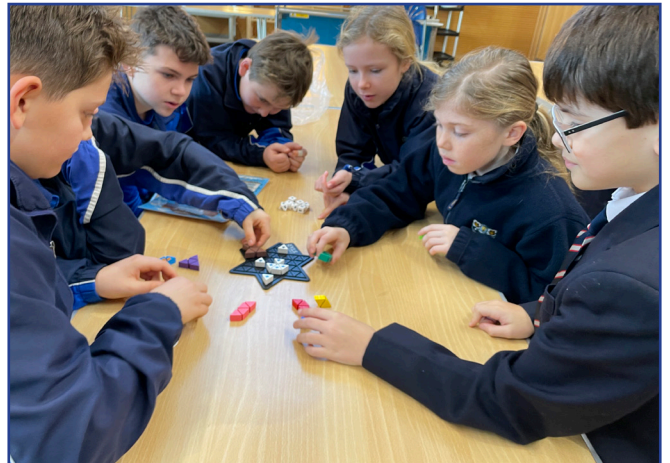
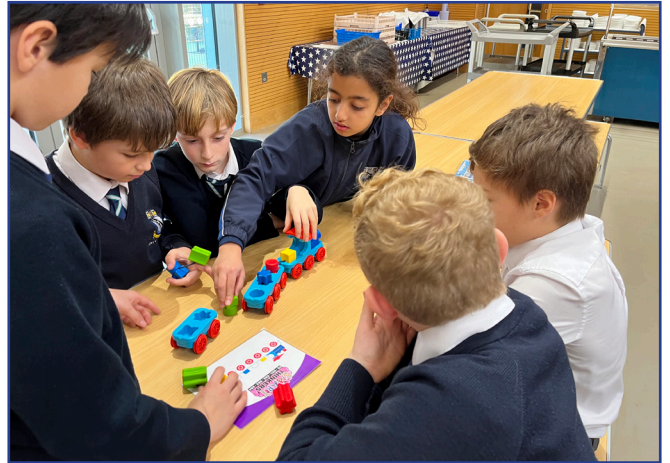
They are all very proud of their work and so are we!



Prep News

AGT Smart Thinkers Workshops

The children from Years 1 to 8 were set the challenge to work in teams to solve numerous hands-on challenges, gathering the clues and using logical deduction to solve a central problem. The aim of the thinking skills workshops was to boost the children's self-confidence, build their resilience and improve communication skills that support them both in the classroom and into their social lives. It was a lot of fun too!



Prep News

Celebrating the Year of the Rabbit

The children enjoyed a special lunch today to celebrate Chinese New Year, welcoming the Year of the Rabbit. The story of Chinese New Year tells us that rabbits' kindness might make them seem soft or weak but in truth, a gentle personality hides their confidence and strength. They are steadily moving towards their goal, no matter what negativity they might encounter. While LPH can't feasibly be described as quiet, Mrs Keep hopes, like the Rabbit, we balance confidence and strength with kindness. We would like to thank our catering team for such a wonderful meal and the children in Year 7 Art Club who made the decorations for the Laurent Hall, which made the feast even more special.



Prep News

Boys' Rugby Results

Wednesday 4 January W/D/L

1 st XI	v	Dorset House	W
Colts A	v	Dorset House	W
Colts B	v	Dorset House	L

Thursday 5 January

U9A	v	Dorset House	D
U9B	v	Dorset House	D
U8A	v	Dorset House	D
U8B	v	Dorset House	D

Wednesday 11 January

1 st VII	v	Cophorne (touch)	W
Colts A	v	Cophorne (touch)	W
1 st VII	v	St Christopher's (touch)	L
Colts A	v	St Christopher's (touch)	W

Our planned fixtures on 12, 18 & 19 January were cancelled due to the weather. Two U8 games did go ahead on 19 January

U8A	v	Brighton College, St Christopher's and Cottesmore	D
U8B		Brighton College, St Christopher's and Cottesmore	D



Well done!

Congratulations to Lawson in 7G for gaining his red belt in Aikido. Lawson first started Aikido last term as part of the Year 7 carousel of co-curricular activities up at Lancing College and enjoyed it so much, he is carrying on with it outside school.

We wish him every success for his next and subsequent gradings.

Girls' Netball Results

Thursday 5 January W/D/L

U9	v	Lancing Prep Worthing	D
U8	v	Lancing Prep Worthing	D
Colts A	v	Dorset House (Football)	W
Colts B	v	Dorset House (Football)	W

Wednesday 11 January

1 st VII	v	Lancing Prep Worthing	W
2 nd VII	v	Lancing Prep Worthing	D
Colts A	v	Lancing Prep Worthing	L
Colts B	v	Lancing Prep Worthing	W
Colts C	v	Lancing Prep Worthing	W

Thursday 12 January

Planned fixtures were cancelled due to weather

U8	v	St Christopher's	D
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Wednesday 18 January

U12	v	Brighton Girls	W
Colts A	v	Brighton Girls	W
Colts B	v	Brighton Girls	W



Notice Board

Reception for September 2023

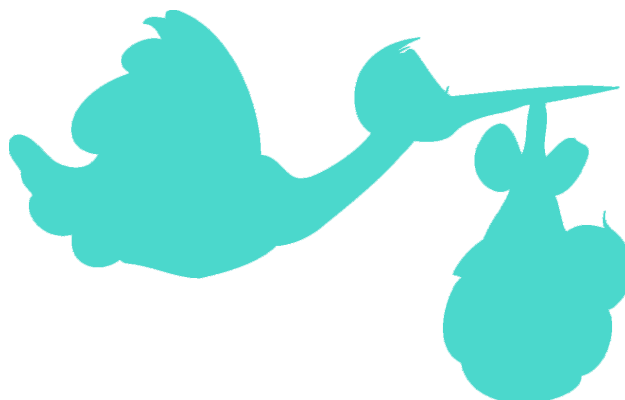
We are very pleased that our two Reception classes for September are now fully subscribed and we have opened a waiting list for those hoping space might become available between now and then.

We aren't aware of any children already in school who have Reception age siblings not already on our entry list but please do get in touch with Sarah Olsen if that is the case and we will do our best to accommodate any requests from a current family.

We also know that word of mouth, and particularly a personal recommendation from our current parents, makes a considerable contribution to the interest in the school from families whom we do not already have in our Admissions process.

We are already handling enquiries for Reception places for September **2024**, so if parents have been kind enough to recommend us to other families, please do let them know they should contact us sooner rather than later to ensure they are on our radar.

Many thanks
Mrs Keep



New Arrivals

We were delighted to hear the news that two of our staff have welcomed additions to their family.

Mrs French's baby son arrived just before the end of term in December and Mr Sulleyman (in our premises department) and his wife had their baby earlier this week.

We wish both families well and look forward to meeting the new arrivals very soon.

Mrs Keep

Term Dates for the remainder of this academic year 2022-23 and the start of 2023-24 are shown below:

Spring Term 2023

Term starts Wednesday 4 January 2023

Half term from Friday 10 February 2023 usual collection times, re-starting Monday 20 February 2023

Term ends Friday 24 March 2023

Summer Term 2023

Term starts Tuesday 18 April 2023

Half term from Friday 26 May 2023 usual collection times, re-starting Monday 5 June 2023

Term ends Thursday 6 July 2023

Autumn Term 2023

Inset Day Monday 4 & Tuesday 5 September

Term starts Wednesday 6 September 2023

Half term from Friday 20 October usual collection times, re-starting Monday 6 November 2023

Term ends Friday 15 December 2023 12.00 noon

Spring Term 2024

Inset Day Friday 5 January 2024

Term starts Monday 8 January 2024

Half term from Friday 9 February usual collection times, re-starting Monday 19 February 2024

Term ends Friday 22 March 2024

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-63204805>
<https://sproutsocial.com/insights/social-media-algorithms/>

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SWERVE SOCCER



SWERVE SOCCER

FEBRUARY CAMPS 2023

SWERVE SOCCER DAY CAMPS+

OVERVIEW

Swerve Soccer provide a safe and enjoyable atmosphere over the course of each camp with focus on fun for all abilities! Players can expect daily matches, World Cup Tournaments, challenges and lunchtime competitions. Each day there will be opportunities for children in each age group to win stickers for their Swerve Sticker Book for 'Player of the Day', 'Goal of the Day', 'Save of the Day' and many more! On the last day of camp, everyone will leave with an award with a few walking away with a trophy for 'Junior Player of the Week', 'Senior Player of the Week' and 'Coaches Award'. Visit [swervesoccer.com](https://www.swervesoccer.com) or email info@swervesoccercamps.com for more information or to book.

CAMP SPECIFICS

Location	Date	Ages	Price p/d	Timings	Early Drop
BHASVIC College, Old Shoreham Road, Hove, BN3 6EG (<i>grass/sports hall</i>)	13-17 Feb	5-13	£22-£30	10am-3pm	9am
Bede's Prep School, Dukes Drive, Eastbourne, BN20 7XL (<i>sports hall</i>)	13-15 Feb	5-13	£18.30-£30	10am-3pm	N/A
Cradle Hill, Lexden Road, Seaford, BN25 3BA (<i>astro/classroom</i>)	15-17 Feb	5-13	£18.30-£30	10am-3pm	9am

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