



# Lancing Prep Hove

A Lancing College Preparatory School

## Newsletter

Spring Term | 10 February 2023

### Message from Mrs Keep

Dear Parents

This week, our focus has been on Children's Mental Health Week, with the stated aim of raising the children's awareness of the importance of their mental health and wellbeing. The activities have been varied and great fun, and more about this can be found in this newsletter. We also worked with the children on their understanding of their digital footprint for Safer Internet Day, a topic which is discussed regularly as part of ongoing digital and online safety at all ages throughout the school. Again, our aims are to raise the children's awareness of the issues around online safety.

However, while we have been focusing on raising awareness, the school community is keen to raise funds to support the victims of the devastating earthquakes in Turkey and Syria. A number of children have asked if we can do something to help, and hand-drawn posters have appeared around the school encouraging us all to make a donation to help those in need. It goes without saying that I am proud of the children who are so keen to help those in need. I'm not at all surprised, and have praised them for their social conscience and can-do attitudes.

Given that we are approaching the half term break, we aren't able to host a bake sale or have a home clothes day as we perhaps would do ordinarily to raise funds at times like this. Instead, we would like the children to do something at home in the hope that they might be sponsored.

At the start of term, I talked to all the children about the power of making small changes, and we talked about the impact of doing small chores to help around the home. Coming back to that idea, the children would like to be sponsored for doing jobs and chores over the half term break. We hope the children will use the example below to create their own sponsorship form. Please do encourage them to be suitably ambitious in helping out this half term – all in a very good cause!

Job	Sponsorship amount (total)	Name of Sponsor
Make the bed every day	£1	
Set the table for breakfast every day	£2	
Clean the car	£3	
Clean out the hamster	£2	
Rake leaves in the garden	£3	

### Notices are on Page 15



#### LPH Fundraising Appeal

Please click the image above to access our Just Giving page



Find out whether Reception found the Gruffalo during their evening camp on page 3!



Read all about Year 6's Upper School Experience Morning on page 9



## Pre-Prep News

### Pre-School

The children have been continuing with the topic of 'Pets'. More recently there has been a focus on how to take responsibility when looking after an animal.

Now that the children understand a little bit more about what it takes to care for a pet, we got permission from Mrs Moulds to look after Bean, the school therapy dog, for a morning each day this week. They took Bean for a walk around the field, they gave her some food and helped her to feel safe and happy. Bean's tail was wagging non-stop with excitement at spending time with her Pre-School friends. It will be nice to see Bean around school and the children will know exactly how to behave around her.





## Pre-Prep News

### Reception

We have continued to have lots of fun around the Gruffalo book in Reception. The children created masks of the characters before using them to re-enact the story. They wowed their teachers with their story language and big voices.

So much fun was had at the evening Gruffalo Camp. The children used their torches to look for clues and listened out for the sounds of foxes before snuggling around the campfire in their sleeping bags to enjoy hot chocolate and Gruffalo Crumble that they had prepared. They even brushed their teeth ready for bedtime!





## Pre-Prep News

### Year 1

The children have had a chilly couple of weeks to finish off their Polar topic! They have been busy creating penguins out of clay, painting them then evaluating their work. In science, the children investigated where an ice cube would melt fastest in the classroom. The children had some brilliant ideas as to where to put their ice cube: jumper, window, radiator or a cup of coffee!

Maisie was very excited to show us her missing tooth and how she had been using the tooth pouch she made in DT lessons to leave for the tooth fairy!



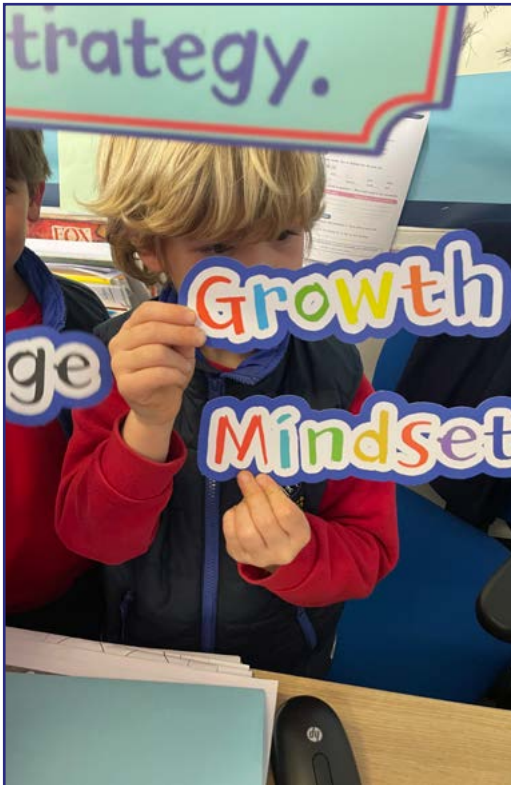


## Pre-Prep News

### Year 2

The children have been looking at Growth Mindset in their PSHE lessons. They enjoyed trying out some challenging activities including building playing card houses and stacking chairs.

They also worked collaboratively to complete a puzzle without a picture to follow. “That was tricky but I enjoyed it” and “Ah! just let me try again” were some of the comments heard from around the classroom. We admired their resilience and persistence in the tasks!





## Pre-Prep & Prep News

### Author Visit for Years 2, 3 and 4

Award-winning children's picture book author, Nadia Shireen, came to visit LPH. She has won accolades for her picture books including the UKLA Book Award for *Good Little Wolf* and most recently for *Barbara Throws a Wobbler*, which has been described as a 'little doorway of joy' by Caitlin Moran. She's also been shortlisted for the Roald Dahl Funny Prize and the Waterstones Children's Book Prize, and has been Writer-Illustrator in Residence for BookTrust.

She is now writing a series of books about foxes in a forest called Grimwood. This is her first series for older readers and the second book in the series was published recently. These follow the adventures of two fox cub siblings, Ted and Nancy.

Nadia introduced herself and spoke to the children about what it is like to be an author and illustrator. She shared some creative writing tips, gave a reading with wonderful interactive elements for the children to explore the world of Grimwood for themselves. This was followed by a 'draw-along'.

The children had a fabulous experience and thoroughly enjoyed meeting Nadia who was very funny, creative and informative. We hope this will inspire their own story writing!





## Prep News

### Year 3

The children have been looking at the book '*Leon and The Place Between*' in English and have produced some hugely imaginative work that has certainly impressed. The book is set in a circus and 'the place between' is 'the place where magic sends you.'

So, what better way to go into half term and revel in the joy of a book than to bring the circus to LPH?! The Year 3 children learnt a number of circus skills which they then performed to their admiring parents.

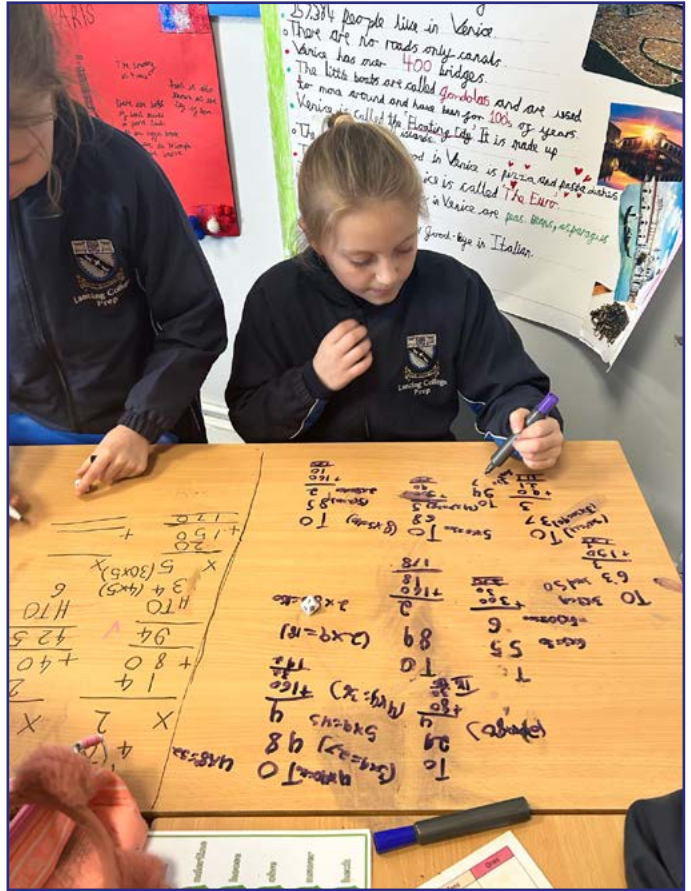




## Prep News

### Year 4

The children have very much enjoyed saving on paper by using their desks for their workings out for their multiplication practice in Maths lessons. The desks have a special wipe clean surface and the children have special pens that they can use safely. They have been asked not to do this at home!



### Year 5

The pupils had a wonderful day up in London at the Tate Modern. They went to see the Cezanne Exhibition as part of their Art project this term on Still Life. They also had time to explore some of the permanent collection. For some it was their first visit to one of London's big galleries and they were quite awestruck by the scale of the building and the amount of Art to be seen! They were true ambassadors for our school by showing a keen interest in the exhibits, making some wonderful sketches and asking lots of questions. We had lovely comments from members of the public on how engaged and well behaved our pupils were. Well done Year 5 – it was a thoroughly enjoyable day!





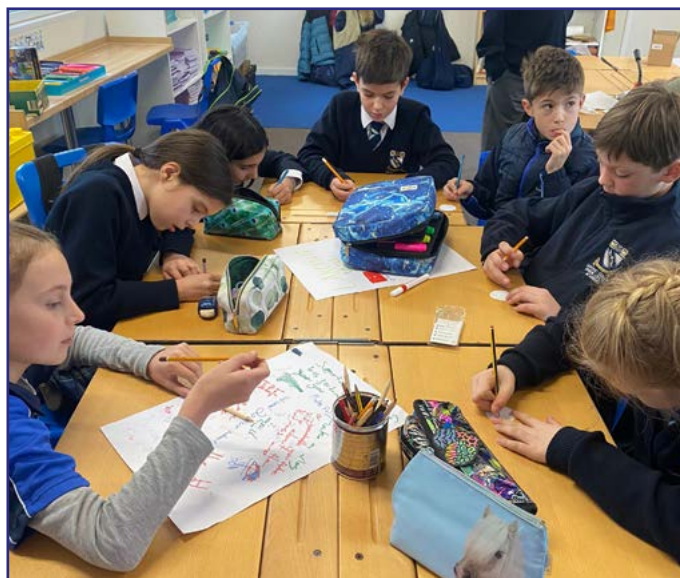
## Prep News

### Year 6

Our Year 6 pupils have sat pre-tests for various selective senior schools this term, and while some results are still coming in, we can proudly say that the results thus far are exceptional.

Given their ongoing focus on life as a senior pupil, they spent a morning discovering what life is like in the senior years at LPH. The current senior pupils shared their experiences of life at the top of the school, including explaining how the LPH Passport works.

The Year 6 children were impressive in every activity, from exploring Science in the senior lab to developing a new Community Ambassador programme, which they will lead on. At the end of a busy morning, the pupils in Year 6 were as excited about the next phase of their journey at LPH, as they are about joining senior school in 2025!





## Prep News

### Year 7 pupils visit Bede's Scientists

A group of gifted and talented Year 7 scientists took part in this year's *Galactic Challenge* at Bede's Senior School. They were mixed into groups with nine other prep schools and worked hard all day on a brief to build a holiday resort on the moon. They then presented their ideas to a panel of judges and a large audience of parents and teachers.

It was a fantastic day, with giant leaps (yes...pun intended) made in communication, presentation and public speaking skills, as well as teamwork.

Friends were made along the way, and they left with a t-shirt, a pin and the memories of working as part of a fun and vibrant team that will stay with them forever.



### Musicians

A small group of our musicians represented LPH at Bede's Orchestral Day.

They had a super time and came back buzzing from the day!



### Year 8

As a part of their local community studies in PSHE, Year 8 were visited this week by Aroop Tanna from Sussex Disability Cricket and Christian Brodrick from the Racehill Community Orchard. Both speakers gave presentations on the work that they do in and around Sussex.

Learners loved hearing all about the different initiatives, and many were inspired to get involved in their local communities. A huge thank you to Mr Tanna and Mr Brodrick for giving up their time and for all that they do for young people and the local environment! Moreover, the staff were incredibly proud of the Year 8 students who asked thoughtful questions and showed respect throughout.





## Prep News

### Dress to Express Day for Children's Mental Health Week

In support of Children's Mental Health Week our whole school community took part in *Dress to Express Day*, allowing us to celebrate the diverse range of emotions, characteristics and personalities within our community and shine a spotlight the importance of children's mental health. The diversity and compassion we see every day at our school was clear to see!

The children have also been taking part in various 'Taskmaster' style challenges this week to encourage them to think a little differently, challenge themselves and work with different people from across our school community. The challenges have been extremely varied from making portraits out of found objects to creating a dance routine on the Astro! It has been wonderful to see so many of the children throw themselves in to each activity with gusto and joy.

A special thanks to our prefects who have helped run each activity and shown fantastic leadership skills this week.



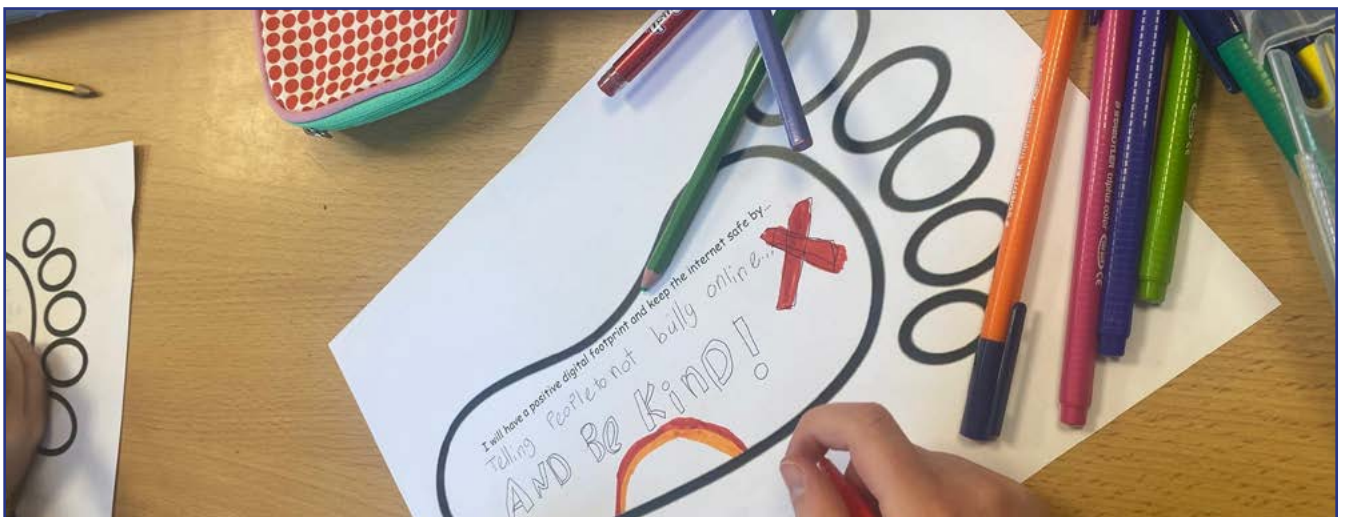
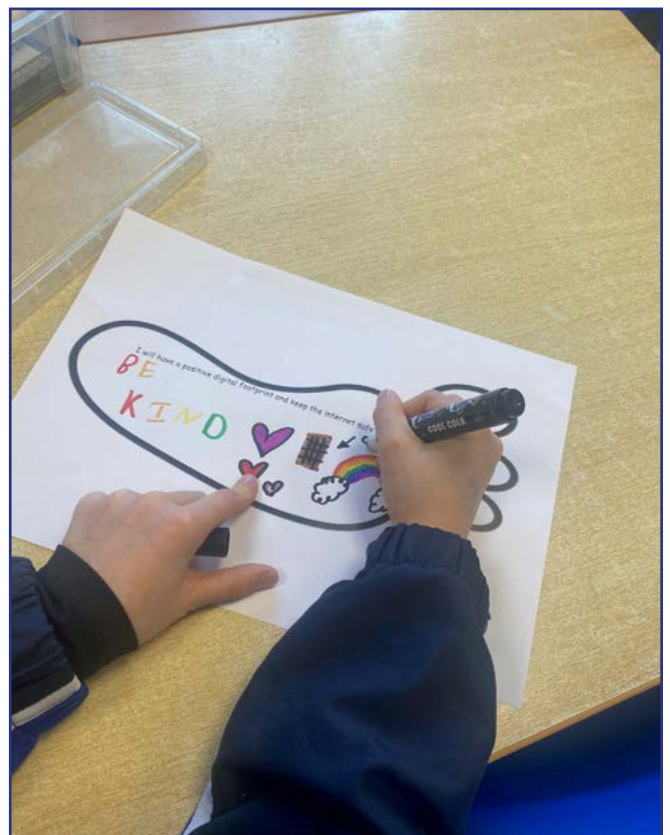
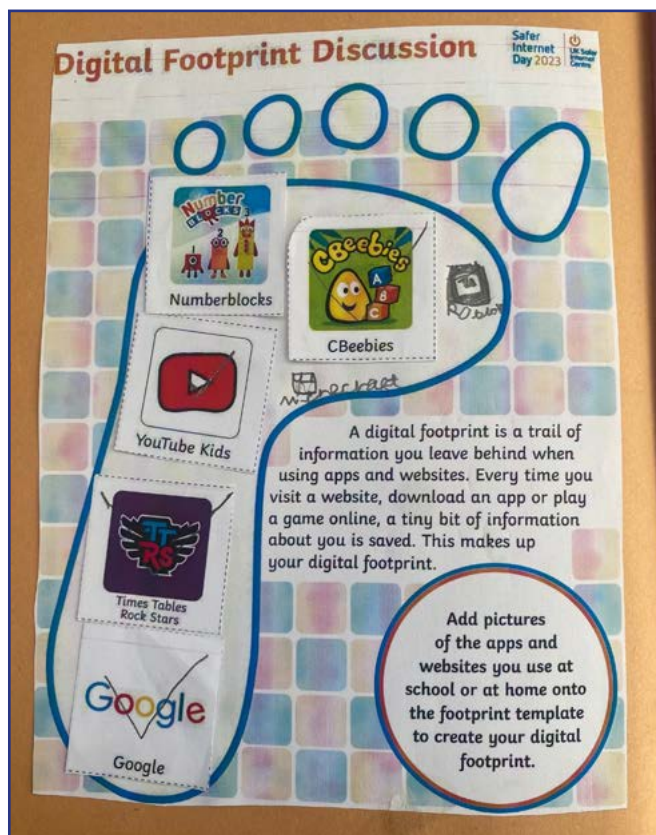


## Prep News

### Safer Internet Day - What does your Digital Footprint look like?

What does your digital footprint look like? This was the question posed in school at this year's Safer Internet Day. Our pupils are especially articulate at describing theirs – they understand that a digital footprint is the information that is online about an individual, it is like a picture that is built up over an entire lifetime. This could be from topics or questions asked on google, websites visited or online games played.

The children discussed what they must do to ensure their digital footprint represents themselves in the best possible way. There were lively conversations in school with our younger children identifying the apps and activities that they enjoy online through to our senior pupils carefully considering how the digital footprint that they have been curating for some years already might have an impact on their future.





## Sport Photo Gallery



*1<sup>st</sup> VII Netball v Cottesmore*



*3<sup>rd</sup> VII Netball v Cottesmore*



*1<sup>st</sup> XI Football v Dorset House*



*Year 4 Netball v Dorset House*



*U8 Netball v St Christopher's*



## Sports News

### Co-ed Rugby Results

#### Wednesday 25 January W/D/L

1 <sup>st</sup> XI	v	Brambletye	L
2 <sup>nd</sup> XI	v	Brambletye	W
U11A	v	Brambletye	L
U11B	v	Brambletye	D
U10A	v	Brambletye	D
U10B	v	Brambletye	D

#### Thursday 2 February

U9A	v	Brighton College	L
U9B	v	Brighton College	L
U8A	v	Brighton College	W
U8B	v	Brighton College	W

### Co-ed Hockey Results

#### Wednesday 1 February

1 <sup>st</sup> VII	v	Handcross Park & LPW	W
2 <sup>nd</sup> VII	v	Handcross Park & LPW	W
3 <sup>rd</sup> VII	v	Handcross Park	L
4 <sup>th</sup> VII	v	Handcross Park	L
Colts A	v	Handcross Park & LPW	L
Colts B	v	Handcross Park & LPW	L
Colts C	v	Handcross Park	D
Colts C	v	Handcross Park	D

#### Thursday 9 February

U9A	v	Handcross Park	L
U9B	v	Handcross Park	W
U8A	v	Handcross Park	L
U8B	v	Handcross Park	L

### Co-ed Football Results

#### Wednesday 25 January W/D/L

1 <sup>st</sup> VII	v	Dorset House	L
2 <sup>nd</sup> VII	v	Dorset House	W

### Co-ed Netball Results

#### Wednesday 25 January

Colts A	v	Dorset House	L
Colts B	v	Dorset House	L
Colts C	v	Dorset House	L

#### Thursday 26 January

U8	v	St Christopher's	D
U9	v	St Christopher's	D

#### Wednesday 1 February

1 <sup>st</sup> VII	v	Cottesmore	L
2 <sup>nd</sup> VII	v	Cottesmore	W
Colts A	v	Cottesmore	L
Colts B	v	Cottesmore	L
Colts C	v	Cottesmore	W

#### Thursday 2 February

U8	v	St Christopher's	D
U9	v	Cottesmore	D
Colts B	v	Brighton Girls	W

#### Wednesday 8 February

1 <sup>st</sup> VII	v	LPW	W
2 <sup>nd</sup> VII	v	LPW	W
Colts A	v	LPW	L
Colts B	v	LPW	W
Colts C	v	LPW	L

#### Thursday 9 February

U9	v	Dorset House	D
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## Notice Board



### LPH Fundraising for the Turkey-Syria Earthquake Appeal

Please donate your sponsorship money to our Just Giving page - if you are a UK tax payer, please may we ask you to consider adding Gift Aid to the donation.

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



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](mailto: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

### DISCOUNT

**RECEIVE 15% OFF!**

USE CODE  
**FEB2023**

Cannot be used in conjunction with any other promotion. Use at checkout. Expires on the 6th Feb.

# SWERVESOCCKER.COM





Lancing Prep  
Hove

A Lancing College Preparatory School

Save  
the  
date!



## Relationships & Sex Education Workshop – for Parents

- What does the school teach children about Relationships and Sex?
- What has changed in the last year since our last event for parents?
- How can we teach our children about consent in the current climate?

***We shall answer all these questions  
as well as share lesson activities used in lessons,  
for parents to try for themselves***

***Please register your interest when you receive your invitation  
via SchoolPost which will be published on Tuesday 21 February***

***When: Tuesday 7 March  
Time: 8.30am – 9.30am  
Venue: Laurent Hall***

# 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

## WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the **likelihood** of a cyber attack gaining access to our accounts, devices or data; reducing the potential **impact** of a cyber incident; and making the **recovery** from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

## Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



**NOS**  
**National Online Safety**  
#WakeUpWednesday

Source: [www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word](http://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word) | <https://haveibeenpwned.com>



# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are **not** to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



**National  
Online  
Safety®**

**#WakeUpWednesday**