



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Spring Term | 24 March 2023

Notices are on Page 13

Message from Mrs Keep

Dear Parents

Another term has flown by, and what a change as we near the end of March. The daffodils are in full bloom, and it feels as though spring might finally be ready to make an appearance. At the end of a busy term, it would be sensible to assume that the children would be running out of energy – but they have kept going right to the end. The newsletter can only give a flavour of what's kept us all brim-full of energy, but as a flavour of what's been happening I'm sure you'll agree that school is an appetising offering.

Last week felt packed full of highlights, with a real focus on the performing arts. The poetry evening featured pupils of all ages who performed with confidence and character. Mother's Day celebrations in school for the Pre-Prep and at the Church of the Good Shepherd for the prep school choir were, as always, guaranteed to make every mother feel valued and oh-so-proud of their children as they sang about their supermums!

But without doubt, the ultimate highlight was the exceptional production of Matilda. The cast put on a show which earned them a standing ovation and no doubt has given them memories to last a lifetime. It was a triumph, and my thanks go to each member of the cast for putting on entertainment worthy of a run in the West End.

On behalf of all the staff, I would like to wish everyone a happy Easter holiday. For those heading to Bormio for the school ski trip, I hope you have a wonderful time. The snow is looking good with occasional top-up flurries in the forecast. Whether away for the break or staying at home, I hope the children all manage to balance good amounts of rest and play, and look forward to welcoming everyone back for the Summer Term.



LPH SKI TRIP BORMIO 2023



Sadly the paper copies of the Summer Term calendar arrived too late to be sent home with the children on the last day of term - it is available to view online by clicking the image above.

The calendar will be sent home with the children on the first day of term.



At our Poetry evening, pupils from Reception through to Year 8 performed a poem with expression, intonation and confidence.

Please click the image above to view a film of the event.



Pre-Prep News

Pre-School

The children travelled up to visit the Lancing College Farm. As well as giving the children the opportunity to show confidence in a new situation it provided them with a new experience outside of school.

Whilst journeying around the farm we talked about what they could see, including vocabulary that linked to how the various farm animals are looked after. The children also spotted farm vehicles such as a tractor, a horse box and a digger and discovered what purpose they brought to the farm.

We made the decision to picnic back at school as there was quite a cold, icy wind blowing. This added a little bit of extra fun to the day and our outing was prolonged a little before returning to the school day!



Pre-Prep News

Reception

Recently, it has all been about life cycles in Reception. After reading *The Hungry Caterpillar*, the children visited Middleton Farm Butterfly Garden to observe the life cycle of a butterfly in real-life. They were able to spot eggs on leaves, one VERY large caterpillar, a chrysalis and many different species of butterfly. The children demonstrated they understood how to respect and care for natural things and wowed with their knowledge and interesting questions.

Back in the classroom, the children have been learning about the life cycle of a bean. They planted their own bean seeds and have enjoyed observing them daily, recording any changes in their bean diaries. They are excited to take them home to continue helping them to grow over the Easter holidays!



Pre-Prep News

Year 1

The children had a fabulous time visiting Drusillas Zoo. The trip coincided with the end of their topic work on Africa and as well as seeing the animals, the children continued their learning outside of their LPH classroom by attending workshops about the Maasai tribe and handling animals.

The children asked the zoo teachers lots of questions, as well as imparting the knowledge they have gained this half term. The zoo teachers were impressed with their impeccable behaviour throughout the day, as were the Year 1 team. We had a lovely day out.



The Pre-Prep enjoyed a drama workshop by Perform this week. Unfortunately, the circus clown lost his smile! The children worked hard to make the clown happy again using their amazing drama skills.



Pre-Prep News

Year 2

The children have been exploring world habitats. They researched their chosen habitat before creating their background and finally adding suitable animals.

The teamwork they demonstrated is evident in their brilliant creations. Well done Year 2!

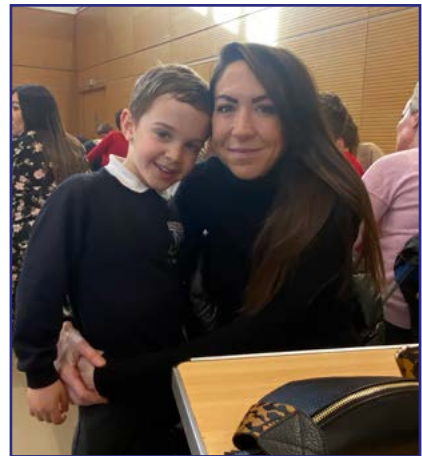


Pre-Prep News

Mother's Day Tea Celebration

Pre-Prep children had a lovely day when they invited their mummies in for a Mother's Day Tea celebration on Thursday 16 March. The celebration is certainly an occasion where the children work incredibly hard to perfect their singing, so that their mummies can enjoy the day. After having an opportunity to let mummies know they are thought of as 'truly scrumptious' and 'super mums' by their children, we all enjoyed lots of cuddles.

Year 2 sang 'when I grow up', which brought tears to many, not least because this was the last time they will be celebrating a Pre-Prep Mother's Day before moving onto the Prep school. Mrs Morrison and all the staff have been commenting on just how grown up they are becoming and will be more than ready to take on the challenges ahead. Such a lovely day!



Prep News

Year 3

The children set off for a rather damp Drusillas to finish their rainforest topic in fine style. We had two highly informative talks on the rainforest and animals and also the dangers that they face.

The children loved seeing all the animals at the zoo and the meerkat standing under his heat lamp caused much laughter! Rain most certainly didn't stop play and in both the rain and then thankfully a little sunshine the children made the most of the amazing play area.

Positive attitudes most definitely shone through and we were very proud of each and every child.



Prep News

Year 4

Year 4 have finished their class novel 'The Nowhere Emporium' this week so have been writing book reviews.

They have summarised the book, written about their favourite character and favourite part of the book and why!

The children have been so invested in the book and have given it glowing reviews!

House debate competition 2023

Throughout March, Lavies, Youngs, Stewarts and Blundells have been competing in LPH's first inter-house debate competition!

Over the course of three rounds, pupils debated topics around school uniform, films, books and homework. From Year 3 to Year 8, they impressed the judges with their confidence, clarity and composure. Seeing them respond to each other's points using different types of evidence and a variety of debating strategies was an inspiration for the whole school.

Eventually, Youngs were declared the overall winners, having defeated Blundells in the final. We're already looking forward to next year's competition!



Prep News

Year 6 - Local Geography Field Trip

The children braved icy winds to explore and learn more about the geography of their local area and take a trip up the i360 to get a birds eye view of the city and beyond! We had intended to do some coastal fieldwork on the beach but due to the exceptionally large waves and high tide we were forced to abandon that element of the day. We instead visited the Rampion visitor centre and enjoyed learning about the offshore wind farm and how it provides electricity to the south coast.

The urban fieldwork we were able to complete throughout the morning will help us with our classroom learning about Brighton next term. The i360 was very impressive and despite it not being clear enough to see France, we did enjoy views across to the Isle of Wight, along the coast and inland across the South Downs. A fun, if rather chilly, day!



Prep News

Music and Drama Examination/Competition Results

Congratulations to everyone who worked so hard in their recent examinations and competitions.

ABRSM results

Pupil	Year Group	Instrument	Grade	Result
Honor C	8	Singing	5	Merit
Hannah M	8	Piano	3	Pass
Ben B	7	Guitar	4	Merit
Mason K	7	Guitar	2	Merit
Charlie H	6	Guitar	1	Merit
Maiya C	6	Guitar	1	Pass
Mabel R	6	Cello	1	Distinction
Henry B	6	Piano	1	Pass
Scarlet P	5	Piano	2	Merit
Tobias B	4	Piano	Initial	Distinction
Jessica O	4	Piano	Initial	Distinction
Mya S	3	Piano	1	Merit
Isabelle B	6	Flute	Prep Test	
Byron P	3	Piano	Prep Test	
Lara P	3	Piano	Prep Test	

Trinity Results

Aggie M	8	Cornet	3	Pass
Maria B	3	Singing	1	Pass
Etta B-B	3	Singing	1	Distinction
Leila B	3	Singing	1	Merit

Springboard

Martha B	2	Solo Verse Speaking Prepared Prose Reading	1 st place 2 nd place
Elizeh	3	Solo Verse Speaking and Prepared Prose Reading	1 st place

Concours d'Art Oratoire

Three Year 7 and 8 boys took part in the Lancing College French speaking competition. They performed poetry by French poets Louise Labé and Pierre Gamarra and their own prose compositions, about holidays and where he lives. Ben went on to perform his poetry at the poetry evening. They worked incredibly hard to prepare and we were incredibly proud of them.



Matilda the Musical Jr



Sports News

Co-ed Hockey Results

Wednesday 15 March W/D/L

1 st XIII	v	Copthorne	W
2 nd XII	v	Copthorne	D
Colts A	v	Copthorne	D
Colts B	v	Copthorne	L
Colts C	v	Copthorne	L
Colts D	v	Copthorne	L

Thursday 16 March

U9A	v	Dorset House	L
U9B	v	Dorset House	L
U9C	v	Dorset House	L
U8A	v	Oakwood House	D

Wednesday 22 March

1 st XIII	v	LPW & Dorset House	L
2 nd XII	v	LPW & Dorset House	D
Colts A	v	Dorset House	L
Colts B	v	Dorset House	L
Colts C	v	Dorset House	W
U10B	v	Brighton College	W

Thursday 23 March

U9A	v	Albion in the Community Tournament	D
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Tennis

Wednesday 24 March

U9	Softball Tournament	2 nd
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Co-ed Netball Results

Wednesday 15 March W/D/L

Colts A	v	Brambletye	L
Colts B	v	Brambletye	W
Colts C	v	Brambletye	W
Colts D	v	Brambletye	W

Wednesday 22 March

1 st V	v	Copthorne	L
2 nd V	v	Copthorne	L
Mixed Colts Team 1	v	Copthorne	W
Mixed Colts Team 2	v	Copthorne	W
Mixed Colts Team 3	v	Copthorne	W

Thursday 23 March

U9	v	Copthorne	D
U8	v	Copthorne	D



Notice Board

Term Dates

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

LPH is closed for the Bank Holidays on 1 & 8 May

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



Easter Holiday House and Pride Challenge

To celebrate the Coronation of His Majesty Charles III in May 2023, we are running a very special competition!

Create your very own 'King of Puddings' dessert!

How to take part...

Make your 'King of Puddings' dessert and try it out on family and friends

Take a photograph of your 'King of Puddings' being tasted and ask the person tasting it to write a review

Submit your recipe, photograph and review to Mr Price via email aprice@lancing.org.uk by **Friday 21 April**

The LPH Chef will choose the winner...

The winner, with a small group of friends, will work on their dessert with the Chef and catering team on **Thursday 4 May**

The 'King of Puddings' will be served as dessert on **Friday 5 May**

All entries will be awarded house points or pride points



IMPORTANT: Your 'King of Puddings' dessert **must** be nut-free and able to be served cold



The Outdoors Project
OFSTED REGISTERED

EASTER HOLIDAY CLUBS

"Childcare during the holidays they want to go to"

LANCING COLLEGE PREP (HOVE)

MONDAY 3RD APRIL
EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

TUESDAY 4TH APRIL
NEW – SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

WEDNESDAY 5TH APRIL
HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

THURSDAY 6TH APRIL
THE BIG WILD EGG DAY

TUESDAY 11TH APRIL
EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

WEDNESDAY 12TH APRIL
NEW – SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

THURSDAY 13TH APRIL
HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

FRIDAY 14TH APRIL
THE BIG WILD EGG DAY

THE OUTDOORS PROJECT ROAM

"LOTS OF OLD-FASHIONED GET DIRTY PLAY!" ★★★★★

"THIS CLUB IS CONSISTENTLY BRILLIANT" ★★★★★

WILD THING
THE OUTDOORS PROJECT

- ✓ 100% OUTDOORS
- ✓ MAKING FRIENDS
- ✓ PHYSICAL ACTIVITY
- ✓ BUILDING CONFIDENCE
- ✓ ENERGETIC & ENGAGED STAFF
- ✓ OFSTED REGISTERED
- ✓ FLEXIBLE BOOKING
- ✓ CHILDCARE VOUCHERS ACCEPTED

FOR EARLY PRIVATE SCHOOL DATES WE HAVE 1 ADDITIONAL WEEK AT HOVE PARK - VISIT OUR WEBSITE FOR DETAILS



CCDANCE

NEVER MISS A CHANCE TO DANCE

EASTER WORKSHOPS



DANCE AND PERFORMANCE WORKSHOPS

DISNEY WORKSHOPS (SINGING, DANCE, DRAMA)

MUSIC VIDEO WORKSHOP

ALL AGES

LOCATION: STEYNING LEISURE CENTRE

All dates/times/prices and bookings can be found on
our website:

www.cc-dance.co.uk

info@cc-dance.co.uk



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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Online
Safety®**

#WakeUpWednesday



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Coming Up in The Wellbeing Hub this week, March 27th ...

March's Theme: Sibling Relationships



Head to the [Resources Page](#) to catch up on our Webinar: Navigating the Complicated World of Sibling Relationships with Dr Tamara Scully, Clinical Psychologist & Expert in The Wellbeing Hub, this recording will be available for 1 more week.

For advice on How to help young people cope with Bereavement. Head to our [Top Tips page](#).



COMING UP THIS WEEK

Week commencing 27th March 2023

For support, advice, and answers on how to help young people cope with bereavement, please head to our [Top Tips page](#).

Read now: club.teentips.co.uk/home/tips-for-parents/ →