



# Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Summer | August 2023

## Message from Mrs Keep

Our school year came to a close with our Prize Giving in Lancing College Chapel, and my musings began with a *tour de force* Prep School Head's address, courtesy of no less than *ChatGPT*. This led me then to ponder just what it is we set out to do at Lancing Prep Hove and how we should respond to the challenges of rapidly advancing technology.

The future lies ahead of us and we'd have to hang our heads in shame if we weren't curious enough to be part of it. The future is full of wonder, excitement and possibility, and our pupils are moving into that future. What promise these wonderful young minds possess! We encourage them to be critical thinkers, careful digesters - and dissectors - of knowledge. We want them to be resourceful, to be willing to share ideas with those around them, to be generous with their learning. We want them to strive for constant betterment of themselves, whilst being willing to say well done to themselves when they're proud - and not to need that affirmation to come from others. We want them to be brave, fearless learners who experience failure merely as hurdles on their way to success. Our children here know these are our four Rs and a child who truly develops these learning characteristics is far better prepared for the world ahead than a child who leaves school with a head crammed full of facts.

I simply couldn't be prouder of our Year 8 pupils who have reached the end of their time with us. They have led with humour, with passion and with intelligence. Most of all, they've been a real team, working together and caring for each other constantly. I hope they never stop showing their new schools what they're made of.

The senior schools are lucky to have our pupils come their way and we are going to miss this wonderful group of young people a great deal.

I finished by reflecting on what is perhaps one of the most greatest strengths we have at Lancing Prep Hove, our sense of community. Benjamin Zephaniah, when talking about the joys and challenges in growing up as one of nine very different siblings, said, 'If we hadn't been family we wouldn't have been friends'. Family brings you together regardless of your differences. I often refer to LPH as a family school. Family accept you at your worst while encouraging you to be your best. I hope that everyone can look at the year that has passed and see that our school has done just that.

As the summer break continues, I wish everyone an opportunity to re-energise, re-charge and to spend time with our own families. We will return in September, refreshed and ready for whatever comes our way in 2023/24.

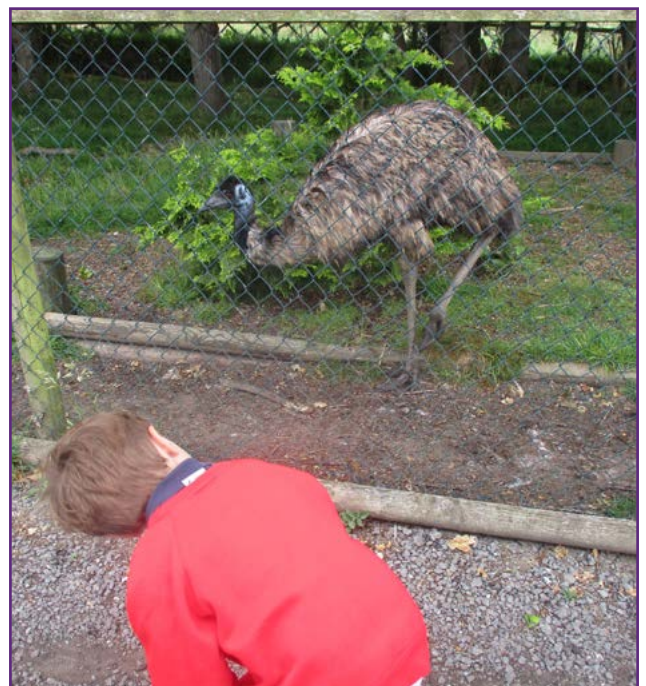




## Pre-Prep News

### Visit to Knockhatch

Our trip to Knockhatch was a superb day out. We managed to do so much within the park; there was a quadrapillar ride, a bouncing pillow, an owl display, a pirate adventure playground as well as a castle-themed one too. The children got to see lots of farm animals and the sight of the tiniest kid goat filled us with awe. The children had a fantastic time, there was definitely some nodding off on the bus home!





## Pre-Prep News





## Pre-Prep News

### Year 2 Pizza Party

The children worked towards their Pizza Party this term. This was a whole year group collective effort and each class had to collect 35 pizza toppings to 'win' the party. We had great fun at Hove Park, celebrating the end of a fantastic year and enjoying pizza together.

Back at school, the children finished their 'Kings and Castles' topic in style with shields at the ready. They designed their very own coat of arms and chose the characteristics that most appealed to them!





## Pre-Prep News

### Pre-Prep Awards



Curious Cat  
Award



Persevering Tortoise  
Award



RC Cert  
Award



Resourceful Squirrel  
Award



Elsa Pride Winners



## Prep News

### Year 3

As the school year drew to a close, the Year 3 children were considering how to express their appreciation to those who have helped them in school. With the recent success of their Overnight Camp inspiring many conversations and moments of fun in school, the year group took the opportunity to thank Mr Wheeler and Mr Sulleyman for all their efforts in setting up the campsite, and Mr Brown for the marvellous supper and breakfast that they enjoyed in school. The children felt very lucky to have such kind and supportive adults in school, making these opportunities possible.





## Prep News

### Years 5 & 6 Drama Evening

The children put on a superb evening of drama, performing scenes from stories they have enjoyed reading over the past year.

They took on the roles of script writers, editors, directors and performers and did a fantastic job, entertaining their audience with some very confident and enjoyable pieces of drama.



The Year 6 children also had a fabulous time at the Quiz Club General Knowledge Grand Final held at Oxford University, where they enjoyed pitting their wits against teams from many other schools.





## Prep News

### Year 7 Scientists get results

Maia R, Ollie, Hughie and Caspar prepared entries for the MARSBalloon project. Their experiments contained respectively some cress seeds, anti-freeze and Kool-aid which, along with some 150 other student experiments, were carried in a helium balloon to an altitude of 30km, above 99% of Earth's atmosphere. On the journey the experiments experienced conditions very similar to the surface of Mars including temperatures of  $-50^{\circ}\text{C}$ , pressures  $1/100^{\text{th}}$  that of sea level and an increased radiation dose.



This allowed students to test the response of electronics, materials, plants and even food to the conditions outside of a future Mars base, helping future explorers to prepare for this strange and hostile environment. The helium balloon popped, and the experiments were collected and sent back to us so that we could see the effects that the Martian-like condition had on them.

View it on Instagram here: <https://www.instagram.com/stories/highlights/17888528441786116/>

### Year 8 head for the South Downs

The last few days in their time at LPH was poignant for our Year 8 leavers. They took to the open air of the South Downs to walk to the Chattri, now the memorial to those in the Indian Army who lost their lives fighting for the British Empire during the first World War.





## Prep News

### Art Exhibition

It was lovely to see so many parents pop into the Laurent Hall to see the huge variety of Art work made over the year by our Prep school children. They have had a very creative year and we have some very talented budding artists across the whole school. Well done LPH children!





## Junior Sports Day





## Senior Sports Day





## Capture the Flag

'Capture the Flag', one of our annual house competitions, is always a lot of fun. It was a round robin competition with teams from Years 3 to 5 and Years 6 to 8 making it a busy afternoon under blue skies and sunshine on our school field.

It's a game of tag with a difference - the aim is get through the opponents' half of the field unscathed, collect the flag from its holding pen and work out how to get it back over the halfway line to home territory without being caught. Those who are tagged are held in the 'prison' pen until one of their own team members can enter the pen untagged to release them.

There were a variety of tactics deployed with some stalwart defending and some smart thinking to distract those in hot pursuit. It's a game where teamwork, cooperation and encouragement win through in the end and it was fitting that the competition went to the wire in the last match. See page opposite for the results!





## House Competitions

### Summer Term 2023 House Competition

It was a closely fought contest and congratulations to **Stewarts** who came out on top by just five points! The children thoroughly enjoyed their mass water fight (particularly the part where they soaked the teachers) followed by a celebratory an ice cream.

### Final Standings - Summer Term

<b>Stewarts</b>	<b>1,687</b>
Lavies	1,682
Youngs	1,557
Blundells	1,406

### House Sport Competition Results

#### Years 3-8 Capture the Flag

1	<b>Youngs</b>
2	Stewarts
3	<b>Blundells</b>
4	Lavies

#### Years 3-8 Swimming Gala

1	<b>Youngs</b>
2	Stewarts
3	<b>Blundells</b>
4	Lavies



#### Years 3-5 Sports Day

1	<b>Lavies</b>
2	Stewarts
3	Youngs
4	<b>Blundells</b>

#### Years 6-8 Sports Day

1	<b>Blundells</b>
2	Lavies
3	Stewarts
4	Youngs

### Final Standings - Academic Year 2022-23

<b>Stewarts</b>	<b>2,762 + 1,876 + 1,687 = 6,325</b>
Lavies	2,758 + 1,848 + 1,682 = 6,288
Youngs	2,777 + 1,870 + 1,557 = 6,204
Blundells	2,520 + 1,932 + 1,406 = 5,858



### Autumn Term Calendars

Printed copies will be available from the start of term; in the meantime a pdf is available on our website here:

<https://bit.ly/LPHCalendarAutumn23>



# What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

## WHAT ARE THE RISKS?

### HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising: this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

### THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

### PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

### UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

## Advice for Parents & Carers

### KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

### SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

### SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

### PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

## Meet Our Expert

A former director of digital learning and currently a deputy headmaster and DSL, Brendan O'Keeffe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies help to ensure that the online world remains a useful educational tool rather than a minefield of risks.



**NOS** National Online Safety®  
#WakeUpWednesday





# SUMMER INTENSIVE CAMP DANCE & MUSICAL THEATRE

£40 FOR THE DAY  
£20 FOR HALF DAY



25TH JULY  
31ST AUGUST  
7TH AUGUST  
15TH AUGUST  
21ST AUGUST  
23RD AUGUST  
29TH AUGUST

Minis 4-10 | Juniors 11-13 | Seniors 14+

9:00AM - 3:00PM

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Lyrical  
Street  
Commercial  
Fun Workshops

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train with our  
amazing CC  
Dance team



AUGUST WEEK 6		
MON 7	LP	VOLCANOS, ROCKETS & SLIME
	CT	SURVIVE DESERT ISLAND
TUES 8	LP	ROALD DAHL DAY
	CT	CAVE PAINTING & STONE AGE GAMES
WEDS 9	LP	SURVIVE JURASSIC ISLAND
	CT	HARRY POTTER DAY
THURS 10	LP	SUPER MARIO DAY
	CT	TREE SPIRITS, FAIRY DOORS & FAIRY PLATES
FRI 11	LP	SURVIVE DESERT ISLAND
	CT	WATER DAY

AUGUST WEEK 6		
MON 14	LP	TREE SPIRITS, FAIRY DOORS & FAIRY PLATES
	CT	ROALD DAHL DAY
TUES 15	LP	MINECRAFT VS WILDCRAFT
	CT	NERF GAMES
WEDS 16	LP	CAVE PAINTING & STONE AGE GAMES
	CT	SURVIVE DESERT ISLAND
THURS 17	LP	TUG OF WAR, WHITTILING & STICK CHAMPIONSHIPS
	CT	HARRY POTTER DAY
FRI 18	LP	WATER DAY
	CT	SUPER MARIO DAY



AUGUST WEEK 6		
MON 21	LP	SURVIVE DESERT ISLAND
	CT	TUG OF WAR, WHITTILING & STICK CHAMPIONSHIPS
TUES 22	LP	NERF GAMES
	CT	PERCY JACKSON
WEDS 23	LP	ROALD DAHL DAY
	CT	MINECRAFT VS WILDCRAFT
THURS 24	LP	PERCY JACKSON
	CT	VOLCANOS, ROCKETS & SLIME
FRI 25	LP	HARRY POTTER DAY
	CT	WATER DAY



## WHO, WHERE, WHEN, WHAT:

AGE: Primary school aged children (Years 1 - 6)

TIME: 9am - 3pm PRICE: £37.50

Ofsted Registered. Childcare Vouchers accepted.

FLEXIBLE BOOKING: Book for a day, a full week or more...

## SUMMER 2023 LOCATIONS

LANCING COLLEGE PREP (HOVE)  
(The Drove Way, Hove BN3 6LU)

The school is located in central Hove on a leafy campus with fields, a forest school area, a log circle, shelter building areas, tree climbing, great spots for Hide & Seek and an area for fires and cooking.

\*\* NOTE \*\* CLUBS KICK OFF EARLY HERE TO ACCOMMODATE EARLIER PRIVATE SCHOOL SUMMER HOLIDAYS - 10 JULY START DATE.

COTTESMORE ST. MARY'S CATHOLIC PRIMARY SCHOOL  
(The Upper Drive, Hove BN3 6NB)

The school have created a fantastic outdoors learning space alongside their playing fields; an outdoors stage, huge birds nest, outdoors crafting table, fire pit and seating areas, shelter build corner.

## WANT TO FIND OUT MORE?

All you need to know about the activities on offer, how our Holiday Club Days run and to book.



Scan Me

More info about the activities on offer, how the clubs run and to book visit:  
[www.theoutdoorsproject.co.uk](http://www.theoutdoorsproject.co.uk)

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

★★★★★  
"IT'S CHILDCARE  
DURING THE HOLIDAYS  
THEY WANT TO GO TO!"

★★★★★  
"THAT WAS SO MUCH  
FUN. CAN I GO AGAIN  
TOMORROW?"

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

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