



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Autumn Term | 15 September 2023

Notices are on Page 16

Message from Mrs Keep

It has been a fantastic first fortnight back at LPH and the school is positively buzzing with activity, including our team of very busy workmen who are powering ahead with the new astro. The long summer holiday sees all our batteries fully recharged, and from Pre-School to Year 8 there is a lovely sense of purpose as everyone sets about getting the new school year off to a great start.

It is always a special pleasure to welcome our new families. The new pupils have settled brilliantly from day 1 and are happily among friends already. Walking around school before lunch today, the children were all happily engaged in their learning and several teachers have commented that we feel as though we were far further into the term than we actually are. I must make special mention in particular to our new Reception children as we reach the end of their first full week, who seem to have as much energy now as they had on Monday morning.

Our focus for the term is 'be the change you want to see', and I've been impressed by the way in which the children have set about making sure their school is a place everyone can enjoy. I have seen countless gestures of friendship and kindness, heard plentiful laughter and watched long-standing pupils lend a helping hand to newer classmates. Our community often feels more like a family than a school, and by treating each other with genuine care, we make sure it is a place where we all want to be.

We have got off to a wonderful start as you will see from the pages of this newsletter, and there is so much more to come. Thank you to you all for helping make the start of the year such a pleasure.

Martlets Fundraising

The children enjoyed their chocolate milkshakes at the end of a very hot first week of term. We'll be counting the donations very soon, so it's not too late to send yours in!



See page 13 for our first photos from the 'Shaun by the Sea' trail this year!

The online link to our fundraising page is here:



Food, Glorious Food!

Our lunch menu flyer for this term is attached at the end of this newsletter.

Follow us on



@lancingprep.hove



@LancingPrepHove



@LancingPrepHove

Pre-Prep News

Pre-School

The children have been busy getting to know one another and explore our exciting learning environment! We have been so impressed with how they are settling and beginning to develop some lovely friendships. Amongst many other activities we have enjoyed music lessons, PE, pond dipping, forest school and painting and are looking forward to a fun-filled year ahead!



Pre-Prep News

Reception

This week in Reception we celebrated Rosh Hashanah by dipping apples into honey and singing along with the song. The children have continued to be very busy exploring our new environment and getting to know new friends.



Pre-Prep News

Year 1

The children really enjoyed their first library visit of the term this week. The children were excellent at demonstrating how to treat books, respect the quiet space that the library provides for us all and how to return books when they have finished. They are looking forward to borrowing books this year and sharing them at home with their family.

The children have been introduced to the book 'Naughty Bus'. A present appeared on the teacher's desk and the children guessed what it could be. The children used their fantastic unicorn imaginations to act out receiving their own gift while the rest of the class watched carefully to guess what it was.

When the weather cooled down a little, the children headed outdoors for some phonics learning - they love learning through play and enjoyed playing Cross the River and Full Circle!



Pre-Prep News

Year 2

The children have started life in Year Two with lots of practical activities. This week during science lessons, they have been sorting food into food groups and recognising foods that are healthy and unhealthy. They have created an 'Eat Well Plate'.

During our PE sessions the children have been enhancing their fitness levels by completing circuits and practising multi skills. During games they have learnt lots of new skills with the football.

In our PSHE lesson this week, we have been focusing on embracing our differences and celebrating diversity. We made our own figurines out of Lego and designed rainbow fish.



Prep News

Year 3

The children had a wonderful afternoon at Yellowwave learning to play fun volleyball games and enjoying one another's company. Mr Clifton gave the children fun challenges to complete and with some friendly competition, Year 3's laughter could be heard along the beach.

We all had a delicious icecream and enjoyed spotting a number of *Shaun the Sheep* to and from the beach as well as waiting for our snack. It's been a brilliant start to Year 3.



Prep News

Year 4

The children showed great enthusiasm starting their science topic of electricity. Having completed their work on mains or batteries operated appliances, which gave rise to a great discussion about the vacuum cleaners we all have in our homes, they were given some equipment to build a circuit to light the bulb, make the buzzer buzz or the motor spin.

Aside from a brief discussions as to what 'shape' a circuit might be, no other instructions were given. The 'buzz' (pun intended) in the room was a joy to hear as they worked out how to make a successful circuit. The next lesson involved more instructions and top tips and the children enjoyed making a variety of circuits with the equipment allowed for each one. Excellent problem solving was on show. An electrifying start to the year!



In Maths, the children have been showing off their impressive place value knowledge and enjoyed making some human number lines!



Prep News

Year 5

The children in 5C celebrated Roald Dahl Story Day on 13 September in their English lessons by creating some of their own Phizz-Whizzing (brilliant) words inspired by the Glorumptious (glorious and wonderful) author! 'It made us Higgiglle (which means you can't stop laughing – by Deacon in 5C)

We have made a great start to the year in Year 5 with our class reader – 'Danny the Champion of the World' by Roald Dahl. The children are looking forward to discovering what Danny does!



Year 6

In Critical Thinking, the children have started off the year by doing some thinking exercises, before moving on to design their own using the computer suite. They were tasked with coming up with some brain teasers or philosophical questions, before their learning partners tackled their challenges. With stimuli such as : ***"If yellow is the answer, what is the question?"*** pupils were charged with eliciting exact responses and really thinking about what they were writing!



Prep News

Year 7

The children had a fabulous time getting Year 7 off to a great start with their teambuilding overnight residential trip to Blacklands Farm activity centre. They began with orienteering, climbing and trying out the zip wire on the first day.

After a good night's sleep and a hearty breakfast, they enjoyed some quiet time before the second day's activities began.

The instructors at Blacklands here have been genuinely impressed with the children's friendliness and teamwork. It's been lovely to see their willingness to 'have a go' and to see their bonds begin to grow.



Prep News

Author Visit - Helen Peters

The older year groups were entranced by the visit of local author Helen Peters. Helen is an award-winning author whose books have been nominated for the Carnegie Medal, shortlisted for the Waterstones Children's Book Prize and named as the Independent Bookshops Children's Book of the Month and The Times Children's Book of the Week. She writes books for both younger and older children and she came to LPH to talk about her latest story, ***Friends and Traitors***. Set in the second World War, it is all about secrets and tells the tale of how two girls foil an aristocratic plot to bring down the government!

The children were put through their paces, as Helen set them a spy mystery to solve, sharing clues that included a pen where a secret message was hidden. This linked with the ideas in the book and how people had to be careful during the war about whom they spoke to.

It was lovely to see Year 8 volunteer as helpers for the event. We are grateful to **The Book Nook**, independent booksellers in Hove for arranging the visit and supplying books for the children to purchase.



Prep News

Year 8

The pupils visited Wakehurst to investigate a variety of habitats and analyse the biodiversity in different locations. They collected data using a variety of scientific equipment and had great fun examining pond life under microscopes. The various fieldwork assignments will help them to prepare for the habitats assignment for the science section of their academic studies for their LPH Passport.



Sports News

Football Results

Wednesday 6 September

1 st XI	v	LPW	W
2 nd XI	v	LPW	W
Colts A	v	LPW	W
Colts B	v	LPW	W
Colts C	v	LPW	W
Colts D	v	LPW	W

Thursday 7 September

U9A	v	St Christopher/Brighton College	D
U9B	v	St Christopher/Brighton College	D
U8A	v	St Christopher/Brighton College	D
U8B	v	St Christopher/Brighton College	D

Wednesday 13 September

1 st XI	v	Cottesmore	L
2 nd XI	v	Cottesmore	L
3 rd XI	v	Cottesmore	L
Colts A	v	Cottesmore/Hurst	L & W
Colts B	v	Cottesmore/Hurst	W & W
Colts C	v	Cottesmore/Hurst	W & W
Colts D	v	Cottesmore/Hurst	L & L

Thursday 14 September

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

Please note these teams are necessarily a mixture of co-ed teams and separate girls' and boys' teams where the schools that LPH play against arrange separate fixtures.

Wednesday 6 September

W/D/L

All children participated in Hockey training at Lancing College

Thursday 7 September

All children participated in Hockey training at Lancing College



Wednesday 13 September

Colts A	v	Copthorne	D
Colts B	v	Copthorne	W
Colts C	v	Copthorne	D

Thursday 14 September

U8	v	Copthorne	D
U8	v	Copthorne	D
U9	v	Copthorne	D
U9	v	Copthorne	D
Colts C		Windlesham School	D



Charity News

Well done to all those sheep trailblazers who went out last weekend to search for the Martlets sheep and particularly well done to Luca S, Isla & Bryon P and Serena G who were the first to discover the whereabouts of our very own Baaa'rbara Mondriana! The most sheep collected last weekend were by Annabella D and Oisin S with 12 each!

House points can be earned for every sheep found over the next month and your photos will be added to our Sheep notice board (please make sure you include a photo of yourself with the sheep) and send to Ms Roberts as picture files, rather than pdf.



Wolf in Shaun's Clothing



Music News

Music and Drama Examination/Competition Results

Congratulations to everyone who worked so hard in the summer examinations

ABRSM results

Pupil	Instrument	Grade	Result
Eden T	Cello	2	Pass
Alan H	Cello	3	Pass
Jessica O	Cello	Initial	Merit
Maeve M	Descant Recorder	1	Merit
Reuben R	Guitar	1	Pass
Francis R	Guitar	4	Pass
Thomas R	Guitar	4	Pass
Ted B	Piano	1	Pass
Zerya O	Piano	1	Merit
Leo A	Piano	2	Merit
Max H	Piano	2	Merit
Luca G	Piano	3	Merit
Scarlett P	Piano	3	Merit
Dino W-C	Piano	4	Merit
Noah A	Piano	Initial	Merit
Gabrielle M	Piano	Initial	Merit
Cassian R	Piano	Initial	Distinction
Maria B	Piano	Prep Test	Pass
Leila B	Piano	Prep Test	Pass
Elise C-T	Piano	Prep Test	Pass
Riya G	Piano	Prep Test	Pass
Florence K	Piano	Prep Test	Pass
Velvet P	Piano	Prep Test	Pass
Ella-Rose A	Singing	1	Pass
Gabrielle M	Singing	1	Pass
Beau H-H	Singing	2	Merit
Shiloh D	Singing	1	Merit

Trinity results

Martha B	Singing	Initial	Distinction
Emile F	Singing	1	Merit
Freya H-H	Singing	2	Distinction
Georgina K	Singing	3	Distinction
Maya R	Singing	2	Distinction
Hugo T	Singing	2	Distinction
Artiom Y	Singing	1	Distinction

Drama News

NEA results

Pupil	Exam	Grade	Result
Myla B	Acting Group	2	Distinction
Xander A-E	Acting Group	2	Merit
Zack A-E	Acting Group	2	Merit
Georgina K	Acting Group	2	Merit
Charlotte H	Acting Duologue	5	Merit
Zoe B	Acting Duologue	5	Merit
Aggie M	Acting Group Ensemble	3	Merit
Raffy C-J	Acting Group Ensemble	3	Merit
Daniel M	Acting Group Ensemble	3	Merit
Elsie B	Acting Group Ensemble	3	Merit
Jack W	Acting Group Ensemble	3	Merit
Willow F-W	Acting Group Ensemble	3	Merit
Archie W	Acting Group Ensemble	3	Merit
Bruce R	Acting Group Ensemble	3	Merit
Harvey R	Devised Drama Group	2	Distinction
Sebastian H	Devised Drama Group	2	Distinction
Dixie M	Devised Drama Group	2	Distinction
Eden T	Devised Drama Group	2	Distinction
Mabel R	Devised Drama Group	2	Distinction
Ella F	Acting Duologue	5	Merit
Isobel C-B	Acting Duologue	5	Merit
Tobias B	Recital Group	2	Distinction
Ted B	Recital Group	2	Distinction
Edison P	Recital Group	2	Distinction
Jess H	Acting Duologue	1	Distinction
Maeve M	Acting Duologue	1	Distinction
Annabella D	Devised Drama Group	Introductory	Distinction
Isla G	Devised Drama Group	Introductory	Distinction
Zerya O	Devised Drama Group	Introductory	Distinction
Naomi B	Acting Group	3	Distinction
Florence C	Acting Group	3	Distinction
Hannah M	Acting Group	3	Distinction
Elizeh B	Speech & Drama	Preliminary	Distinction
Martha B	Speech & Drama	Preliminary	Distinction

Notice Board

Diary Dates

Week 3 - Lunch Menu Week 3

Wednesday 20 September

- 09.30 Year 3 visit to Booth Museum
 14.30 Hockey v Dorset House & LPW
 1st / 2nd / Colts A & C @ **Lancing College**
 14.30 Hockey v Dorset House - Colts B (A)
 14.30 Football v Bede's 1st/2nd/3rd (A)
 14.30 Football v Bede's - Colts B, C & D (H)
 14.30 IAPS Football - Colts A @ **Bede's**

Thursday 21 September

- 14.00 Handcross Park Be Trewe Tournament
 U8/9 C (A)
 14.30 Hockey v Dorset House U8 (A)
 14.30 Hockey v Dorset House U9 (H)
 14.30 St Christopher's (A)
 Mini Football Festival U8A & B 14.30
 LPH Mini Football Festival (H)
 U9A & B

Friday 22 September

- School Photographs
 14.30 Mowden Cup U11 Football
 U11 @ **Lancing College**

Week 4 - Lunch Menu Week 1

Tuesday 26 September

- European Day of Languages
 16.30 Brighton College Swimming (A)
 Years 6, 7 & 8

Wednesday 27 September

- 13.30 Lancing College Football Tournament
 1st & Colts A @ **Lancing College**
 14.00 Handcross Park Be Trewe Tournament
 4th VII (A)
 14.00 LPW U11 Tournament (A)
 Colts A
 14.15 Hockey v Brambletye - 2nd (A)
 14.15 Hockey v Brambletye - Colts A & B (H)
 14.30 Football v Cophthorne (A)
 3rd, Colts B & C

Thursday 28 September

- 14.00 Hockey v Burgess Hill Girls
 U8 & U9 @ **Triangle, Burgess Hill**

Friday 29 September

- Year 4 Trip to Fishbourne Roman Palace
 Study Skills Workshop for Years 6, 7 & 8
 15.30 LPH LPTA Macmillan Coffee Afternoon
 Laurent Hall

Please check the online calendar for the latest information, particularly venues for Sports fixtures

AFTER SCHOOL CLUB

AUTUMN TERM '23 BOOK NOW





"MY DAUGHTER ASKED IF SHE CAN ATTEND THE CLUB UNTIL SHE LEAVES SCHOOL"

"I'VE SEEN MY SON'S CONFIDENCE GROW DURING HIS TIME SPENT AT THE CLUB."

FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

BUSHCRAFT FIRE
MARSHMALLOWS & S'MORES MAKING
FLOSS EMBROIDERY NATURE WEAVING
MINECRAFT MAKING
TEAM BUILD CHALLENGES
ROCKET BALL FRISBEE FOOTBALL
NINJA SCAVENGER HUNT
NERF - ZOMBIE APOCALYPSE
THE KEY INGREDIENT LOTS OF FUN!

WATCHING CHILDREN'S CONFIDENCE GROW & NEW FRIENDSHIPS FORM AT OUR CLUBS IS ONE OF THE MOST REWARDING THINGS WE DO.


LANCING PREP HOVE
 WED Y3&4 / FRI Y5&6 4:30 - 5:45PM
 THU Y1&2 4:00 - 5:15PM
 CLUBS RUN 13TH SEPT - 14TH DEC
 TOTAL COST: £110/£120 | 11/12 WEEK TERM



MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK
 HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAILING'S PARENT & TODDLER GROUP
 OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED

HEY KIDZ!!

AGED BETWEEN 7 AND 11? THEN...
 (in school years 3 to 6)



is for YOU!

A BRILLIANT MIX OF FAITH & FUN!

MEGA-FUN GAMES • COMPETITIONS • PRIZES • COOL SONGS
 GRIPPING STORIES & DRAMAS • BIG SCREEN • MUSIC
 SPORTS • QUIZZES • WIDE CHOICE OF WORKSHOPS
 ART & CRAFT • EXPLORE THE CHRISTIAN FAITH

£1 Entry

EVERY FRIDAY IN SCHOOL TERM-TIME

5.30pm to 7.00pm

INCLUDES REFRESHMENTS

In Hall at Church of the Good Shepherd, Dyke Road, Brighton, BN1 5AE

For more info contact Felix on 01273 882 987 or 07459 201 443, or e-mail info@kidzklubdykeroad.co.uk, or visit www.kidzklubdykeroad.co.uk

Kidz Klub Dyke Road is run as a partnership between Church of the Good Shepherd and Kidz Klub Brighton & Hove Ltd (charity number 1126060)

Notice Board



Lancing Prep Hove
Parent Teachers' Association

Macmillan Cake Sale - Friday 29 September

The PTA is thrilled to be holding a charity cake sale in aid of Macmillan Cancer Support. For those who have not been before, we ask our lovely parents and children to bake away and bring in some homemade, baked goodies (or shop bought) on Friday morning at drop off, then join us for coffee, cake and a chat at pick up. All cake sale profits will be donated to Macmillan.

LPH PTA Event

**Macmillan Charity
Cake Sale**

**Friday 29
September**

3.30-5.30pm

Laurent Hall

**plus Pre-Loved
Uniform sale**

**MACMILLAN
CANCER SUPPORT**

We will also be running a pre-loved uniform sale, run by the PTA.

The details – Cake sale

- The whole event is cash only
- Cake boxes (with separate lids) will be available w/c Monday 25 September by the entrance lobby to collect at drop off/pick up
- Please write the ingredients on the side of the cake box so we know for dietary requirements.
- Please label any tins or Tupperware clearly so we can return them to you.
- Please take any cake donations to the school office at drop off on Friday 29 September.
- **Please remember we are a nut free school.**

The details – Uniform sale

- The whole event is cash only.
- Please bring shoppers with you for any purchases.
- Please bring any donations for the uniform sale into school the week commencing 25 September.
- We look forward to seeing you there!

The LPH PTA Committee

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipo.app/about/privacy.html>



**National
Online
Safety®**

#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.09.2023