



**Notices are on Page 14**

### Message from Mrs Keep

I write this week's newsletter while desperately avoiding temptation which sits so near to me in the school office, by way of a mountain of donated cakes for today's Coffee Afternoon. This annual event is organised by the PTA with the primary goal of raising funds for Macmillan Cancer Support. However, as with so much that the PTA do for the school, it also offers a lovely opportunity for us all to gather and enjoy some time together. I hope that by the time you are reading these words, I will have seen many of you among the cakes! That Pre-Loved Uniform is also on sale is an added bonus. While I am delighted that the days remain sunny and bright, autumnal weather will be upon us soon enough and I am thankful that the PTA ensures we can all have a plentiful supply of the uniform our children need without always having to buy new. On behalf of the PTA, my thanks to everyone who has supported Macmillan by way of donating or buying cakes, and thanks to those who continue to donate good-quality uniform for other children to enjoy.

The children have already enjoyed sharing their own baking at the start of this week as the Prep School pupils celebrated European Day of Languages with their own inter-House Bake Off. Mme Drew was astonished by the quality and quantity of entrants and it was a tough job for our catering team to come and judge, but a job they thoroughly enjoyed. Chef Stevie and his team are convinced there are some contenders for the Junior Bake Off in our ranks.

One of the joys of my job is the many opportunities I have to walk around the school – sometimes with purpose, and sometimes just to get a sense of what is happening around me. It is never a predictable exercise, but there is something all lessons have in common regardless of the age of the children learning or the subject being studied: collaboration. There is a constant hum of chatter and activity at LPH, sometimes quiet but frequently positively exuberant – and, happily, always purposeful. When the teachers get to take the learning beyond the school grounds, things get even more exciting and I'm delighted that at this early stage of the term, 5 year groups have already enjoyed trips out to enhance the in-school curriculum.



I frequently have cause to thank various groups for the work they do to support the school. This week, I have said a small but very important thank you to our team of hard-working Teaching Assistants. To have qualified, experienced practitioners who support the children in their learning is a real benefit that we must never take for granted, and when better to thank them than on National Teaching Assistants' Day? They are a dedicated and highly professional team, and I know I speak for us all when I send them my warmest thanks.



## Pre-Prep News

### Pre-School

We have had a lovely week in Pre-School. We are pleased to report that Dave, our Pre-School tortoise, is settling in well and we are learning new things about him every day! We know what food he likes to eat, dandelions are his favourite.

One of our projects has been making eggs for our baby tortoises out of balloons and papier mâché! We all got rather sticky but had lots of fun! Next week we will be finding out more about how to care for him and look after him.





## Pre-Prep News

### Reception

The children have begun learning *The Song of Sounds*. We have had lots of fun playing games with our new initial sounds. We have fed the alligator and danced like dinosaurs.





## Pre-Prep News

### Year 1

The children visited Hove Park as part of learning about their local area and to find out what activities the familiar park has to offer. The children loved sharing their knowledge of the park, from previous visits, and were excited to discover new things. Back at school they worked as a class team to create a collage map of the park.

The children been working collaboratively when reading in our English sessions; it is always lovely to see the children enjoying working with their learning partners. The Pre-Prep have also been enjoying their weekly 'Helicopter Stories' sessions. Teachers have introduced the idea of the children orally telling a short story, which an adult then writes down for them and the class act out it out. This allows the children to become storytellers without having to think writing, which can be a complex process for early writers. The children have absolutely loved the process. Why not try with your children at home – they will be able to direct you and your stories!





## Pre-Prep News

### Year 2

The children have been busy in the classrooms, learning about how to use speech bubbles in English and researching facts about other countries. In Maths, they have been working on place value, using base ten and the 'part part whole' model to unpick the numbers, really understanding the value of each digit.

It's the time of year when the apple trees in our lower field are laden with fruit and Year 2 have been busy picking apples!





## Prep News

### Year 3

The children spent a fascinating morning at the Booth Museum supporting their Science topic of Skeletons. The children were introduced to Napoleon the Skeleton and they learnt many interesting facts about the human body as well as differences between them and other animals. Plenty of games were played including miming different animals and then everyone sketched their favourite skeleton. The children behaved exceptionally well and are looking forward to our next trip already!





## Prep News

### Year 4

The children went on their first trip of the year to the Roman Fishbourne Palace. Having had a few history lessons and some great cross-curricular work in English the children were all excited to discover more about life in Roman times.

They took part in a variety of hands-on activities including spinning wool, writing on wax tablets, mosaic-making, arch building and role play in the replica Roman kitchen. They also had the chance to have a lovely look around and admire the mosaics and gaze in wonder at how well preserved they were.

It was a superb day out and allowed all learners to imagine what a Roman Palace really would have looked like almost 2,000 years ago.



### Year 5


The children have been learning research and timeline creation skills in History. The children began by making a timeline of what they did in the summer holidays before moving onto researching information for a timeline for historic events.

They enjoyed amassing and considering the evidence for who might have killed the Princes in the Tower and completing the timeline that covered the latter period of the War of the Roses and the start of the Tudor dynasty.



### Year 6

Four keen Year 6 mathematicians competed in the DCBeagle Maths Challenge, hosted by Windlesham House. The children competed in pairs, solving a series of 'Find the Value' and 'Counting Down' challenges before facing the frantic final round, 'The Big Event'. It was an intense and fun filled afternoon, with the pupils competing in the best spirit of Lancing Prep, clearly enjoying the challenge and the taking part. Out of 43 teams, our pairs placed a very creditable 5<sup>th</sup> and 13<sup>th</sup>. Just as pleasing was how well they conducted themselves during the afternoon. Below are some examples of the questions for parents to try at home.



**DCBeagle Challenges**

**COUNTING DOWN!** = 1 =

Use any or all the numbers to make the totals in the shaded box.  
Numbers cannot be repeated unless they appear more than once.  
ONLY addition, multiplication, subtraction and division can be used.

**JUNIOR**

25	2	10	8	1	7	191
Answer:						
100	1	6	2	7	2	114
Answer:						
25	9	9	9	10	2	184
Answer:						



### The Big Event

- How many numbers between 1 and 100 do not have a 9 in them?
- How many millimetres in a kilometer?
- Ten posts are placed 20 metres apart on a field. What is the distance between the first and last post?
- How many different ways are there to give someone 10 pence?
- Three numbers add up to 14. Multiplied together they become 84. Find the numbers.
- A pen and a pencil cost £5. The pen costs £4 more than the pencil. What is the price of each?
- How many spots are there altogether on five normal six-sided dice?
- A household has some goldfish, some canaries and rabbits. Altogether there are 15 heads and 26 legs. How many of each animal could there be?



## Prep News

### Year 7

During Geography lessons the children have been continuing their learning about weather by conducting daily weather observations to record and monitor the changing conditions. We have used secondary data from the internet as well as our own observational data. After creating weather diaries for a week we will compare our findings to that of climate data for the area and see if we notice any similarities or differences.



### Study Skills Workshop

Years 7 and 8 took part in a study skills workshops hosted by Elevate Education. Year 7 explored managing and prioritising workloads, along with looking at strategies to improve their recall. Year 8 focused on memory and mnemonics. They investigated using different senses - so in the photographs below they are not just sitting below with their head in their hands! Key areas were attention, storage and retrieval enabling the pupils to develop memory skills to assist their learning at LPH and beyond.





## Prep News

### European Day of Languages

We celebrated this with a very special LPH Bake-off competition. The Prep children were encouraged to research a cake, bake or biscuit from another country and then to make it at home to bring into school, with its recipe and some fun facts about the country it came from. There was a positive avalanche of entries which were judged by our panel of expert judges from the LPH kitchen. The children enjoyed some of the cakes as a delicious treat for afternoon break. Every entrant received a house point and the winners and runners up for each year group were announced at our Friday assembly. We all enjoyed a European-themed lunch menu too!





## Sports News

### Football Results

#### Wednesday 20 September

		W/D/L
1 <sup>st</sup> XI	v Bede's	W
2 <sup>nd</sup> XI	v Bede's	L
Colts A	v Bede's	W
Colts B	v Bede's	W
Colts C	v Bede's	W
Colts D	v Bede's	W

#### Thursday 21 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 27 September

2 <sup>nd</sup> XI	v Copthorne	L
3 <sup>rd</sup> VII	v Be Trewe Tournament Handross Park	D
Colts A	v LPW Tournament	2nd
Colts B	v Copthorne	W
Colts C	v Copthorne	W
	v Cottesmore/Hurst	W & W
Colts D	v Cottesmore/Hurst	L & L



### Hockey Results

#### Wednesday 20 September

		W/D/L
1 <sup>st</sup> XI	v Dorset House	W
2 <sup>nd</sup> XI	v Dorset House	L
Colts A	v Dorset House	W
Colts B	v Dorset House	W
Colts C	v Dorset House	D



#### Thursday 21 September

U9	v Dorset House	D
U9	v Dorset House	D
U8	v Dorset House	D
U8	v Dorset House	D

#### Wednesday 27 September

1 <sup>st</sup> XI	v Lancing College Tournament	
2 <sup>nd</sup> XI	v Brambletye	L
Colts A	v Lancing College Tournament	
Colts B	v Brambletye	L
Colts C	v Brambletye	L

#### Wednesday 27 September

U9	v Burgess Hill Girls	D
U9	v Burgess Hill Girls	D

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.



## Charity News

### Martlets Sheep Trail Week 3

It is lovely to see so many of our baaa'rilliant families out collecting the sheep around the city. Well done to Zerya in Year 6, Theo in Year 3 and Florence in Year 1 for collecting the most this week. Also still more coming in from Erin and Shiloh in Year 5 who have the most so far! Year 3 also discovered one on their trip to the Booth Museum this week.

Please do keep them coming in for all those house points and just a reminder that if anyone would like to donate to Martlets, our just giving page is <https://bit.ly/LPHShauntheSheepfundraising>







### Wellbeing

We are delighted to welcome back Mrs French from her maternity leave to take up her Wellbeing lead role part-time.

Mrs White is joining the Wellbeing Team this year. She will be working as Wellbeing Assistant on Mondays. Bean is delighted to have her on board!

Mrs White will continue her existing role in the school office alongside this.

### Peer Mentors

Mrs French and Mrs Ridge are working together this year to re-structure the Peer Mentor programme. They are so impressed with how many students have applied and are so willing to give up their free time to help their fellow pupils. We are excited to launch the programme later in the term.

### Cake and Birthday Treats

Please may we remind parents that all birthday treats brought into school **must** be **nut free** and individually packaged. Please bring them to the school office at the start of the day. These will be handed out at the end of the day for children to take home.

### LPH PTA MacMillan Cake Sale

It's certainly been a week of cakes at LPH!

Huge thanks to the parents who ran the Cake stall this afternoon in aid of Macmillan Cancer Support.

The Pre-loved uniform sale was also popular and is such an important contribution to our sustainability goals here at LPH.





## Notice Board

### Diary Dates

#### Week 5 - Lunch Menu Week 2

##### Tuesday 3 October

- 16.00 EYFS Parents' Phonics & Maths Workshop  
16.30 Swimming fixture @ Brighton College  
Years 3, 4 & 5

##### Wednesday 4 October

- 09.30 Year 3 visit to Booth Museum  
14.00 Hockey v Cottesmore 2<sup>nd</sup> @ **Lancing College**  
14.15 Hockey v Cottesmore 1<sup>st</sup> Colts A & B @ **Lancing College**  
14.30 Hockey v Cottesmore Colts (A)  
14.30 Football v Shoreham College 2<sup>nd</sup> XI (H)  
14.30 Football v St Christopher's Colts B & C (A) @ Glebe Villas  
14.30 Football v St Christopher's Colts A & D (H)

##### Thursday 5 October

##### Lancing College Choral Day

- 14.30 Hockey v Brambletye U8 & U9 (A)  
14.30 Hockey v Cottesmore U9 (H)  
14.30 Hurst Mini Football Festival U9A & B (A)  
14.30 LPH Mini Football Festival U8A & B (H)

##### Friday 6 October

- 14.00 Kent College Football Touring school (H)  
14.30 Mowden Cup U11 Football U11 @ **Lancing College**

##### Saturday 7 October - Open Morning

#### Week 6 - Lunch Menu Week 3

##### Tuesday 10 October

Harvest Festival Celebrations @ CoGs

##### Wednesday 11 October

- 14.00 Lancing College Netball Tournament Years 7 & 8 @ **Lancing College**  
14.00 Handcross Park Be Trewe Tournament Colts E (A)  
14.15 Hockey v Brighton Girls Colts C (H)  
14.15 Hockey v Burgess Hill Girls Colts A & B (A) @ **The Triangle, Burgess Hill**  
14.30 LPW Football Tournament 4<sup>th</sup> VII (A) @ **Lancing College**  
14.30 Football v Ardingly College (A) 1<sup>st</sup> XI, 2<sup>nd</sup> XI, 3<sup>rd</sup> VII, Colts A, B, C & D

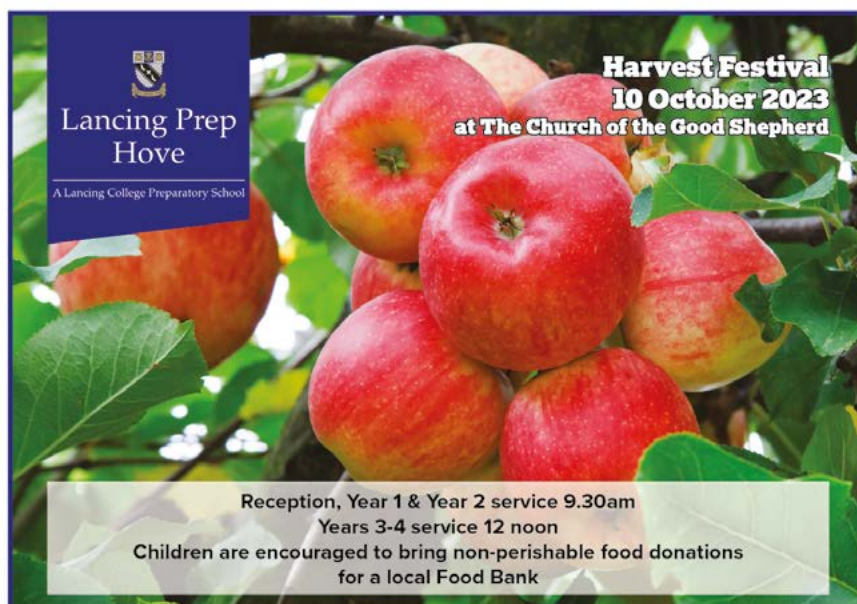
##### Thursday 12 October

- Year 2 visit to London  
14.15 Hockey v Burgess Hill Girls U9 (H)  
14.30 Hockey v Copthorne U8 (A)  
14.30 Football v Sompting Abbots (H) U9 A & B, U8 A & B

##### Friday 13 October

JUST ONE TREE - non-uniform Charity Day  
Year 5 visit to Twickenham Stadium  
Years 7 & 8, Shakespeare Workshops

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







+ 2023 DAY CAMPS

# OCTOBER CAMPS

Swerve Soccer provides a safe, enjoyable atmosphere over the course of each camp with focus on fun for all abilities aged 5-13. Players can expect daily matches, World Cup tournaments, Swerve challenges and lunchtime competitions!

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- ▶ **18-20 OCT**  
MANOR GYM 3G, BRIGHTON (9am-2pm)
- ▶ **23-27 OCT**  
BHASVIC, HOVE (10am-3pm / Early drop 9am)
- ▶ **25-27 OCT**  
BEDE'S PREP, EASTBOURNE (10am-3pm)



### EARLY-BIRD-20

20% EARLY BIRD DISCOUNT  
VALID UNTIL THE 2ND OCTOBER  
2023. CANNOT BE USED IN  
CONJUNCTION WITH ANY  
OTHER PROMOTION.

## PRICE

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2-DAY £55

3-DAY £80

4-DAY £95

5-DAY £105

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## Notice Board

# OCTOBER 1/2 TERM HOLIDAY CLUBS

**"Childcare during the holidays they want to go to"**  
**Fresh air. Fresh activities. Fresh attitude.**




**"MY DAUGHTER WAS FULL OF BEANS AND BURSTING WITH LOVELY STORIES WHEN I COLLECTED HER"**



**LANCING PREP HOVE**  
 THE DROVEWAY, HOVE, BN3 6LU

**MON 23 CAMPFIRE COOKOUT & CIRCUS SKILLS**  
**TUE 24 BLOOD, SNOT & ZOMBIES**  
**WED 25 HARRY POTTER DAY**  
**THU 26 NERF: WINTER WASTELAND**  
**FRI 27 'AMONG US' SPY CAMP**

**COTTESMORE ST MARY**  
 THE UPPER DRIVE, HOVE, BN3 6NB

**MON 23 'AMONG US' SPY CAMP**  
**TUE 24 NERF: WINTER WASTELAND**  
**WED 25 CAMPFIRE COOKOUT & CIRCUS SKILLS**  
**THU 26 NERF: BLOOD, SNOT & ZOMBIES**  
**FRI 27 HARRY POTTER DAY**

**SPOOKY CAMPFIRE COOKOUT & CIRCUS SKILLS**  
 Join us as we toast churros on the campfire & learn about Mexican cultural history through making Day of the Dead sugar skulls. We'll be having a circus skills fiesta & playing load of ghoulish games as we draw inspiration from Latin America.

**HARRY POTTER WANDS, QUIDDITCH & POTIONS**  
 In this session, we draw inspiration from the Harry Potter book series. Have fun whittling your very own woodland wand, brew potions & play Quidditch! Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.

**'AMONG US' SPY CAMP**  
 Based on the popular video game & encouraging positive technology use. The kids - our wannabe spies & spaceship survivors - hone their skills in deception, mystery, & intrigue. We'll be running our very own Among Us game adapted for the outdoors, testing our stealth skills in everyone's favourite, The Fugitive game, & getting creative with forensics-based fun.

**BLOOD, SNOT & ZOMBIES**  
 Not as scary as it sounds! We'll be embarking on our spooky season special - a zombie fun-filled day of snotty slime (Dobbleck) & edible blood making. There's a hilarious body part scavenger hunt & lots of light-hearted seasonal fun & games

**NERF: WINTER WASTELAND - DEFEND THE VAULT & SWAMP RESCUE**  
 Join us for an energetic day of Nerf dart dodging, playing tactical, team-based Nerf games in our apocalyptic winter wasteland. Defend The Vault & Swamp Rescue. Lock & load! Zombie face paint kids workshop too. (Due to more competitive nature of this day, age 6+ recommended)








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For more info on dates, locations, how the clubs run & to book: [theoutdoorsproject.co.uk](http://theoutdoorsproject.co.uk)

## HEY KIDZ!!

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 (in school years 3 to 6)

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**£1 Entry**

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**5.30pm to 7.00pm**

**INCLUDES REFRESHMENTS**

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For more info contact Felix on 01273 882 987 or 07459 201 443, or e-mail [info@kidzklubdykeroad.co.uk](mailto:info@kidzklubdykeroad.co.uk), or visit [www.kidzklubdykeroad.co.uk](http://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)



# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

## CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

## EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

## SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

## DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

## VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

### CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in. Additionally, it's important to be cautious about Shared Stories as this allows people who are not on your contact list access to the post.

### TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National  
Online  
Safety®

#WakeUpWednesday

Sources: Status of Mind (social media and young people's mental health) | Life in Likes – Children's Commissioners Report | <https://support.snapchat.com/en-US> | <https://natsafety.net/snapchat-parent-review/> | BT.com | Independent.co.uk, <https://nashable.com/article/snapchat-status-snap-maps/europe=true>, eSafety Commissioner, (2017), Young People and Sexting – Attitudes and Behaviours: Research Findings from the United Kingdom, New Zealand and Australia.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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