The Week Ahead …

Monday 17 September
Individual & Whole School Photographs from 9am
Year 8 Girls - HPV Dose 1 (Dose 2 01/04/19)

Tuesday 18 September
14.00-15.45 U8 & U9 Netball Training Session, Home
14.15-15.45 Junior Interhouse Football Tournament, Home

Wednesday 19 September
14.30 U11 & U13 Girls' Hockey v Dorset House, Lancing College
14.30 U13 Football v Dorset House, Away
14.30 U11B Football v Dorset House, Home

Thursday 20 September
9.30 Firemen visiting Nursery
13.00 Year 5 Maths Challenge, Christ’s Hospital (invitation only)
14.35 U9 & U8 Netball v Dorset House, Home

Friday 21 September
8.30-9.30 Macmillan Coffee Morning, School Field
9.30-11.30 Year 3 Equestrian Centre Visit

Whole School and Individual Photos – Monday

Years 7 and 8 should wear their blazers without a jumper or cardigan and everyone else should wear a navy jumper/cardigan or the Pre-Prep/EYFS navy top. Please ensure all Prep children are wearing their ties.

LPWA Dates for your diary

Friday 28 September 4pm to 5.30pm - Bee-fit party for nursery/prep children in Main Hall. Slips need to be back with the office by Friday 21 September. (A parent or guardian needs to accompany their child to this party if they are in Nursery or Reception.)

Saturday 29 September Arrive 3.30pm - Flip Out event at Chichester for prep children. Bouncing from 4pm to 5pm. Slips need to be back with the office by Monday 24 September.

Wednesday 3 October 8pm - AGM and committee meeting in school hall.

Friday 9 November - Fireworks night
Friday 30 November – Christmas Fair

BOOKING AHEAD

For fans of history and specifically the Romans there is the most extraordinary event taking place in half term that you may want to book for now. It is an overnight sleepover at the British Museum! From their website:

Explore the British Museum at night and take a closer look at how the Romans played a role in shaping our world today. At the end of the evening, Young Friends and their guests will spend the night sleeping in the Egyptian and Assyrian galleries surrounded by kings and gods from the ancient world. In the morning there will be breakfast and a chance to visit the exhibition / object: Ian Hislop’s search for dissent or enjoy the trail around the Roman galleries.

All children must be accompanied by an adult.
Age: 8–15
https://www.britishmuseum.org/whats_on/events_calendar/event_detail.aspx?eventId=4746

Keep up to date with our online calendar
www.lancingprepworthingcalendar.org.uk

Follow us on Twitter and Facebook
@LancingPrepWthg
<table>
<thead>
<tr>
<th>Week 3</th>
<th><strong>Meat Free Monday</strong></th>
<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Meal</strong></td>
<td>Veggie shepherdess pie made with quorn</td>
<td>Chicken and vegetable fajitas</td>
<td>Pasta bar - pasta with assorted toppings &amp; sauces Sausage and tomato Tomato &amp; basil sauce Carbonara</td>
<td>Roast gammon with a peach gravy</td>
<td>Baked cod fish fingers with lemon and fresh tartare sauce</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td>Macaroni cheese with slow roasted cherry tomatoes</td>
<td>Vegetable and quorn fajitas</td>
<td>Sweet potato, butterbean and aubergine moussaka</td>
<td>Stuffed peppers with risotto, courgette and mozzarella</td>
<td>Homemade falafel with pitta pockets, iceberg salad and minted yoghurt</td>
</tr>
<tr>
<td><strong>Potatoes and Vegetables</strong></td>
<td>Sliced red peppers Grated carrot</td>
<td>Golden vegetable rice with sweetcorn and red peppers Homemade guacamole, salsa and sour cream</td>
<td>Parmesan cheese Garlic dough balls Healthy baked beans</td>
<td>Roasted new potatoes Cauliflower cheese</td>
<td>Oven chips Garden peas Baked beans</td>
</tr>
<tr>
<td><strong>Salad Bar</strong></td>
<td>Assorted seasonal salads</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>Apple crumble with custard</td>
<td>Greek yoghurt with banana and honey</td>
<td>Chocolate brownie</td>
<td>Fresh fruit salad with Strawberry</td>
<td>Strawberry jelly</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Seasonal fresh fruit</td>
<td></td>
</tr>
</tbody>
</table>