The Week Ahead …

Tuesday 12 February
10.00-12.00 Year 3 Egyptian Workshop
16.30-17.40 8SC Parents’ Evening, School Hall

Wednesday 13 February
9.30-10.30 Jaws ‘n’ Claws visit Reception
14.30 Boys’ Hockey: U13 A and B v Seaford College (H – Lancing College). Return 17.15
14.30 Boys’ Football: U11A and B v Sion (H). Pick up 4pm
17.30-19.00 Music and Drama Soiree, School Hall

Thursday 14 February
15.30 Swimming: IAPS Trials U10, U11, U12, U13 (A), Hurstpierpoint College. Pick up from Hurstpierpoint College 5.30pm
14.45 Girls’ Netball: U8 and U9 v Dorset House School (H). Pick up 16.00

Friday 15 February
Half Term begins. Normal finish times. Clubs and Waiting/Homework Room will run as usual.

Annie Rehearsals - 12 February
This week we will be rehearsing the songs ‘Little Girls’ and ‘NYC’. We therefore need the following students:

Pippa S, Erin M, Grace T, George C, Lucia B

If students could listen to the songs before rehearsals it would be a great help.

Any students who would like a copy of the backing music should bring in a blank CD or pen drive to Mrs Goodson.

LPWA Notices

Curry & Quiz Night – Friday 1st March. Tickets are now available to purchase. £12.50 per person. Doors open at 7pm, curry at 7.30pm followed by a fantastic quiz. Teams of up to 8. Come along and try to beat the teachers! Pudding and drinks available to purchase. Heads & Tails game too. Fill out the order from your email and return to the office with payment by 15th February.

Uniform Sale – Friday 15th March 3pm to 5pm in the Hall. Come along and pick up a bargain.

Donate your Uniform - If your child has outgrown their uniform, you can donate any Lancing Prep uniform, shoes or football boots to the LPWA. Please ensure everything donated is clean and in good condition. Please leave donated uniform with the office who will kindly pass it on to us.

Spring Half Term Holiday Club

LPW’s Holiday Club is running 18 February – 21 February inclusive, and is available for Lancing Prep Worthing pupils as well as outside friends. Booking forms are available from the School Office, School website or Wraparound.

Red Nose Day - 15 March 2019
The Red Nose in a Box is now on sale in the Nursery and School Office.

Keep up to date with our online calendar www.lancingprepworthingcalendar.org.uk
Follow us on Twitter and Facebook @LancingPrepWthg
Pre-Prep relax with magic pebbles in Yoga workshops

Pre-Prep took part in some fantastic Yoga workshops this week with Tori Geary from ‘Let’s Breathe’.

Reception began with ‘bubble-breathing’, making their ‘bubble’ bigger with each deep breath and then did sun salutations to a fun song. Next, they pretended to be different animals by holding poses such as flamingo, dog, lion, elephant, snake, cat and cow to name but a few.

Year 1 began their session talking about different places they might travel to and what form of transport they would use to get there. Next they held poses to represent the different forms of transport and made class holiday balances.

Year 2 also performed sun salutations then focused on more challenging poses, working in pairs and using props to improve balance. All the children ended their session with a period of relaxation either based around a story or a ‘magic carpet ride’. They had to lie on the floor with a blanket over them. Each child had a ‘magic pebble’ placed on their forehead and had to try to lie so still that the pebble didn’t fall off. Some of the children were so still and relaxed they appeared to have fallen asleep!

The feedback from the children after the workshop has been incredibly positive with many enjoying the quiet relaxation time the most. Maybe we should get some magic pebbles for the classrooms!

Year 5 entertained by ‘The Terrible Tudors’

The delightful Year 5s were recently taken to the Theatre Royal in Brighton to see The Horrible Histories production: Terrible Tudors! The show was a fantastic finish to consolidate and celebrate all of the work the children had done in their History topic and the afternoon was thoroughly enjoyed by all!

But don’t take our word for it; here’s what the children had to say:

“It was brilliant - the 3D bit was great and it really brought all we had learnt to life!” - Joshua
“I loved the songs! I loved the jokes -really the day was the absolute best! Thank you so much!” - Grace

Lancing Prep pupils cheer on the Seagulls!

A party of some 40 excited pupils and adults from LPW and our sister school in Hove travelled to the Amex Stadium to watch the Barclays Premier League game between Brighton and Watford. We started with a trip to the Club Shop where the children bought Brighton merchandise and a match day programme before taking our seats, as the players warmed up. The children were thrilled to be waved to by one of the Brighton players whose child is a pupil at LPH!

The first half didn’t bring much in terms of opportunities on goal. However, it set up a tense second half with the game level. The second half was much better but Ben Foster in the Watford goal did well to keep a clean sheet with some fine saves, including one from an overhead kick that he clawed out from the bottom corner.

Final score: Brighton 0-0 Watford.

Silver Sabres

One of our many and varied after school clubs gives pupils the chance to combine traditional martial arts with a sense of theatre! Equipped with LED sabres, the children learn the historical methods of weapons training, along with physical exercise, meditation techniques and mindfulness. It looks spectacular too!

House Points

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<thead>
<tr>
<th>House</th>
<th>Points</th>
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<tbody>
<tr>
<td>Celts</td>
<td>218</td>
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<tr>
<td>Normans</td>
<td>207</td>
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<tr>
<td>Saxons</td>
<td>202</td>
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<tr>
<td>Britons</td>
<td>143</td>
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Celts remain top of the leaderboard for our second weekly update this term, with Normans and Saxons hot on their heels.
Pre-Prep Head Teacher Awards

Week ending 25 01 19

Reception
Dylan for super writing
Ethan for super writing
Elodie for all her creative work this week
Jasper for sharing lots of information with the class
Mathilda for trying new foods at lunchtime
Year 1
Beau for working hard on his Maths this week
Charlotte for working hard on her Maths this week
Skantha for her kind and friendly attitude to all
Year 2
Constance for a great character profile
Joshua for very good grammar work
Sophia S for being an ‘always’ girl

Week ending 01 02 19

Reception
Autumn for her creativity, especially her fish tank
Ben for using his knife and fork brilliantly at lunchtime
Francesca for working hard towards her target
Millie for her creativity and problem solving when making her unicorn mask
Year 1
Leah for great work in Maths
Thomas for showing real interest in computer lessons and for great typing
Vivian for kindness and thoughtfulness
Year 2
Fraser for organising their own group read
Harrison for being independent in Maths
Jonathan for super listening this week
Ryley for always putting 100% effort into everything
Sophia S for giving ‘IT Support’ to everyone in Year 2 when using the iPads

Week ending 08 02 19

Reception
Cameron for his mobile creations
Elodie for her encouraging sign writing
Emily for working so hard on her target
Hunter for his amazingly creative week and his wonderful storybook & having such a creative table
Rose for being so helpful and tidying up
Year 1
Cooper for being independent in Maths
Theo for super listening this week
William for always putting 100% effort into everything
Year 2
Misha for sharing her challah bread
Reuben for super rounding up in maths
Sophia A for her enthusiasm for performance poetry

Prep Head Teacher Awards

Awards up to 08 02 2019

Year 3
Matilda A for making a super effort and being extremely enthusiastic about her volcano homework
Oliver E for incredible focus and hard work on short multiplication in Maths
Year 4
Osian E for beginning to self-evaluate work and becoming much more open-minded to feedback
Zach P for independently creating an excellent presentation about his recent trip to Finland
Year 5
Grace W for preparing an apple crumble for Mr Payne to take home - it was delicious!
Yasmin G for an incredible piece of independent work, all about plastic
Year 7
Emma S for a superb assembly on single use plastic which demonstrated independent, collaborative learning
Grace C for contributing so beautifully to the HMD Service in Worthing
Grace S for a superb assembly on single use plastic which demonstrated independent, collaborative learning
Grace T for a superb assembly on single use plastic which demonstrated independent, collaborative learning
Neres K-M for a superb assembly on single use plastic which demonstrated independent, collaborative learning
Philip C for being a reflective learner when responding to precepts in English
Sophie W for giving ‘IT Support’ to everyone in Year 2 when using the iPads
Year 8
Bea T for a superb assembly on single use plastic which demonstrated independent, collaborative learning

Sports Snapshot

Recent sporting results

Netball
U8/9 v Sompting Abbotts W 2-0 Girl of the Game – Chloe F
U10 v The Towers W 17-1 Girl of the Game Amelia G
U11 v The Towers L 9-15 Girl of the Game Tilly L
U12/U13 v Great Ballard W 17-6 Girl of the Game - Lucia B & Anna W

Football
U9 v Our Lady of Sion W 6-0 Player of the Match - Jude G for a fantastic debut which included scoring two goals

Hockey
Colts Red Team v LPH W 2-0 Player of the Match - Marley R & Logan B
U9 Red Team v LPH D 1-1
U9 Blue Team v LPH L 2-8

Term dates 2019-2020

Autumn Term 2019
Term starts Tuesday 3 September
Half Term from Friday 18 October, usual collection times, restarting on Monday 4 November
Term ends Friday 13 December

Spring Term 2020
Term starts Tuesday 7 January
Half Term from Friday 14 February, usual collection times, restarting on Monday 24 February
Term ends on Friday 27 March

Summer Term 2020 dates are currently being finalised and will be published in due course.
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<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>Main Meal</strong></td>
<td>Shepherd’s pie</td>
<td>Quorn korma curry</td>
<td>Traditional lasagne</td>
<td>Roast chicken with a lemon &amp; herb gravy</td>
<td>Smoked haddock and spring onion potato cakes</td>
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<td><strong>Vegetarian</strong></td>
<td>Cheesy spinach and lentil bake</td>
<td>Golden coconut and cauliflower dhal</td>
<td>Vegetable lasagne</td>
<td>Ratatouille with butterbeans</td>
<td>Halloumi, roasted pepper and courgette kebabs</td>
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<td><strong>Potatoes and Vegetables</strong></td>
<td>Sweetcorn</td>
<td>Basmati rice</td>
<td>Garlic and herb bread</td>
<td>Roast potatoes</td>
<td>Baby new potatoes</td>
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<td>Whole green beans</td>
<td>Steamed broccoli</td>
<td>Cauliflower</td>
<td>Steamed carrots and creamed leeks</td>
<td>Garden peas</td>
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<td>Mint raita</td>
<td>Mixed garden green salad</td>
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<td><strong>Salad Bar</strong></td>
<td>Assorted seasonal salads</td>
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<td><strong>Dessert</strong></td>
<td>Carrot cake with a cream cheese frosting</td>
<td>Homemade yoghurt with Autumn fruit compote</td>
<td>Creamy rice pudding</td>
<td>Valentines shortbread biscuit</td>
<td>Chocolate sponge with chocolate custard</td>
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<td>Seasonal fresh fruit</td>
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