



The Week Ahead ...

Monday 20 November

09.30 EYFS and Year 1 Firefighter visit

10.25 Year 2 Firefighter visit

Tuesday 21 November

09.00 Police Officers visiting Reception

Wednesday 22 November

14.30 Netball Girls- U11 and U10 vs Sompting Abbots (H). **Pick up 16.00**

14.30 Football Boys-U13B vs Great Ballard (A). **Return 17.00**

14.30 Football Boys-U11A and B vs Farlington (A). **Return 17.00**

14.30 Football Boys-U13A vs Great Ballard (H). **Pick up 16.00**

15.00 Hockey Sevens Girls-U13A and U12A vs Lewes Old Grammar (A). **Return 17.15**

Thursday 23 November

14.30 Netball Girls-U9A and B vs Great Ballard (H). **Pick up 16.00**

14.30 Football Boys-U9A and B vs Great Ballard (H). **Pick up 16.00**

14.30 Netball Mixed-U9A vs Sompting Abbots (H). **Pick up 16.00**

Friday 24 November

Reception workshop: People Who Help Us

Year 1 and 2 Workshop: Online Safety

Year 2 Workshop: Fire of London

10.00-11.00 Online Science Challenge for selected pupils, IT Room

LPWA Notices

Christmas Fair – Friday 1st December 5pm to 7pm

Raffle tickets for this event will be coming home with your child next week.

Helpers needed for set up from 2pm. The fair is a big event, and we need as much help as possible please.

Donate a Raffle Prize – Do you have an unwanted gift that would be suitable for a raffle prize? Would you like to donate a Raffle Prize? Please get in touch or leave in the office. Many thanks in advance.

External Stall Holders – Would you like to run a stall at our fair or do you know someone who would like an external stall? We only ask for a donation to our raffle in return for a table.

Word of the Week

Clinquant (*adj*)

Glittering with gold or tinsel

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

And our sports calendar

[Lancing Prep at Worthing | Sports Home \(schoolssports.com\)](http://Lancing Prep at Worthing | Sports Home (schoolssports.com))

(Team sheet password lpw123)

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LITTLE STARS

Cheese omelette

Chicken and noodles

Roast beef with mini Yorkshire puddings

Mild seasoned chicken fajitas

Fish goujons

MAIN

Roasted vegetable and mozzarella filo tart

Chicken and vegetable chow mein

Roast beef with Yorkshire pudding and horseradish

Chicken fajitas with peamole, sour cream and salsa

Roasted seabass with a pesto sauce on the side

MAIN (VEGAN & VEG)

Autumn vegetable risotto

Tofu and vegetable chow mein

Butternut squash, vegetable & butterbean wellington

Mixed pepper, courgette, and carrot fajitas, with peamole, sour cream and salsa

Chickpea and sweetcorn burger

SIDE ORDERS

Minted potatoes

Vegetable spring rolls
Prawn crackers
Broccoli stir-fry

Roast potatoes
Carrots and peas
Proper gravy

Herby diced potatoes

Diced potatoes

Steamed green beans

Sweetcorn

Peas medley

PROTEIN SALAD BAR

Tuna, mature cheddar, free range eggs

Home baked ham, free range eggs, mozzarella

Sliced beef, tuna mayo, cheddar cheese

Home baked ham, mozzarella, mackerel pate

Coronation chicken, free range eggs, cheddar cheese

PUDDING

Pineapple upside down cake with custard

Chia, chocolate & coconut pudding (made with coconut milk)

Strawberry cheesecake

Selection of fruit jelly

Friday Treat
Raspberry sorbet

AFTERNOON SNACK

Pain aux raisin

Carrot and pineapple tray bake

Cheese or ham filled petit pain

Grapes and cheese portion

Breadsticks & crudites

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Instrumental Lesson Timetable

Monday

Paul Gunter		Music Rom	Barry Worley		Practice Room
Drums			Guitar		
Monday 20th November			Monday 20th November		
8.30am	Lucas K		11.00am	Jasper D	
9.00am	Pippa W		11.30am	Tom E-B	
9.30am	Mae C		12.00pm	Elliott S	
10.00am	Theo K		12.30pm	Beau E	
10.30am			12.45pm	Reeve E	
10.45am	Dylan C		1.00pm	Pasha D	
11.15am	Harry A		1.00pm		
11.45am			1.30pm	Max B	
2.00pm			2.00pm	Roman B-C	
2.30pm	Elliott S		2.30pm	Lucas B	
3.00pm	Rex R				
3.45pm	Harry C				
4.15pm	Tilly R-C				

	Simi Fyles
	Voice & Piano
	Monday 20th November
8.30am	Ruby H
9.00am	Charlotte M
9.20am	Lucas B
9.50am	William B
10.20am	Peaches C
10.50am	Emily A
11.10am	Elodie G (piano)
11.40am	Max B
11.50am	
12.20pm	

Practice Room

	Sarah Leeves
	Brass
	Tuesday 21st November
8.45am	Elias L
9.15am	Autumn S
9.45am	Jasper D
10.15am	Oscar E
10.45am	
11.00am	Lana G
11.30am	Max B
12.00pm	Daniel B
12.30pm	Damian B
1.00pm	Millie P
1.30pm	Brass Band
2.00pm	Max B
2.30pm	Emily E
3.00pm	Oscar W
3.30pm	Freddie B
4.00pm	

Music Room

Tuesday

Sarah Davison		Keyboard Room	Natalie Mason		Practice Room
Cello			Voice		
Tuesday 21st November			Tuesday 21st November		
9.15am	Helena P		8.30am	Tilly R-C	
9.45am	Sebastian F		9.00am	Barney T	
10.15am	India G		9.30am	Eithne N-W	
10.45am	Jasper S		10.00am		
11.15am	Sam W-B		10.15am	Rex R	
11.15am		10.45am			
		11.15am	Francesca G		
		11.45am	Amalie S		
		12.15pm			
		12.40pm	Ameera M		
		1.10pm	Sia S		
		1.40pm	Hunter L		
		2.10pm	Constance D-F		
		2.40pm	Zoya G-H		
		3.10pm			
		3.40pm	Unaysah K		
		4.10pm	Jessica B		

Wednesday

Simi Fyles		Practice Room	Elizabeth Hosford		Keyboard Room
Voice & Piano			Piano		
Wednesday 22nd November			Wednesday 22nd November		
8.15am	Lexi P		8.00am		
8.45am	Eva M		8.30am	Jonathan C	
9.15am	Leila F		9.00am	Max B	
9.45am	Ryley G		9.30am	Harry C	
10.15am	Phoebe B		10.00am	Isla L	
10.45am			10.30am		
11.00am			10.45am	Theo K	
11.30am	Jessica W		11.15am	Rupert W	
12.00pm	Beatrice D		11.45am	Sia S	
12.30pm	Elodie G		12.15pm	Eileen C	
1.00pm	Maisie C		12.45pm	Rosie E	
1.30pm			1.15pm		
2.00pm	William J		1.45pm	Cleo S	
2.30pm	Clementine C-D		2.15pm	Orlando B	
3.00pm	Pasha S		2.45pm	Sofia S	
3.30pm			3.15pm		

Thursday

Elizabeth Hosford		Keyboard Room	Lucy Ballard		Food Tech Room
Piano			Clarinet & Saxophone		
Thursday 23rd November			Thursday 23rd November		
8.00am	Lana G		8.15am	Ruby H	
8.30am	Lucas K		8.45am	Jonathan C	
9.00am	Jasper D		9.15am	Vivian B	
9.30am	Primrose G		9.45am	Esmee M	
10.00am	Freddie B		10.15am		
10.30am					
10.45am	Oscar W				
11.15am	Autumn S				
11.45am	Millie P				
12.15pm	Francesca G				
12.45pm					
1.15pm	Tilly R-C				
1.45pm	Freddie B				
2.15pm	Alex B				
3.15pm					

	Rob Campkin
	Violin & Piano
	Thursday 23rd November
8.00am	Joshua C
8.30am	Skantha N
9.00am	Max M
9.30am	Chloe B
10.00am	Sienna B-W
10.30am	Harry C
11.00am	Madhavan R
11.30am	Miles C
12.00pm	Hamish B
12.30pm	
1.00pm	
1.30pm	Hunter L
2.00pm	William J
2.30pm	Rory B
3.00pm	Grace T
3.45pm	Peaches C
4.15pm	

Practice Room

	Dom Smith
	Flute
	Friday 24th November
8.15am	Freddie B
8.45am	Kimberley L
9.15am	Bertie C
9.45am	Francesca G
10.15am	

Drama Studio

Friday

Rob Campkin			Barry Worley		
Violin & Piano			Guitar		
Friday 24th November			Friday 24th November		
8.00am	Skantha N-R	Keyboard Room	8.00am	Lochie S	Practice Room
8.30am	Ata K (violin)		8.30am	Devon S	
9.00am	Max C		9.00am	Jessica B	
9.30am	Delilah P		9.30am	Freddie B	
10.00am	Ata K (piano)		10.00am		
10.30am	Anvita D		10.30am	Misha M	
11.00am	Emily T		11.00am	Barney T	
11.30am	Florence W		11.30am	Ethan S	
12.00pm	Frankie M		12.00pm	Amalie S	
12.30pm			12.30pm		
1.00pm	Sia S		1.00pm	Rock Band	
1.30pm	Bertie F		1.30pm	Guitar Rock Prep Band	
2.00pm	Amina K		2.00pm	Ralph E	
2.30pm	Rishita M		2.30pm	Dillon C	
3.00pm			3.00pm	Max M	
			3.30pm	Rory G	
		4.00pm	Orson W		