



The Week Ahead ...

Monday 26 February

8S2 Mock Exams begin. End 1 March.

09.00-11.00 Townsend Warner History Competition Paper Two, Gym

16.15-19.00 Year 5 and 6 Creative Parents' Evening

18.00-19.00 Ski Trip Meeting for Parents

Tuesday 27 February

08.20-17.40 Cottesmore Chess Trip

14.50 Cross Country Girls-U12A @ Christ's Hospital. **Return 16.15**

15.10 Cross Country Boys-U12A @ Christ's Hospital. **Return 16.15**

16.30-19.30 Year 7 Online Parents' Evening for Academic Subjects

Wednesday 28 February

12.30-17.00 Year 4 Maths Challenge at Christ's Hospital

14.00 Hockey Sevens Boys-U13C vs Farlington School @ Lancing College. **Return 16.15**

14.00 Hockey Sevens Boys-U11A and U11B vs Farlington School @Lancing College. **Return 16.15**

14.15 Football Girls-U13A and U12 vs Windlesham House and Dorset House (A). **Return 17.00**

14.30 Hockey Sevens Boys-U13A and U13B vs Farlington School (A). **Return 17.15**

Thursday 29 February

14.00 Athletics U9/8 Indoor Athletics Meet @ Shoreham College. **Return 17.00**

14.00-18.00 Year 7 and 8 hosting pupils from France

14.15 Football Girls-U8A and U9A vs Dorset House School (A). **Return 17.00**

Friday 1 March

Mufti Day for Mayor's Charities

LPWA Notices

Thank you to all those who supported our event today, whether it was helping or purchasing.

Thank you to those who attended our meeting this week. Lots of new and exciting ideas have come out of it so please watch this space for upcoming events.

We are excited to be hosting an event alongside World Book Day. We've hidden Golden Tickets in Wonky Bars which you can purchase via Classlist. Lots of great prizes to be won - please see poster attached.

If you are in need of preloved uniform and were unable to purchase today, please get in touch via email, WhatsApp, your class rep, catch one of us in the playground or check in at Daisy and we can hopefully fulfil your order.

Date for the diary: Summer Fair, Saturday 15th June.

Word of the Week

Snollygoster

One who abandons all
integrity in favour of power

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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Lancing Prep Worthing

A Lancing College Preparatory School

News Bulletin

23 February 2024

Chinese New Year

LPW celebrated the Year of the Dragon in fine style, as can be seen below!



School News

An afternoon with.....

This term, we have been lucky enough to welcome several religious leaders into school. This has included Martin Warner (Bishop of Chichester), Iman Idris (Worthing Mosque), and Rabbi Dr Andrea Zanardo (Brighton & Hove Reform Synagogue).

Each leader led a special session where they took questions from the pupils. We really appreciate the time and care they all took to communicate their thoughts and ideas about why they chose their vocation. We hope to welcome more visitors soon.



School News

Reception holds 'Cosy Jumper Day'

Before half term, Reception organised a 'Wear a Cosy Jumper to School' day to raise money for the World Wildlife Fund and the polar bears.

Three members of the Green Team went along to meet Reception and find out more about their Save the Polar Bears campaign.

In assembly, Reception taught 'the big children' lots of amazing facts about polar bears, and it was great to see how much they remembered. Then the senior pupils explained the work of the Green Team and what they are doing for their upcoming assembly. Joshua C, Devon S, and Phoebe B really enjoyed meeting 'the future Green team'.

The day raised an amazing £289.10. Thank you to all of our wonderful families who donated to this worthy cause and well done to Reception, for showing you care and making a difference.



Reception meet the reptiles!

The children had a fantastic visit from Phil at Jaws N Claws. They saw Jimmy and Jenny, hissing cockroaches who eat anything; Frank and Dave, African land snails; Pete, a giant African bullfrog; Lucy, a beautiful crested gecko; Ben, a milk snake; and finally Lola, a very large tortoise. The children loved seeing these fascinating creatures and enjoyed showing off their knowledge of reptiles and amphibians.



Year 1 Visit Tilgate Nature Centre

Before half term, children visited Tilgate Nature Centre for the day and they had a wonderful learning experience in a 'feathers, fur, and wings' workshop where they had the opportunity to hold a water dragon and a very tame owl! The rain held off, and the children discovered so much about the Australian animals they have there, especially the very noisy kookaburras.



Year 4 Bake Sale

Before half term, Year 4 ran a Bake Sale and raised £376 towards the Trim Trail Project! Thank you to everyone who participated and helped make it happen with their generosity. We had a variety of yummy treats, such as cupcakes, cookies, and brownies.



Year 4 win the TTRockstar Battle

Over half term, a TTRockstar battle was set up between all year groups from Years 3–8. This was to encourage each child to practise their times tables and help their year group win the battle. The winning group was Year 4, who enjoyed a treat of Times Table biscuits. Well-done!



Year 4
TTRockstar Battle Winners

Year 4 English Topic

Year 4 were given the task of creating anything they would like based on Pompeii or Mount Vesuvius, which is their current English topic.

Freddie chose to make an erupting volcano, which he shared with his friends.



Year 8 History Projects

Year 8 created a wide variety of posters, pictures, and cakes to celebrate the locations they had decided to study for their History projects. This coursework looks tasty!



Year 8 Digital Detox

At the beginning of the month, pupils, staff, and even some parents in Year 8 trialled a digital detox week.

At first, the children were skeptical, but after several discussions about the importance of sleep and the impact it can have on us all, they gave it a go. We are pleased to say that, after just a few days of detox, the positive effects were becoming apparent. Children seemed less tired in class, and several commented that they had finished the book they were reading for pleasure. In some cases, hours spent on a phone were replaced with hours spent reading.

This was noted not only by the students but also by a couple of the teachers, who might have replaced their own scrolling habits with reading too!



House Mentoring Scheme

Mrs Milling met with the pupils in the upper years of the Normans House before half term to discuss the new House Mentoring system. She was incredibly impressed by their positivity, maturity and willingness to show kindness and to support others. They also discussed a team strategy on gaining more treasured House Points!



School News

Children's Mental Health Week

Before half term, we celebrated Children's Mental Health Week, and the children took part in some wonderful activities in which they learnt the importance of 'My Voice Matters'. Year 3 contributed to creating an exciting story about an 11-year old with a shiny new bike. They each had a voice and listened to each other, realising that without each other's voices, the story did not make sense. Year 4 to Year 7 combined and participated in group discussions, sharing ideas, voicing opinions, and listening to one another's strengths, qualities, and aspirations.



International Mother Language Day 2024

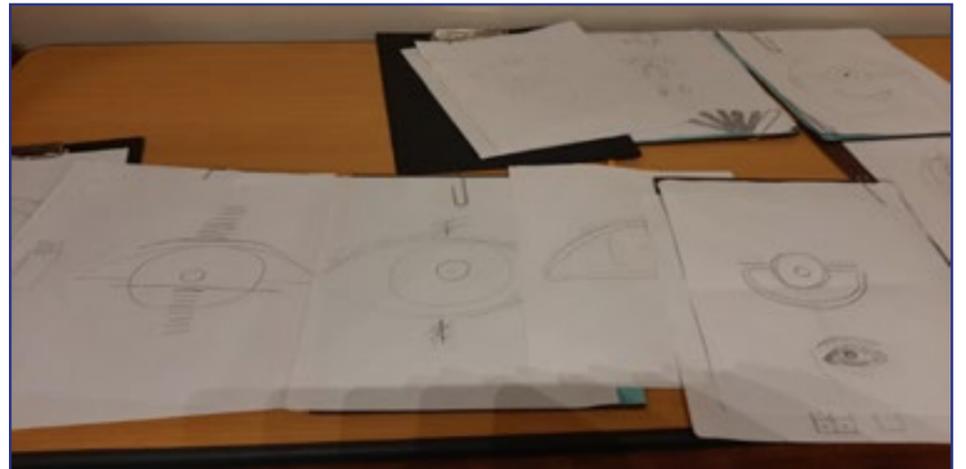
This week, we celebrated International Mother Language Day 2024. This special day focuses on promoting awareness of linguistic and cultural diversity and multilingualism. To celebrate, pupils were treated to a French croque monsieur at break, Spanish paella for lunch, and Italian tiramisu for dessert. They received a German pretzel for an afternoon snack! Madame Valantin also organised a treasure hunt and created a lovely menu in different languages.



Year 7 & 8 Team Building

In Year 7's last team building session, they took part in art activities. Some children described the drawing, while others had to draw it following their instructions.

In Year 8's last session, they worked only with newspapers. First up, they dressed a model in their newspaper outfit. The model walked the catwalk and was marked for creativity by the opposing team. They then had to write a story in 8 minutes using only words from a newspaper.



Author Vashti Hardy visits LPW

Before half term, we had a special visit from award-winning children's writer Vashti Hardy. She gave assemblies to children in Years 2 to 4 about her brilliantly imaginative Harley Hitch series of illustrated chapter books. She also spoke to children in Years 5-8 about her inventive BRIGHTSTORM series, including the thrilling new adventure, The Serpent of the Sands. Many pupils bought a book signed by this wonderful author as a memento of the day.



School News

Meet our wonderful LPWA

Meet Louisa, Clare, Jane, and Karen. They are all parents of children at LPW who work together to raise funds and resources for the school, as well as organising events and activities to build our school community and help our parents have a voice. We are extremely grateful for everything they do for us!

If you would like to become a member, please email lpwassoc@gmail.com



Safer Internet Day 2024

On the 6th February we celebrated Safer Internet Day 2024, with celebrations and learning based around the theme "Inspiring Change: Making a difference, Managing Influence, and Navigating Change Online."

Mrs Steele led an assembly where pupils actively participated in discussions about the evolution of technology over time. They learned how to manage their own time spent online and explored ways to become a positive influence on others within the digital world. Safer Internet Day serves as an essential reminder for all of us to reflect on the impact of internet usage on our daily lives.



Sports News

Year 7 and 8 Cross Country

Before half term, Years 7 and 8 took part in a cross-country run at Ardingly College. They all had a fantastic afternoon and worked extremely hard as part of a team.



Well Done

Well done to Sofia S, who achieved her 100m swimming badge on Saturday 1 February.

Sofia was also busy over half term, putting together a lovely used battery collection box for her mum's practice. Over the course of the week, Sofia managed to collect 1067 batteries, which currently makes her total 1115 batteries! Well done, Sofia!



Well done to Maisie C, who visited Reception before half term to talk to the children about the polar bear tracker she got for Christmas. She explained to the children how her special polar bear bracelet came with a code that, when entered into an app, allowed her to track a polar bear! She told us all about Bonnie, the 20-year-old polar bear that she tracks. We saw screenshots from the app that show Bonnie's location and how far she walks - a distance that astonished all of us!



Well done William B, who performed as 'Oliver' in Brighton Theatre Group's production of Lionel Bart's Oliver at Theatre Royal Brighton this month. We are all very proud of you!



Well done to Elodie G, who represented LPW at the Worthing Music Festival with her age 9 drama solo verse. She worked on a piece that was for the 11+ category, so she did unbelievably well.



	<h2>Pre-Prep Head Teacher Awards</h2> <h3>from 02 02 24</h3>	
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Reception	
Brodie B	for amazing progress with his handwriting.
Teddy C	for his kindness to others on our Library visit.
Cecelia D	for her wonderful collage polar bear.
Rafferty D	for his super independent sentence writing.
Nadine F	for excellent reading at school and at home.
Jake L-B	for his super independent writing.
Amber S	for doing her own work on polar bears and penguins at home.
Year 1	
Phoenix P	for being a resilient ruler in maths with place value to 50.
Aria P-T	for her super Australian animal writing using verbs.
Year 2	
Toby C	for knowing that Jamaica is an island and that it has a hot climate.
Adiella I	for choosing to complete Purple Maths tasks.
William J	for making links in his learning.
Amber M	for her portrait of Rosa Parks.
Ameera M	for her portrait of Mary Anning.

<h2>Prep Head Teacher Awards</h2> <h3>from 02 02 24</h3>	
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Year 3	
Chloe B	for independently capitalising on her learning by making a flower rap linked to science.
Primrose G	for independently capitalising on her learning by making a flower rap linked to science.
Frances M	for independently capitalising on her spare time to produce a imaginative flower rap to complement her science work.
Toby S	for independently choosing to capitalise on his own time to make thorough food committee meeting notes.
Year 4	
Fatima C	{for collaboratively crafting the superb key stage 2 challenge box in French club. {for being a great helper at our Open Morning.
Maisie C	for supporting Reception with their polar bear research and sharing her knowledge with them.
Maxwell C	for demonstrating excellent focus, linking skills and independence while constructing food chains, for different habitats during our recent science lessons.
Zoya G-H	for collaboratively crafting the superb key stage 2 challenge box in French club.
Rishita M	for collaboratively crafting the superb key stage 2 challenge box in French club.
Madhavan R	{for collaboratively working on the content of the key stage 2 French challenge box in French club. {for his contribution to International Mother Language Day.
Sofia S	for transferring her learning well and for taking great care with the presentation of her work, while creating food chains for different habitats.
Sia S	for her contribution to International Mother Language Day.
Year 5	
Cameron B	for collaboratively working on the content of the key stage 2 French challenge box in French club.
Eileen C	{for collaboratively crafting the superb key stage 3 French challenge box in French club. {for demonstrating excellent imaginative skills and for confidently linking her learning, while creating her newspaper report, in our recent REP lessons.
Francesca G	{for loving learning French and for being a persistent learner by reaching a 365 day streak on Duolingo. {for collaboratively crafting the superb key stage 3 French challenge box in French club.
Rory G	for being open-minded and adventurous by baking 'crêpes' following a French recipe.

Tilly R-C	{for collaboratively crafting the superb key stage 3 French challenge box in French club. {by crafting a superb collage on Paris following her stay in this capital city.
Amalie S	for collaboratively crafting the superb key stage 3 French challenge box in French club.
Mathilda V	for collaboratively crafting the superb key stage 3 French challenge box in French club.
Eithne N-W	for being a real Resourceful Ranger: imaginative and linking when writing a Non-Chronological information text on Harry Potter.
Oscar W	for collaboratively working on the content of the key stage 2 French challenge box in French club.
Year 6	
William B	{for collaboratively working on the content of the key stage 2 French challenge box in French club. {for contributing to our Battery Hunt and bringing in over 1,000 batteries.
Thomas E-B	for collaboratively working at preparing for the French school visit in French club.
Beau H	{for collaboratively working on the content of the key stage 2 French challenge box. {for being open-minded and adventurous by baking 'crêpes' following a French recipe.
Miri H	{for her contribution to International Mother Language Day.
Theo K	for being a persistent learner on Duolingo, achieving a 324 day streak.
Skantha N-R	for her contribution to International Mother Language Day.
Thomas R	for being open-minded and adventurous by baking 'crêpes' following a French recipe.
Harrison W	for being a persistent learner on Duolingo, reaching a 194 day streak.
Year 7	
Sophia A	{for capitalising upon the opportunity to relay scientific knowledge and understanding to parents at Open Morning.
Freddie B	{for collaboratively working at preparing for the French school visit and for his active participation in French club. {for being open-minded and adventurous by baking 'crêpes' following a French recipe.
Joshua C	{for collaboratively working at preparing for the French school visit and for his active participation in French club. {for being open-minded and adventurous by baking 'crêpes' following a French recipe. {for an imaginative response to the Half Term World Book Day Challenge.
Harry C	{for loving learning French by delving deeper into the winter festivals in France and by completing challenging translations. {for collaboratively working at preparing for the French school visit and for his active participation in French club. {for being open-minded and adventurous by baking 'crêpes' following a French recipe.
Jonathan C	{for capitalising upon the opportunity to relay scientific knowledge and understanding to parents at Open Morning. {for being open-minded and adventurous by baking 'crêpes' following a French recipe.
Beatrice D	{for collaboratively working at preparing for the French school visit and for her active participation in French club. {for her contribution to International Mother Language Day. {for being a reflective learner in English.
India G	for being open-minded and adventurous by baking a 'galette des rois' following a French recipe.
Ralph E	{for dedicating himself to the Big Battery Hunt with so much determination and bringing in over one thousand batteries so far. {for collaboratively working at preparing for the French school visit and for his active participation in French club.
Matthew G	for loving learning French by delving deeper into the winter festivals in France and by completing challenging translations.
Ryley G	{for capitalising upon the opportunity to relay scientific knowledge and understanding to parents at Open Morning. {for his consistent exemplary work in French.
Tobias G	for being a great helper at our Open Morning.
Daniel H	for collaboratively working at preparing for the French school visit and for his active participation in French club.
Ata K	for his contribution to International Mother Language Day.
Abhimanyu K	{for capitalising upon the opportunity to relay scientific knowledge and understanding to parents at Open Morning. {for his contribution to International Mother Language Day.
Bella L	for crafting a superb story with a twist in the tale.
Greta M	for crafting a superb story with a twist in the tale.
Max M	for capitalising upon the opportunity to relay scientific knowledge and understanding to parents at Open Morning.
Kiran P	for crafting a superb story with a twist in the tale.

William P	{for collaboratively working at preparing for the French school visit and for his active participation in French club. {for his contribution to International Mother Language Day.
Rex R	{for collaboratively working at preparing for the French school visit and for his active participation in French club. {for crafting a superb story with a twist in the tale.
Sophia S	{for capitalising upon the opportunity to relay scientific knowledge and understanding to parents at Open Morning. {for her consistent outstanding work, in French. {for crafting a superb story with a twist in the tale.
Year 8	
Phoebe B	for exemplifying the aims of our school being kind and loving learning during our author visit.
Harry C	for being open-minded and adventurous by baking 'crêpes' following a French recipe.
Leila F	for exemplifying the aims of our school being kind and loving learning during our author visit.
Bertie F	for collaboratively working at preparing for the French school visit and for his active participation in French club.
Ruby H	for exemplifying the aims of our school being kind and loving learning during our author visit.
Ruchita K	for exemplifying the aims of our school being kind and loving learning during our author visit.
Lexi P	{for being open-minded and adventurous by baking 'crêpes' following a French recipe. {for exemplifying the aims of our school being kind and loving learning during our author visit.
Devon S	for exemplifying the aims of our school being kind and loving learning during our author visit.
Yuvraj S	for exemplifying the aims of our school being kind and loving learning during our author visit.



FACILITIES FOR HIRE

If you are looking for a regular indoor venue for your club or society or a space for a one off event, we are now hiring the facilities below.

 **Sports Hall - £25* per hour**

 **Drama Studio - £35* per hour**

If hiring both spaces together charge is £50 per hour, reducing to £45 per hour for more than three hours hire.



For more information contact worthing@lancing.org.uk

*Prices exclude VAT

WILL YOU FIND A GOLDEN TICKET?

IN THE STYLE OF THE FAMOUS WONKA BAR IN CHARLIE & THE CHOCOLATE FACTORY, WE HAVE HIDDEN GOLDEN TICKETS INSIDE CHOCOLATE BARS AND CALLED THEM WONKY BARS!



FIND A GOLDEN TICKET
AND WIN A PRIZE!

PRIZES INCLUDE:
CINEMA TICKETS
POP FUNKO WONKA
THE NEW WONKA BOOK
PIN BADGES & SCHOOL TREATS

£2.50 PER BAR

PURCHASE VIA CLASSLIST

THE SCHOOL TREATS ARE: "WEAR YOUR SLIPPERS TO SCHOOL FOR A DAY", "BE A TEACHER FOR AN HOUR", "BE FRONT OF LINE FOR LUNCH FOR A WEEK" & "A MUFFIN DAY WHEN YOU CHOOSE".

THERE WILL BE 20 GOLDEN TICKETS FOR EVERY 100 BARS. THE PRIZE WILL BE STATED ON THE BACK OF THE GOLDEN TICKET.
ON WORLD BOOK DAY WE WILL BE IN THE PLAYGROUND AT PICK-UP FOR YOUR CHILDREN TO COME AND CHOOSE THEIR BAR(S).

THE WONKY BARS ARE 100G GALAXY BARS. IF YOUR CHILD HAS ALLERGIES, THIS WILL BE EXCHANGED FOR A SUITABLE ALTERNATIVE ONCE THEY'VE CHECKED FOR A GOLDEN TICKET.

House Points

The House Point totals are in!
Congratulations Celts for topping the leader board.

Celts	287
Normans	254
Britons	244
Saxons	208

Love Learning

Be Kind

Go out into the World and Do Good

Winter MENU
Week 2



Lancing Prep Worthing

A Lancing College Preparatory School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Tomato and mozzarella or goats cheese wholemeal pizza	Pork or chicken meatballs with a tomato sauce (with hidden veg)	Pork or chicken chipolatas with Yorkshire puddings	Beef pasta bake (with hidden veggies)	Homemade fishcakes
MAIN	Tomato and mozzarella or goats cheese and red onion marmalade wholemeal pizzas	Pork or chicken meatballs with a tomato sauce (with hidden veg)	Pork or chicken toad in the hole	Traditional lasagne	Homemade fishcakes
MAIN (VEGAN & VEG)	Sliced peppers, sweetcorn and olive wholemeal pizzas	Veggie balls with a tomato sauce (with hidden veg)	Veggie sausage toad in the hole	Vegetable and red lentil lasagne	Vegetable spring roll with chilli dipping sauce
SIDE ORDERS	Coleslaw Crudites: Cucumber and carrot sticks, cherry tomatoes and mangetout	Fragrant couscous Peas and courgettes	Mashed potato Steamed broccoli Gravy	Garlic and herb bread bites Sweetcorn	Baby new potatoes Steamed green vegetables
PROTEIN SALAD BAR	Five bean salad, tuna mayo and Thai style coleslaw	Sliced beef, watermelon, mint & feta salad, free range eggs	Home baked ham, mackerel pate and mozzarella balls	Tuna and lemon mayo, coronation chicken and crudites	Home baked ham, free range eggs, spinach and lentil salad
PUDDING	Rice pudding made with coconut milk and topped with fresh mango	Yoghurt pots and toppings	Pineapple fingers	Tropical fresh fruit salad	Friday Treat Homemade white chocolate cookie
AFTERNOON SNACK	Cheese and grapes Fresh fruit	Bread sticks & crudites Fresh fruit	Courgette & cheese wholemeal muffin Fresh fruit	Hot Dogs or Veggie dogs Fresh fruit	Oat and blueberry flapjack

Instrumental Lesson Timetable

Monday

	Paul Gunter			Barry Worley	
	Drums			Guitar	
	Monday 26th February			Monday 26th February	
8.30am	Harry C	Music Rom	11.00am	Oscar K	Practice Room
9.00am	Dylan C		11.30am	Tom E-B	
9.30am	Harry A		12.00pm	Elliott S	
10.00am	Elliott S		12.30pm	Lucas B	
10.30am			1.00pm	Pasha D	
10.45am	Pippa W		1.20pm		
11.15am	Ben S		1.30pm	Max B	
11.45am	Rex R		2.00pm	Jasper D	
12.15pm	Mae C		2.30pm	Roman B-C	



	Sophia Liu
	Piano
	Monday 26th February
8.15am	Ryley G
8.45am	Sophia S
9.15am	Zara H
9.45am	Pasha S
10.15am	Elodie G
10.45am	
11.30am	

Practice Room

	Sarah Leeves
	Brass
	Tuesday 27th February
9.15am	
9.45am	
10.15am	Max B
10.45am	
11.00am	Daniel B
11.30am	Emily E
12.00pm	Oscar W
12.30pm	Freddie B
1.00pm	
1.30pm	Damian B
2.00pm	Autumn S
2.30pm	Jasper D
3.00pm	Oscar E
3.30pm	Brass Band

Music Room

Tuesday

Natalie Mason		Practice Room	Sarah Davison		Drama Studio
Voice			Cello		
Tuesday 27th Febraury			Tuesday 27th Febraury		
8.15am	Tilly R-C		10.15am	Sebastian F	
8.45am	Eva M		10.45am	India G	
9.15am	Sofia B-B		11.15am	Jasper S	
9.45am			11.45am	Helena P	
10.15am	Rex R		12.15pm	Sam W-B	
10.45am	Eithne N-W		12.45pm		
11.15am	Barney T				
11.45am	Francesca G				
12.15pm					
12.40pm	Ameera M				
1.10pm	Sia S				
1.40pm	Hunter L				
2.10pm	Amalie S				
2.40pm	Constance D-F				
3.10pm	Zoya G-H				
3.30pm					
3.40pm	Unaysah K				
4.10pm	Jessica B				

Wednesday

Simi Fyles		Practice Room	Elizabeth Hosford	
Voice			Piano	
Wednesday 28th February			Wednesday 28th February	
8.00am	Lexi P		8.00am	Max B
8.30am	Peaches C		8.30am	Jonathan C
9.00am	Phoebe B		9.00am	Cleo S
9.30am	Ruby H		9.30am	Theo K
10.00am	Beatrice D		10.00am	Max B
10.30am	Leila F		10.30am	
11.00am	Max B		10.45am	Eileen C
11.30am	Elodie G		11.15am	Sia S
12.00pm	Lucas B		11.45am	Harry C
12.30pm	William B		12.15pm	Rupert W
1.00pm			12.45pm	Rosie E
1.30pm	Clementine C-D		1.15pm	
2.00pm	Maisie C		1.45pm	Orlando B
2.30pm	William J		2.15pm	Sofia S
3.00pm	Jessica W		2.45pm	Isla L
3.30pm			3.15pm	

Drama Studio

Thursday

Elizabeth Hosford		Drama Studio	Lucy Ballard		Food Tech Room
Piano			Clarinet & Saxophone		
Thursday 29th February			Thursday 29th February		
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	Millie P		9.45am	Esmee M	
10.00am	Rex R		10.15am	Clementine C-D	
10.30am					
10.45am	Francesca G				
11.15am	Oscar W				
11.45am	Freddie B				
12.15pm	Primrose G				
12.45pm					
1.15pm	Tilly R-C				
1.45pm	Autumn S				
2.15pm	Alex B				
3.15pm					



	Rob Campkin
	Violin & Piano
	Thursday 29th February
8.00am	Joshua C
8.30am	Skantha N
9.00am	Chloe B
9.30am	Madhavan R
10.00am	Miles C
10.30am	
11.00am	Max M
11.30am	Rory B
12.00pm	Harry C
12.30pm	
1.00pm	Emily A
1.30pm	Hunter L
2.00pm	Grace T
2.30pm	William J
3.00pm	
3.45pm	Peaches C
4.15pm	Adiella I

Practice Room

	Dom Smith
	Flute
	Friday 1st March
8.15am	Kimberley L
8.45am	Francesca G
9.15am	

Drama Studio

Friday

Rob Campkin		Keyboard Room	Barry Worley		Practice Room
Violin & Piano			Guitar		
Friday 1st March			Friday 1st March		
8.00am	Skantha N		8.00am	Lochie S	
8.30am	Ata K (violin)		8.30am	Devon S	
9.00am	Hamish B		9.00am	Jessica B	
9.30am	Emily T		9.30am	Amalie S	
10.00am	Rishita M		10.00am	Barney T	
10.30am	Frances M		10.30am	Ralph E	
11.00am	Matthew S		11.00am	Freddie B	
11.30am	Max C		11.30am	Ethan S	
12.00pm	Reeve E		12.00pm	Beau E	
12.30pm	Amina K		12.30pm		
1.00pm			1.00pm	Rock Band	
1.30pm	Bertie F		1.30pm	Guitar Rock Prep Band	
2.00pm	Ata K (piano)		2.00pm	Toby S	
2.30pm	Florence W		2.30pm	Reeve E	
3.00pm			3.00pm	Max M	
			3.30pm	Rory G	
			4.00pm	Orson W	



**YOU ARE INVITED TO OUR
NURSERY/PRE-SCHOOL AND PRE-PREP**

Spring Assembly

WEDNESDAY 20 MARCH

REFRESHMENTS: 9:00 AM

SHOW STARTS: 9.30AM

SCHOOL HALL



Lancing Prep Worthing

A Lancing College Preparatory School



YOU ARE INVITED TO OUR

Prep Spring Service

FRIDAY **22** MARCH

3 PM

ST MARY'S CHURCH BROADWATER



Lancing Prep Worthing

A Lancing College Preparatory School

YOUR VOICE MATTERS



Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

5-11
FEB
2024



OUR VOICE
MATTERS!

Our voices matter!



Article 12

You have the right to an opinion and for it to be listened to and taken seriously.

Children's Mental Health Week

Each year there is a different theme for Children's Mental Health Week.

What does this mean?

This year the theme is:



My Voice Matters

We can use our voice to share our feelings about big and small things.

We can get help when we need it.

We deserve to be listened to.

We can explain how we feel and our needs can be understood. When people understand what we need, we have access to the things that help us to feel safe, happy and healthy.



My Voice Matters

Speaking out and having our voice heard helps us to **feel a sense of belonging**.

Feeling **respected and valued** by people around us helps to support healthy relationships. **It helps to build:**

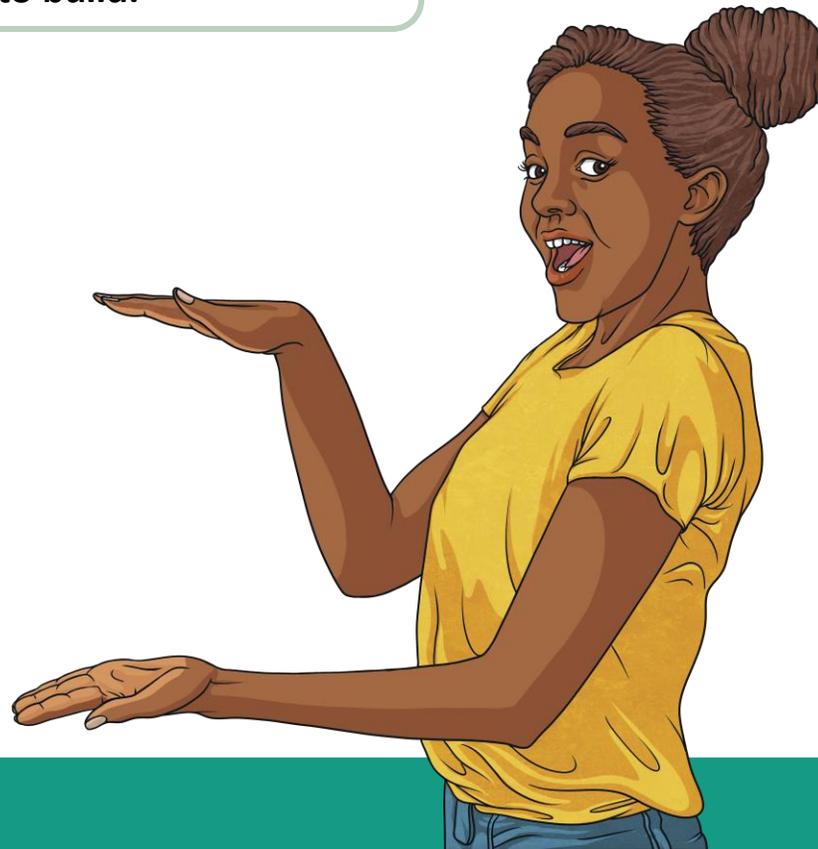
trust

security

self-esteem

honesty

kindness





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Speaking about emotions

People might laugh

There are things we can do to help other people have the confidence to share. By showing each other respect and valuing the feelings of others, we help people around us to believe their voice matters.

as important as those of other people.

We are all different so feel differently about things.



Why is it not celebrated?
It should be celebrated.

I'm sure someone else

By listening to other people and showing we have heard and understood what they say, we are valuing their feelings and supporting their mental health and wellbeing.

Maybe what I think doesn't matter.

RUBY'S WORRY!



By [Name]

Speaking about emotions

It can be particularly important to speak to people we love and care about when we or they feel emotion(s) which we or they **need support with**.

By speaking to people and explaining how we feel, we can use our voice to get support when we need it and help others when they need it.



Who might we speak to if we are worried?

teachers

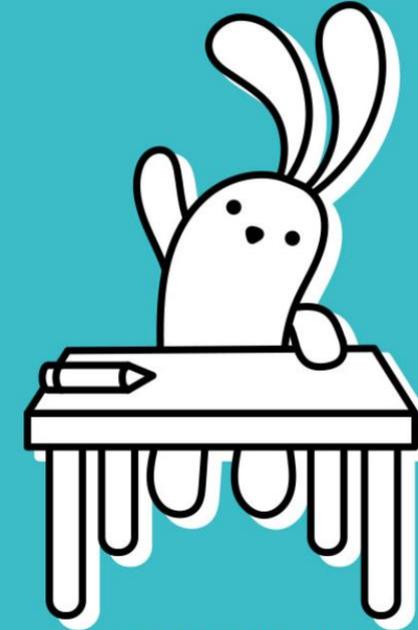


Why is kindness an important part of this?

By listening to others and showing kindness and respect, we give them the confidence to share feelings and help them see that their voice matters too.

RESPECT

Treating people, places,
and things with kindness.



RANDOM ACTS OF KINDNESS
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www.randomactsofkindness.org



kindness

Day 7

**Be kind to
yourself
and spend
some time
on YOU!**

Kindness starts with you.

It's not just about doing nice things for others; it's also about being kind to ourselves.

Often, we forget to be kind to ourselves. We worry about making mistakes or being perfect. But it's important to remember that we all have strengths, and it's okay to make mistakes.





TITUS & REYNOLDS

" Always remember you matter,
You're important and you are loved,
and you bring to this world



things no one else can."

“Finding your voice and purpose in life is one thing, but, very often, when it is time to use that voice and make a change, you will need a bit of teamwork to make things happen.”

Marcus Rashford

(from You Can Do It; How to find your voice and make a difference, 2022)





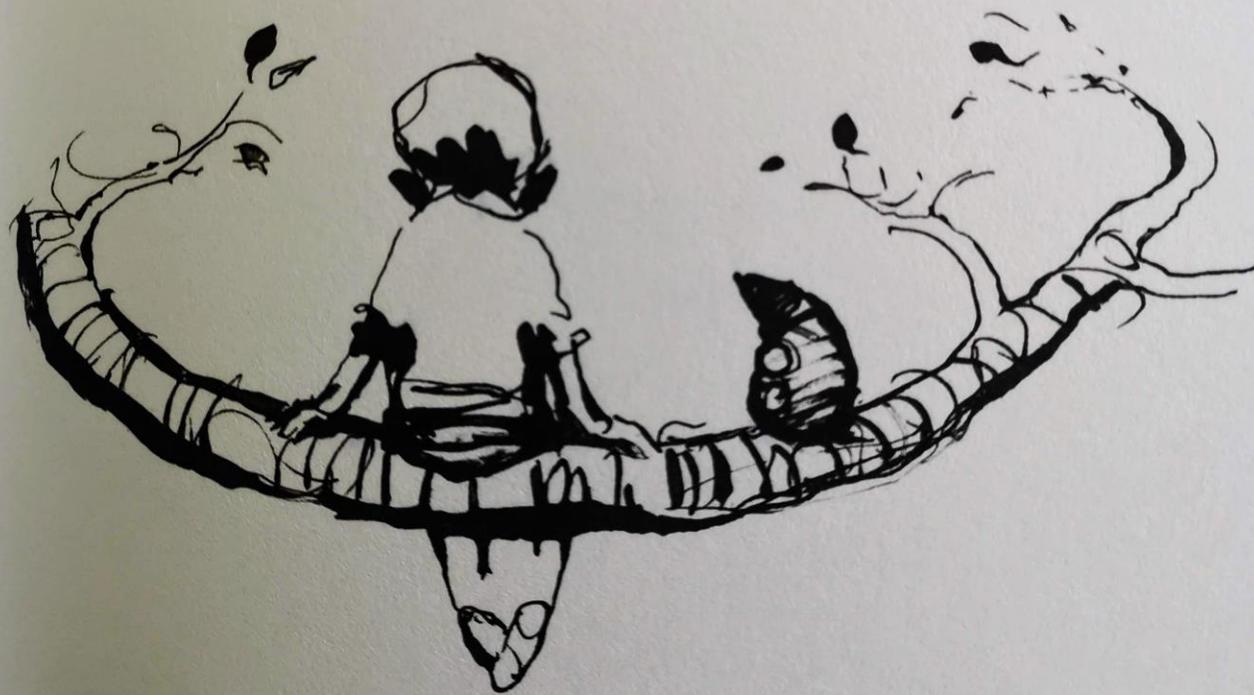
Remember, kindness is contagious.
Each act of kindness makes a difference, **no matter how small.**

So let's make **spreading kindness a part of our daily lives.**

Think about one act of kindness you can do today.

It could be to a friend, a family member, or even for yourself.

"What do you want to be
when you grow up?"



"Kind" said the boy

"A SINGLE ACT OF KINDNESS THROWS OUT
ROOTS IN ALL DIRECTIONS, AND THE ROOTS
SPRING UP AND MAKE NEW TREES."

- AMELIA EARHART



RANDOM ACTS OF KINDNESS
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www.randomactsofkindness.org





Balancing screen time

internet
matters.org

Top tips to support children aged 7-11 (Key stage 2)

Typically at this age children will start to be more active online so it's important to equip them with the tools to strike a healthy balance between the time they spend on and offline, especially as they start to get their own devices.



How are children using screens?



Source: [Ofcom Children and Parents Media use and attitudes report 2018](#)

What parents tell us

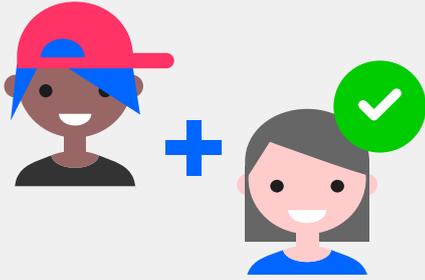
Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

Screens' impact on physical wellbeing

Nearly half of parents in the UK are worried their children are spending too much time online – with the majority believing it is causing their kids to lead a sedentary lifestyle lacking in physical exercise.

What are the benefits and challenges of screen use?

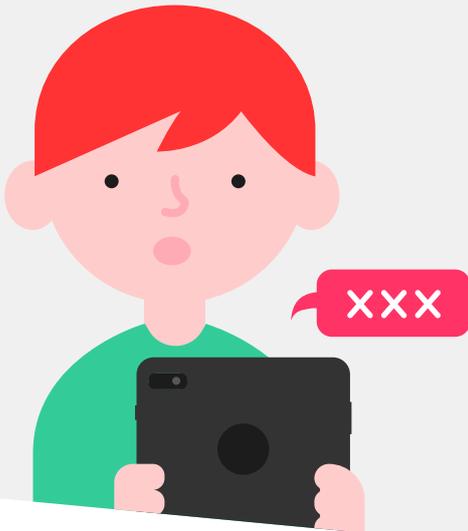


Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development
Source: [Internet Matters Look both ways report](#).
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **Screens can provide much needed down-time** at the end of the school day.

Screen time challenges

- **Peer pressure from friends to stay online** and the way certain platforms are developed to keep users engaged can make it harder for children to switch off.
- As children get more active online there is an **increased risk that they might stumble across inappropriate content** that can have a negative impact on their digital wellbeing.
- Long periods of passive screen time (i.e bingeing on box sets) **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.



5 top tips to balance screen time

1 Create screen time rules together

To help them stick to digital boundaries **get them involved in the process of setting simple rules** on how they should use screens in and out of the home.

Giving them reasons why it's important to prioritise sleep, homework and family time can help them make smarter choices about when and how they should switch off screens.

Make sure to model the behaviour that you'd like to see in them – children tend to do what you do, not necessarily what you say.

2 Take an active role in their digital life

Get engaged and stay engaged in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world.

Making screens part of family time, like a movie or an online games night is one way to make it more inclusive and engaging.

Also, encouraging them to have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime is important.

3 Equip them with know-how to manage risks online

As children become more active online, **have regular conversations with them about ways to deal with a range of risks** that they may be exposed to such as seeing inappropriate content or being cyberbullied.

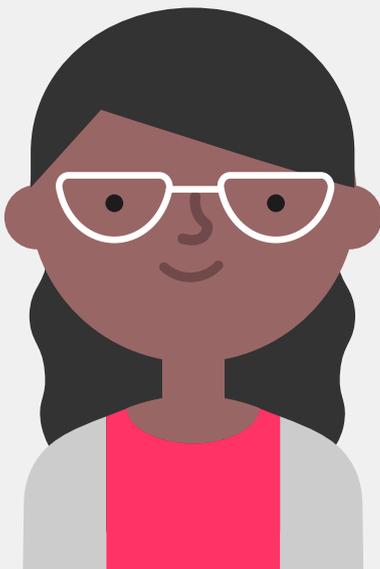
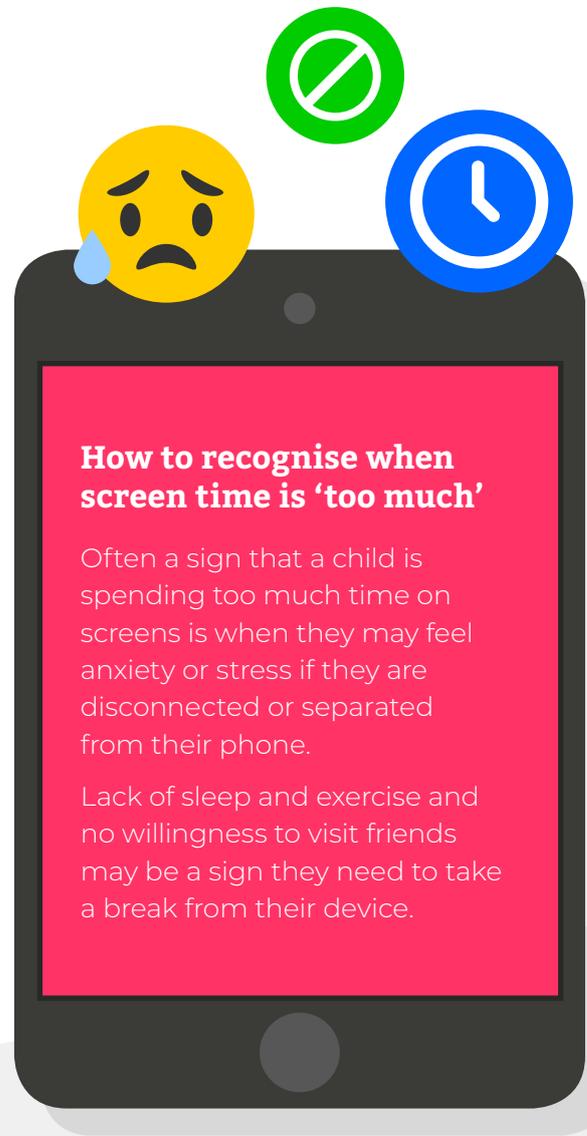
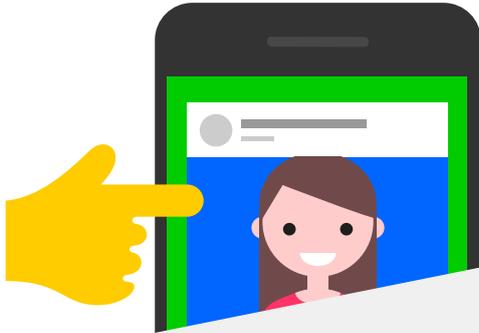
Make sure they know when and where to seek help if they need it and what tools they can use to deal with it.

4 Use tools to manage their screen time & access to media

Whatever device your child uses, be sure to **make use of free and premium tools available** to manage their access to age-appropriate content and review the time they spend on specific online activities.

5 Encourage them to be selective about what they do online

Help them avoid mindless scrolling and be more critical about the media they watch and the platforms they use. Encourage them to explore apps and websites that will compliment what they enjoy in the real world and develop their key skills.



The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time – it's more about getting it right for your families needs.

Visit internetmatters.org/screentime for more advice

 InternetMatters

 internetmatters

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**internet
matters.org**

Parents' guide: Gaming advice to support Pre-school children

internet
matters.org



What to think about:



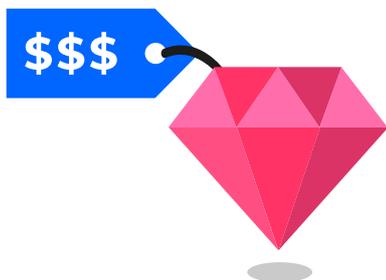
Research what games are available

Online gaming is increasingly popular with younger children so it's important to do a bit of research around the types of **age-appropriate games** that are available for your child.



Know your PEGI ratings

Learn more about what ratings mean to make the right choices on suitable games for your child to play and avoid games that involve playing with others online.



Review the cost of in-game purchases

With more and more 'free-to-play' games available featuring in-game purchases, **it's important to see what additional cost may be involved** to avoid getting caught out with a big bill. Setting controls to restrict in-app purchases can help as a tech solution.



Mix and match types of games

Keep them engaged and learning by giving younger children a varied diet of educational games that teach them basic maths to more fun games that feature their favourite TV characters. This can help them to develop their problem-solving skills and creativity.

What to talk about

Set rules surrounding video gaming and screen use

Use a **family agreement** to agree together on some clear boundaries on what games they can play, when and for how long to help them have a safer experience while gaming. Review these as they grow to make sure they are still working for them.

Give them coping strategies

If things go wrong while they are gaming (i.e. they see something upsetting) **make sure they know what to do**, whether it is to turn off the screen or go speak to you or a trusted adult to resolve the situation.



Things to do

See what people say about the game

Read **online reviews by parents** to get a better understanding of the games.

Get help choosing the right game

Use sites like **PEGI** that offer age-specific game reviews to focus your search.

Make use of controls to keep them safe

Familiarise yourself with the parental controls on your child's console, mobile device or gaming app to **ensure they can only access content that is age-appropriate**.

Use tech tools to set time limits

Increasingly children are spending more time gaming so using tech tools on devices they use to **manage the time they spend** and what they play can help them build good online habits.



Use our set up safe gaming parental controls how to guide to learn how to make use of the tools

Play online games together

Typically, younger children will need a lot of guidance when it comes to choosing and playing games. **Playing together can help build their confidence and keep you engaged in their digital world.**



Parents' guide: Gaming advice to support pre-teens

internet
matters.org



What to think about:



Ways games can benefit children

If your child is a keen gamer, **steer them towards games that will help them to develop life skills** like problem-solving or supplement their learning.



Be aware of game content and themes

It's important to **stay on top of what themes are featured in the games** they play so that you can be aware of how these might influence their view of the real world.

What to talk about

Discuss what they enjoy playing

Have regular conversations about the games they play so you can create an environment where they feel they can come to you if something goes wrong.

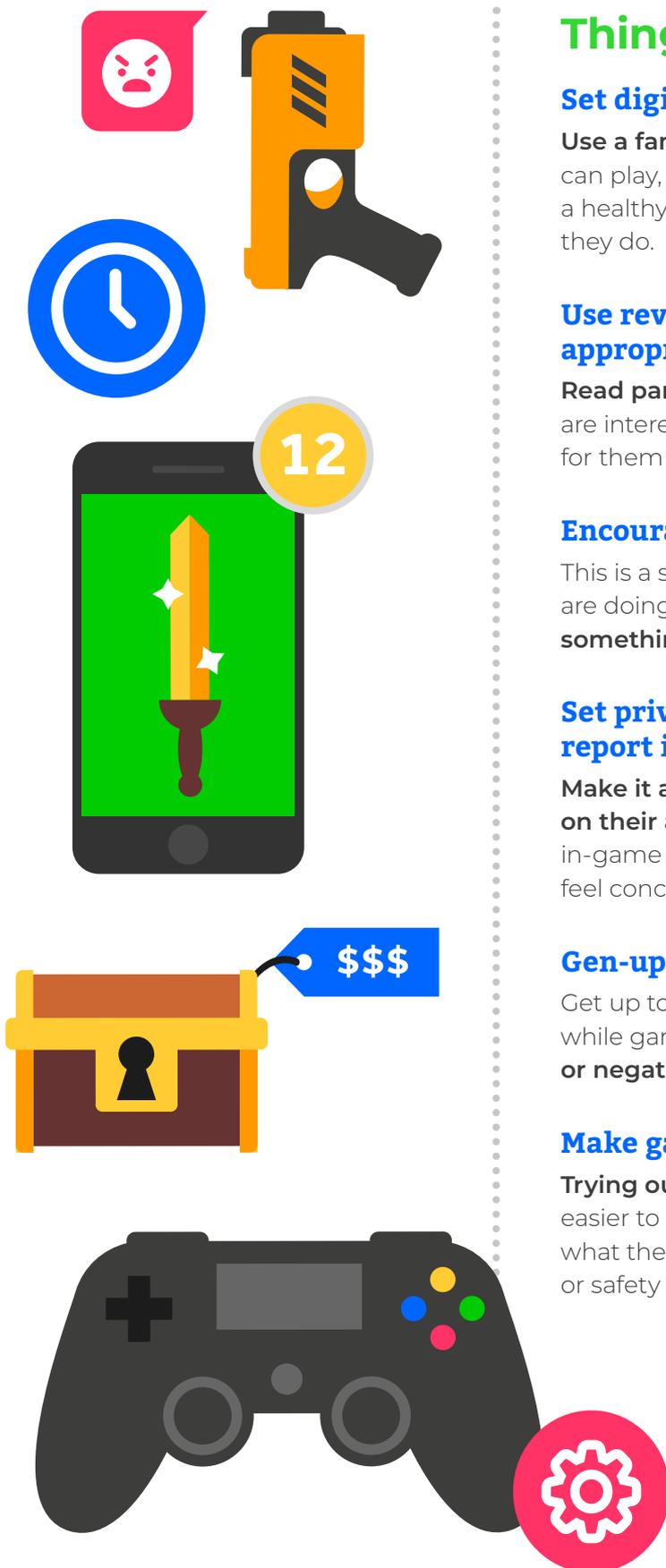
Talk about potential risks

Help them understand the **importance of keeping personal details private** and tell them that not everyone online is who they say they are.

How to cope when things go wrong

If they see something that upsets them or are targeted by another player in a game, it's important to talk about how to handle this situation. **Advise them to come and talk to you or a trusted adult for support.**





Things to do

Set digital boundaries

Use a family agreement to set rules on what they can play, when and how long for to help them strike a healthy balance between gaming other activities they do.

Use reviews and sites to pick appropriate games

Read parents and expert reviews of games they are interested in to help you choose the right games for them to play.

Encourage them to play in shared spaces

This is a simple way to stay engaged in what they are doing while gaming and **step in if you feel something's not quite right.**

Set privacy settings and learn how to report in-game abuse

Make it a habit to review their privacy settings on their account and teach them where to report in-game abuse so they can take action if they feel concerned.

Gen-up on the lingo

Get up to speed on how players communicate while gaming to **spot the signs of cyberbullying or negative behaviour.**

Make gaming a family affair

Trying out new games with children makes it easier to relate and can give you a better sense of what the game is about and prompt conversation or safety measures to help them stay safe.

**SUSSEX
NRG**

**ARE YOU CURRENTLY IN YEAR 7
AND WOULD YOU LIKE TO PLAY
HIGHER LEVEL NETBALL?**

**NRG ARE HOPING TO ENTER A REGIONAL U13
SQUAD FOR THE 2024/25 SEASON AND ARE
LOOKING FOR PLAYERS TO JOIN OUR SQUAD**

**TRIALS WILL TAKE PLACE ON
TUESDAY 19TH MARCH
6.30-8.30PM AT WORTHING
COLLEGE**

**Email admin@nrgnetball.co.uk to
register a place or ask for further
information**



COST IS £5 for the session

NRG EASTER NETBALL CAMPS

Monday 8th and Tuesday 9th April 2024

9am-12 - yr 2s, yr 3s, yr 4s, yr 5s and yr 6s

1pm-4pm - yr 7s and yr 8s

at Worthing College, BN14 9FD

£15 per session

Open to both NRG and non NRG members, all standards very welcome. Please email admin@nrgnetball.co.uk for a booking form

