

Lancing Prep Worthing

A Lancing College Preparatory School

28 March 2025

Dear Families,

The weeks have flown past this term, filled with the perfect blend of focused work, vibrant activities, and a rich program brimming with events. It is hard to believe that we shall be returning after this holiday to the final term of the academic year!

I am delighted to share with you that this year we have achieved the highest number of 13+ Scholarships awarded in LPW's history, with 24 Scholarships being awarded so far to our Year 8 pupils to the Senior School of their choice (72% of the year group). This number of awards for any Prep school in the country (or further afield) is quite remarkable and I am proud of the teaching and learning that is happening behind our bright blue gates.

All our teachers, from our Nursery Team up to Year 8, have contributed to their journey – it takes a village, after all. However, the pupils' achievements belong to them. Each individual child has harnessed their love of learning, focus, and dedication to their studies in order to achieve incredible results. We have no doubt that each of these pupils will also 'Be Kind' and 'Go out into the World to Do Good.' I am very proud of them.

Scholarships awarded (to date):

Max Barnard

Lancing College – The Jack Robson-Carter Academic Scholarship (3rd highest award)

Freddie Brookfield

Lancing College – Sport Scholarship and Peter Robinson Cricket Scholarship

Joshua Callard

Lancing College – Sport Scholarship

Noah Campbell

Lancing College – Ken Shearwood Award

Harry Clark

Lancing College – Ken Shearwood Award

Jonathan Clements

Lancing College – Ken Shearwood Award
Seaford College – DT Scholarship

Constance De Forest

Lancing College – Sport Scholarship

Beatrice Dissanayake

Lancing College – Sankey Academic Scholarship (highest award) and Ken Shearwood Award

India Geary

Lancing College – Ken Shearwood Award

Ryley Gibbs

Lancing College – Academic Scholarship and Drama Scholarship

Toby Gilchrist

Lancing College – Drama Scholarship

Daniel Harper

Lancing College – Sport Scholarship

Dhruv Karan

Lancing College – Academic Exhibition

Abhimanyu Khilare

Lancing College – Academic Exhibition

Max Makgill

Lancing College – Ken Shearwood Award

Greta McAulay

Lancing College – Ken Shearwood Award

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William Pottinger
Lancing College – Music Scholarship

Rex Reynolds
Lancing College – Head Master's Award

Sophia Smallman
Lancing College – Academic Scholarship and Sport Scholarship



Throughout the week all our children at school have had the opportunity to make hot cross buns with Mr Bell, and I had the pleasure of leading some French cookery with some Year 7 and 8 pupils. I hope that your children might find the time in their holiday to do more cookery – they really do seem to enjoy it.

On Monday evening, some of our Year 3 and 4 children had an incredible experience performing at the Time to Dance event at Worthing Pavilion. Their hard work and enthusiasm shone through as they took to the stage, showcasing their talent and teamwork in a lovely routine. The energy and confidence that they displayed was truly inspiring, captivating the audience with their amazing performance. It was a wonderful opportunity for them to express themselves through dance, and they embraced it with excitement and joy. The event was a memorable and rewarding experience, leaving everyone feeling proud of their achievements.

On Wednesday morning we were treated to our Pre-Prep Spring Service. It was utterly delightful! The children read and sang beautifully. I am always in awe of their beautiful singing voices and their bravery to have such stage presence in a crowded room. We are all very proud of them.

Then this afternoon was our Prep School Service and it was pure magic. The children were truly magnificent and I hope that they feel very proud of themselves. A huge thank you to Mrs Rees for all her hard work and preparation to make it such a special afternoon and to Father Justin for his blessing and constant support towards our school community.

This week many of Year 7 and 8 pupils have been on a residential trip in Paris. They have been blessed with beautiful sunshine and we can't wait to welcome them back to hear firsthand about their experiences.

Dates for the Diary:

Tuesday 22nd April
Inset Day

Wednesday 23rd April
First day back to school for the Summer Term

Tuesday 29th April
Year 3 trip to Preston Manor

Friday 2nd May
Author and Illustrator, Chris Snow, visiting LPW

Monday 19th May
Summer Soiree, Drama Studio

Tuesday 20th May, 4:15pm – 5:15pm
PSHEE Parent Workshop on the topic of Digital Wellbeing and Safeguarding in the Digital World. All welcome.

The Director of IT from Lancing College, Andy Brown, will be joining us, for this workshop.
Further information will be shared after the Spring Term break.

Congratulations to:

Sofia S who sat her Grade 2 piano exam in Brighton on Saturday and received a Distinction.

Amina K who received a medal from her Football Club for winning the Final Cup Game with her team last weekend.

Harry C who will be taking part in a Music Junior Artists' Overture Day run by the London Philharmonic Orchestra, in Worthing. He will be playing large-scale repertoire including Trepak from 'The Nutcracker' and the theme from the blockbuster film 'How to Train Your Dragon' alongside musicians from the LPO.

Jacob S-Y who entered The Novice County Gymnastic Championship (Floor and Vault) and was placed 1st in his category.

Emily S-Y who entered The Novice County Gymnastic Championship (Floor and Vault) and was placed 5th in her category.

Maisie C, Cody M and Matilda W who all took Music ABRSM exams on Tuesday this week at the College. Everyone played their pieces extremely well to the examiner and conducted themselves beautifully.

Chloe R and her football team, Worthing Divas, who finished 3rd place in their league.

Chloe B who came second place in her category in the Gymnastics Sussex Championships competition last weekend.

Headteacher Awards (w/b 18th March)	
Leah B	for consistently being positive and trying your best in everything you do.
Rory B	for a beautifully crafted persuasive letter to Howard Carter in 1922 to apply for a job on the dig to find Tutankhamun's tomb.
Xanthe MMDC	for a beautifully crafted persuasive letter to Howard Carter in 1922 to apply for a job on the dig to find Tutankhamun's tomb.
Arabella T	for a beautifully crafted persuasive letter to Howard Carter in 1922 to apply for a job on the dig to find Tutankhamun's tomb.
Oscar W	for playing the piano in Eucharist.

Finally, Ms Bridges uploaded to Teams an optional History 'Delving Deeper' task for our pupils in Years 6 to 8 that may wish to participate in the run up to VE Day on the 8th May. House Points and Headteacher Awards available to be earned.

I wish you and your family a very happy few weeks and we look forward to welcoming the children back to school on Wednesday 23rd April.

Best wishes,

Francesca Milling

SUMMER MENU

Week 1



Lancing Prep Worthing

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ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Wholemeal pasta bar -tomato & basil, homemade pesto (with spinach) or cheese sauce	Roast chicken with lemon & thyme gravy	Chicken meatballs with a tangy tomato sauce	Traditional beef lasagne with hidden vegetables Garlic bread	Fish fingers or baked white fish with homemade tartare sauce and lemon wedge
MAIN	Wholemeal pasta bar -tomato & basil, homemade pesto (with spinach) or cheese sauce	Roast chicken with lemon & thyme gravy	Chicken meatballs with a tangy tomato sauce	Traditional beef lasagne Garlic bread	Fish fingers or baked white fish with homemade tartare sauce and lemon wedge
MAIN (VEGAN & VEG)	Potato gnocchi with a herb & garlic butter sauce	Lemon & thyme infused Quorn fillet with gravy	Vegan vegetable 'meatballs' with a tangy tomato sauce	Plant based & vegetable lasagne Garlic bread	Plant based fishless finger Homemade tartare sauce, lemon wedge
SIDE ORDERS	Homemade garlic bread Steamed greens Seasonal garden salad	Roast potatoes Cauliflower cheese Savoury cabbage	Herby couscous and curly kale	Steamed carrots Homemade garlic bread	Oven baked chips Peas or baked beans
PROTEIN SALAD BAR	Mixed salads Tuna mayo, boiled egg	Mixed salads Sliced ham, brie and cranberry	Mixed salads Mozzarella & basil, coleslaw	Mixed salads Sliced meat, falafel	Mixed salads Feta & watermelon, potato salad
PUDDING	Banana and custard	Selection of fruit jellies	Greek yoghurt with various toppings, seasonal fruit compote	Apple pie & vanilla custard	Mixed fruit
AFTERNOON SNACK	Vegan sausage roll Fresh fruit	Lancing Prep flapjack with pumpkin and sunflower seeds Fresh fruit	Cheese filled croissant Fresh fruit	Courgette and lemon muffin Fresh fruit	Pain aux Raisins Fresh fruit

SUMMER MENU Week 1

– Dietary Requirements



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ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Gluten free pasta bar Gluten free cheese sauce Gluten free tomato sauce Gluten free pesto	Roast chicken with gluten free gravy	Gluten/dairy free chicken meatballs with a tangy tomato sauce	Gluten free, dairy free lasagne Gluten free garlic bread	Fish fingers or baked white fish with homemade tartare sauce and lemon wedge Gluten free fish fingers
MAIN	Gluten free pasta bar Gluten free cheese sauce Gluten free tomato sauce Gluten free pesto	Roast chicken with gluten free gravy	Gluten/dairy free chicken meatballs with a tangy tomato sauce	Gluten free, dairy free lasagne Gluten free garlic bread	Fish fingers or baked white fish with homemade tartare sauce and lemon wedge Gluten free breaded fish fingers
MAIN (VEGAN & VEG)	Potato gnocchi with a herb & garlic butter sauce	Lemon & thyme infused Quorn fillet with gravy Gluten free cauliflower cheese	dairy free Quorn vegetable 'meatballs'	Gluten free plant based & vegetable lasagne Garlic bread	Plant based fishless finger Homemade tartare sauce, lemon wedge
SIDE ORDERS	Gluten/dairy free garlic bread	Roast potatoes Gluten free cauliflower cheese Savoury cabbage	Gluten free pasta	Steamed carrots Gluten free garlic bread	Oven baked chips Peas or baked beans
PROTEIN SALAD BAR	Mixed salads Tuna mayo, boiled egg	Mixed salads Sliced ham, brie and cranberry	Mixed salads Mozzarella & basil, coleslaw	Mixed salads Sliced meat, falafel	Mixed salads Feta & watermelon, potato salad
PUDDING	Gluten/dairy free custard	Vegan jelly	Dairy free soya yoghurt	Gluten/dairy free apple pie Gluten/dairy free custard	Mixed fruit
AFTERNOON SNACK	Gluten free option Fresh fruit	Gluten free oat flapjack Fresh fruit	Gluten/dairy free options Fresh fruit	Gluten/dairy free pizza Fresh fruit	Gluten/dairy free options Fresh fruit

Lancing Prep Worthing Music Lessons Week 1

Summer Term
Week beginning April 21st

Wednesday

Singing: Simi Fyles Practice room		
8am		
8.15am	Peaches C	
8.45am	Beatrice D	
9.15am	Max B	
9.45am	Alex B	
10.15am	Elodie G	
11am	Thea W	
11.30am	William B	
12pm	Lucas B	
12.30pm	Eileen C	
1.30pm	Lilah MMDC	
2pm	Xanthe MMDC	
2.30pm	Primrose	
3pm	Chloe B	
4pm	Grace T	

Liz Hosford: Piano and Double Bass Drama Studio/Keyboard room		
8.30am	Jonathan C	
9am	Vivian B	
9.30am	Oscar K	
10am	Harry C	
10.45am	Rafferty D	
11.15am	Cleo S	
11.45am	Jasper DW	
12.15pm	Lunch	
12.45pm	Lottie J	
1.15pm	Brodie B	
1.45pm	Beatrice C	
2.15pm	Devaansh M	
2.45pm		

Lancing Prep Worthing Music Lessons Week 1

Thursday

Lucy Ballard: Clarinet and Saxophone Keyboard room done		
8am	Rosie H	
8.30am	Jonathan C	
9am	Esmee M	
9.30am	Zara H	
9.45am		
10.30am		
11am		

Liz Hosford: Piano and Double Bass Drama Studio		
8am	Oscar W	
8.30am	Max B	
9am	Freddie Bro	
9.30am	Rupert W	
10am	Freddie Bev	
10.45am	Eileen C	
11.15am	Autumn S	
11.45am	Francesca G	
12.15pm	Damian B	
12.45	Millie P	
1.15		
1.45		

Lancing Prep Worthing Music Lessons Week 1

Thursday

Rob Campkin, Violin and Piano Practice Room		
7.45am	Max M	Piano
8.15am	Joshua C	Violin
8.45am	Harry C	Violin
9.15am	William J	Piano
9.45am	Florence W	Violin
10.15am	BREAK	
10.45am	Miles C	Violin
11.15am	Rory B	Piano
11.45	Space for new pupil	
12.15	LUNCH	
1pm	Bobbie C	Piano
1.30pm	Hunter L	Piano
2pm	Reeve E	Piano
2.30pm	BREAK	
2.45pm	Rishita M	Piano
3.15pm	Madhavan R	Violin

Friday

Dom Smith: Flute Drama Studio		
8.30	Francesca G	

Lancing Prep Worthing Music Lessons Week 1

Friday

Rob Campkin, Violin and Piano		
Keyboard Room		
8.15am	Ata K	Violin
8.45am	Amina K	Piano
9.15am	Hamish B	Piano
9.45am	Charlie B	Piano
10.15am	BREAK	
10.45am	Frances M	Piano
11.15am	William J	Violin
11.45am	Max C	Piano
12.15pm	BREAK	
12.45pm	String Group A	Violin
1.15pm	Emily A	Piano
1:45pm		
2.15pm		
3pm		
3.30pm		

Sarah Davison: Cello		
Drama Studio		
10.30		
11am	Helena P	
11.30am	India G 8	
12pm	Sam W-B	

Lancing Prep Worthing Music Lessons Week 1

Friday

Friday: Barry Worley, Guitar and Drums Practice Room		
8am	Lochie S	
8.30am	Max M	
9am	Ralph E	
9.30am	Harry A	
10am	Ethan S	
10.30am	Toby S	
11am	Mae C	
11.30am	Oliver B	
12pm	Pippa W	
12.30pm	-----	
1pm	Rock band	
1.30pm	Noah C	
2pm	Rowan T-R	
2.30pm	Reeve E	
3pm	Ben S	
3.30pm	Magnus D	

EASTER

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U12
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**GIRLS &
BOYS**

**£55
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FULLY INSURED/DBS CHECKED/FIH LEVEL 3 COACH



EASTER JUNIOR GOLF CAMP



SESSION TIMES & DATES WITH BERTIE:

7th - 9th April - 1pm to 4pm

14th - 16th April - 1pm to 4pm

SESSION TIMES & DATES WITH WILL:

10th & 11th April - 9am to 12pm

17th & 18th April - 9am to 12pm

**Sessions for children aged 6- 15, for beginners through to more experienced players.
Each session is £35 per child to include coaching & equipment & balls.**

Sessions involve:

All aspects of the game including: pitching, putting, chipping, iron play and driving.
This will lead to going out onto the course and playing some actual games

Contact Bertie & Will to book:

bertie.chambers@slinfordclub.co.uk

william.ohalloran@btinternet.com

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RYE JUNIOR TENNIS TOURNAMENT

2025

8-18 YEARS ALL LEVELS WELCOME

6th - 8th August 2025

6th August - Girls & Boys Singles

7th August - Girls & Boys Doubles

8th August - Mixed Doubles

Delicious hot food - Served all day

BBQ and music - Thursday after play



Book your place at:

ryelawntennisclub.org.uk/event/junior-tennis-tournament



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LANCING COLLEGE POOL

7-11 April

3.30PM- 5.30PM daily

For swimmers of all abilities!

- ✓ Stages 1 - 5
- ✓ Fully qualified instructors
- ✓ Small group sizes
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👤 £55.00 per swimmer for the full course

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📞 Contact: 01273 465782

✉ Email: poolbookings@lancing.org.uk

To book, please fill out the booking form: [Click here](#)