

The Hive

Wellbeing News

Spring 1 25/26



As the days grow lighter and signs of spring begin to appear, this term offers a wonderful opportunity to pause, reset and focus on your health and wellbeing. Spring is a season of growth and renewal which reminds us of the importance of nurturing not only our learning, but our happiness, resilience and connecting with others. Put the Spring back in your step.



Children's Mental Health week 9th 15th Feb 2026
theme is:

'This is my Place'

Can you imagine or draw a picture of the place you feel safe, happy and relaxed?

Ask yourself

Our Year 7 asks
"What do you do to make yourself feel calm?"
"I talk to my friends"

Five ways to wellbeing



Connect: Can you create and share a friendship drawing or friendship note that connects you to your peers.

Be active: Can you create a routine to a song or a dance to keep you fit and active.

Keep learning: To try new things and keep learning, have a go at the Pancake recipe or the optical illusions in this edition of The Hive News.

Give: Can you offer to help around the home, prepare meals or drinks, clean up, help care for any pets in your family?

Take notice: Can you make time for a 'moment of calm' in your day. Spend some time reflecting and processing your thoughts and feelings.

You don't have to do all, every day – Even one small step can help your wellbeing grow.

Peaceful picture



"It makes me feel calm, I can imagine being there" Elodie Year 7

"It makes me feel the breeze in my face and I like that" Frida Year 7

Affirmation

"Mistakes help me learn and grow; I can take a deep breath and try my best"

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

The star of the show, Nugget, featured in School House Magazine Spring/Summer edition

UPPERFRONT

SCHOOL PET



Nugget, guinea pig at Lancing Prep Worthing

Nugget may be small, but he's making a big impact on pupils' wellbeing at Lancing Prep. Officially Chicken Nugget – a name drawn from a hat among other food-related suggestions – he joined the school family in 2023 as an emotional support animal for the children.

'It's really helpful having an animal they know is there for them,' says Arnie Bennet, assistant head, SENCo and DSL. Nugget lives in the Hive, the school's wellbeing room, and is cared for by pupils both in and out of term time. 'If the children are finding it difficult to express themselves, it helps them to talk to Nugget and open up that way. Or if they're having a busy day, they pop in to see how he's doing and give him a cuddle. You

see their shoulders go down immediately. Nugget makes them feel so calm.'

While he is a laid-back animal that loves being held, Nugget regularly tips his wooden house upside down and gives it a nibble – a cheeky trick that never fails to make the children laugh. He also loves his greens – particularly lettuce, celery and mint – and when not spending time with pupils or staff, he is content in his cage with his very own cuddly guinea pig toy.

Nugget turns three in July and as is tradition, pupils will be making him cards and decorating his cage to celebrate. 'He is absolutely adored by the children and we genuinely see him as a really big, important part of our school community,' adds Bennet. 'We're all very team Nugget!' *Evie Calver*

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Red Velvet Pancake Recipe

Pancake Day – Tuesday 17th February



Ingredients

200g self raising flour
2 tbsp cocoa powder
1 tsp baking powder
1 tbsp golden caster sugar
½ tsp vanilla extract
230ml milk
3 eggs
25g butter melted plus extra for frying
red gel food colouring

For the toppings

100g cream cheese
4 tbsp maple syrup
100g chocolate chips
Icing sugar for dusting
Handful of blueberries/ strawberries/cherries (optional)

Method

Step 1

Mix all of the pancake ingredients (except the food colouring) together in a large bowl, whisk thoroughly until smooth. Now add a small amount of red food colouring and mix again. Add more colouring until the batter is a rich reddish brown.

Step 2

Put a small knob of butter in a large non-stick frying pan over a medium-low heat and cook until melted and foaming. Pour 2 tbsp of the mixture into the pan and use the back of the spoon to shape it into an 8-9cm round disc. Depending on the size of your pan, you may be able to get 2 or 3 pancakes to cook at the same time. Cook for 2-3 mins on the first side, then flip over and cook for another 1 min on the other.

Step 3

Heat oven to its lowest setting and stack up the cooked pancakes on a baking tray to keep warm in the oven while you cook the rest. In a small bowl mix together the cream cheese and maple syrup then set aside until needed. To serve, stack the pancakes with the cream cheese mixture and chocolate chips in between them then finish with a final dollop of the cream cheese, a dusting of icing sugar and a few fresh berries if you like.

[Red velvet pancakes recipe | Good Food](#)

Internet Safety Day

10th Feb 2026



Stay safe online
with these top tips

<h1 style="font-size: 4em; color: #e91e63;">S</h1> <p>Stay Safe</p> <p>Don't give out your personal information to people / places you don't know.</p>	<h1 style="font-size: 4em; color: #00bcd4;">M</h1> <p>Don't Meet Up</p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p>	<h1 style="font-size: 4em; color: #00bcd4;">A</h1> <p>Accepting Files</p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p>	<h1 style="font-size: 4em; color: #00bcd4;">R</h1> <p>Reliable?</p> <p>Check information before you believe it. Is the person or website telling the truth?</p>	<h1 style="font-size: 4em; color: #00bcd4;">T</h1> <p>Tell Someone</p> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p>
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Follow these SMART tips to keep yourself safe online!



Try This One at Home!

You might not have a bird bath the size of the one outside this Bavarian castle, but why not hold a dish in front of your house so that the house 'sits' on it?



Toolbox

Keep practicing - by using regulation tools you can learn to calm yourselves independently.

Tap Tap

Cross your arms over your shoulder or knees and tap them rhythmically whilst counting your breaths in and out



1 2 3

5 4 3 2 1
SLOW DOWN & CALM DOWN
FIRST - TAKE 3 SLOW BELLY BREATHS!

- 5 List 5 things you can SEE
- 4 List 4 things you can FEEL
- 3 List 3 things you can HEAR
- 2 List 2 things you can SMELL
- 1 List something you like to TASTE

FINISHED! - TAKE ANOTHER 3 SLOW BELLY BREATHS

CALM YOURSELF WITH A
5 FINGER BREATHING
BRAIN BREAK

Start here

Thanks to the shape of the hand with the index finger, breathing in while you touch each finger and exhaling out when you release it. You can also do this breathing exercise using your own feet!

Flower Breathing

SQUARE BREATHING

1 2 3 4
Exhale 2 for 2 seconds

Inhale 2 for 2 seconds

4 3 2 1

Rainbow Breathing

If you need to talk to someone, find a trusted adult or a friend and be brave.

THE MIX
FREEPHONE 0808 808 4994
www.themix.org.uk

shout
85258
here for you 24/7

ChildLine
0800 1111

And finally... Be Kind, Love Learning and Go out into the world and do good



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