



Dear Families,

A huge thank you to all our wonderful parents for being so incredibly supportive as I took part in the Brighton Half Marathon last weekend. I was truly heartened by your kindness, encouragement and good-luck messages. They meant more than you know. Despite the rain and blustery weather, there was a fantastic sense of community spirit that made the whole experience feel very special, even if the sunshine chose to wait until Monday to appear!

That sunshine, when it finally arrived, has been very warmly welcomed. It has been such a joy to see the children out on the field playing cricket and all sorts of ball games, making the most of the brighter, fresher days. Many have enjoyed eating their lunches outdoors too, and there's been a lovely, energised buzz around the school all week. A reminder of just how much a little bit of warmth and light can lift everyone's spirits.

On Tuesday, we carried out a practice lockdown as part of our regular safety procedures. While this is not something any of us ever want to have to rehearse, it is an important part of ensuring that our whole community knows exactly what to do should we ever need it. I was incredibly proud of how calmly and sensibly the children and staff conducted themselves. Their maturity, teamwork and quiet confidence were truly commendable, and it was reassuring to see our community respond so effectively.

Thursday brought the excitement of World Book Day, which this year embraced the magical theme of fantasies and fairytales. The children looked wonderful in their imaginative costumes. From dragons and wizards to princesses, woodland creatures and brave adventurers. The school was filled with colour, creativity and the joy of stories brought to life, making it a truly enchanting day for us all. Throughout the day, activities were in full flow in every space of the school, with a break for a delicious lunch of Cloudy with a Chance of Meatballs pasta and a gigantic chocolate fountain with fruit for dipping. A huge thank you to every child for



LPW

News

making it so special; to you, our wonderful families, for supporting them with their outfits; to Mrs Casey, all the teachers and support staff; and to the Chair of the Friends and Families of LPW, Clare Gorrill.

Next week, we will be celebrating British Science Week, and this year's theme is 'curiosity' which couldn't be more perfect! Our Head of Science, Miss Manley, has planned some fun activities for our pupils to enjoy. We look forward to seeing the children bring their wonderful curiosity to life.

A gentle reminder that children are encouraged to bring a healthy snack for morning break. Options such as fruit, vegetables, plain rice cakes or other nutritious choices help keep pupils energised and ready to learn throughout the day. We kindly ask that snacks do not include sweets, chocolate or crisps, and that all items are nut-free to support the safety of our school community. Thank you for your continued support in promoting healthy habits.

Dates for the Diary:

Monday 9 March

Year 3 and 4 Online Safety PSHEE Workshop with PC Chris Marsden

Friday 13 March (during the school day)

Someone Special Shop open for pupils

Monday 16 March

Josh Lacey Author Visit for Years 5-6

[Josh Lacey Books](#) | [Steyning Bookshop](#)

Please order by 4pm on Thursday 12th March at the special event price of £7

Year 2 trip to Chichester Planetarium



LPW

News

Tuesday 17th March

NSPCC volunteer-led Workshops for Pupils in Year 2, 5 and 6

Thursday 19 March

Year 1 trip to Tilgate Zoo

Save the Date:

Next term's Summer Soirée concert is on **Monday 18th May at 5.30pm**. Senior Ensemble will be performing at the start.

We are delighted to share that Careers Week will take place from **23rd–26th June**. If you have a career that you would be willing to talk to the children about during this week, we would be hugely grateful for your involvement. Please contact Lindsey Townsend, Deputy Head, on ltownsend@lancing.org.uk if you are able to support.

Congratulations to:

Orlando B who played his second game for the Prep School Puma District Team on Saturday against Tonbridge & Malling District Schools. He had a great game and scored a hat trick with an assist. He then followed that up with another hat trick and two assists on Sunday for Wick FC, his Sunday league team.

William J who passed his Silver Award Level in Gymnastics.

Lottie J who has also been asked to join the Girl's Artistic Development Squad at Wickers for a trial week.

Finally, International Women's Day will be celebrated this year on Sunday, 8 March. This is an important time for us to recognise the achievements, strength and contributions of women and girls around the world. At school, it provides a chance



LPW News

for our pupils to reflect on equality, kindness and the inspiring role models in their lives.

I wish all our families a happy and meaningful International Women's Day and relaxing weekend.

Best wishes,



Francesca Milling

Headteacher Awards
27 February-5 March 2026

Noah A-S	for creating a wonderful World Book Day poster.
Felix H	for creating a wonderful World Book Day poster.
Daisy M	for creating a wonderful World Book Day poster with Frances, inspired by Harry Potter.
Delilah P	for creating a wonderful World Book Day poster.
Xanthe MMDK	for creating a wonderful World Book Day poster inspired by Harry Potter.
Primrose G	for creating a wonderful World Book Day poster inspired by Tiddler.
Asher G	for creating a wonderful World Book Day poster inspired by the Three Little Pigs.
Harriet K	for creating a wonderful World Book Day poster.
Penelope L	for creating a wonderful World Book Day poster with Margo and Cleo, inspired by the Chronicles of Narnia.
Frances M	{for crafting a brilliant video celebrating reading for World Book Day. {for creating a wonderful World Book Day poster with Daisy, inspired by Harry Potter.
Jasper S	for creating a wonderful World Book Day poster inspired by Skandar and the Skeleton Curse.
Jessica W	for creating a wonderful World Book Day poster.
Florence W	for creating a wonderful World Book Day poster inspired by The Gruffalo.
Chloe B	for creating a wonderful World Book Day poster inspired by the Three Little Pigs.
Isabella B	for creating a wonderful World Book Day poster inspired by Alice in Wonderland.
Sully B	for creating a wonderful World Book Day poster.
Mae C	for creating a wonderful World Book Day poster.
Margo L	for creating a wonderful World Book Day poster with Pen and Cleo, inspired by the Chronicles of Narnia.

Helena P	for creating a wonderful World Book Day poster inspired by Cinderella.
Cleo S	for creating a wonderful World Book Day poster with Pen and Margo, inspired by the Chronicles of Narnia.
Maisie C	for creating a wonderful World Book Day poster inspired by Harry Potter.
Harry A	for creating a wonderful World Book Day poster inspired by Harry Potter.
Fatima C	for creating a wonderful World Book Day poster inspired by Jack and the Beanstalk.
Frida B-A	for creating a wonderful World Book Day poster.
Dylan C	for creating a wonderful World Book Day poster inspired by In The Night Garden.
Peaches C	for creating a wonderful World Book Day poster inspired by Alice in Wonderland.
Francesca G	for creating a wonderful World Book Day poster inspired by the Magic Faraway Tree.
Esmee M	for creating a wonderful World Book Day poster with Pippa and Isabella, inspired by Beauty and the Beast.
Chima O	for creating a wonderful World Book Day poster inspired by Alice in Wonderland.
Ethan S	for creating a wonderful World Book Day poster.
Pippa W	for creating a wonderful World Book Day poster with Esmee and Isabella, inspired by Beauty and the Beast.
Ela B	for creating a wonderful World Book Day poster inspired by Le Petit Prince.
Isabella C	for creating a wonderful World Book Day poster with Esmee and Pippa, inspired by Beauty and the Beast.
Emeka O	for creating a wonderful World Book Day poster inspired by the Three Little Pigs.
Tilly R-C	for creating a wonderful World Book Day poster with Autumn, inspired by Icarus.
Ottilie S	for creating a wonderful World Book Day poster inspired by Harry Potter.
Autumn S	for creating a wonderful World Book Day poster with Tilly, inspired by Icarus.

Vivian B	for creating a wonderful World Book Day poster inspired by Little Red Riding Hood.
Ashley C	for creating a wonderful World Book Day poster inspired by The Little Mermaid.
Bertie C	for creating a wonderful Twilight World Book Day poster.
Miri H	for creating a wonderful World Book Day poster inspired by Goldilocks and the Three Bears.
Nicholas M	for creating a wonderful World Book Day poster.

SPRING MENU

Week 2



Lancing Prep Worthing

A Lancing College Preparatory School

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

	MONDAY Meat Free Monday	TUESDAY Chilli Tuesday	WEDNESDAY Curry Day	THURSDAY Meatballs	FRIDAY Fish Finger Day
LITTLE STARS	Freshly baked French bread margherita pizza with a Caesar salad	Not so chilli beef, mixed beans & hidden veggies	Chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger	Breaded cod fish finger Healthy oven baked fries
MAIN	Freshly baked French bread margherita pizza with a Caesar salad	Mexican chilli beef & mixed beans	Chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger	Breaded cod fish finger Healthy oven baked fries
MAIN (VEGAN & VEG)	Freshly baked French bread margherita pizza with a vegan Caesar salad	Vegetable, lentil & mixed bean chilli	Quorn vegan korma curry Basmati rice	Vegan Asian style meatballs Sticky honey & ginger	Quorn fishless finger Healthy oven baked fries
SIDE ORDERS	Spicy potato wedges Various toppings Sweetcorn/mushroom/peppers	Spicy potato wedges Cool nachos Sour cream & chives LPW guacamole Mixed leaf salad	Mini naan Mango chutney Tomato & onion salad Onion bhaji	Noodles Steamed carrots & Bok Choy	Baked beans Fresh peas ketchup LPW vegan tartare sauce
PROTEIN SALAD BAR	Tuna/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings
PUDDING	Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote Fresh fruit	Reduced sugar vegan fruit jelly Fresh fruit	Warm pear & oat bar Fresh fruit	Tangy lemon cheesecake Fresh fruit	Chocolate & avocado mousse Fresh fruit
PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM	Fresh fruit or vegetable crudités	Fresh fruit or vegetable crudités	Fresh fruit or vegetable crudités	Fresh fruit or vegetable crudités	Fresh fruit or vegetable crudités
PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM	Vegan sausage roll Fresh fruit	Cheese filled croissant Fresh fruit	Banana muffin Fresh fruit	Traditional flapjack Fresh fruit	Carrot sticks & houmous Fresh fruit

SPRING MENU

Week 2



Lancing Prep Worthing

A Lancing College Preparatory School

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Gluten free ciabatta bread margherita pizza with a Caesar salad	Not so chilli beef, mixed beans & hidden veggies Free from	Dairy free chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger Free from meatballs	Gluten free breaded cod fish finger Healthy oven baked fries
MAIN	Gluten free ciabatta bread margherita pizza with a Caesar salad	Mexican chilli beef & mixed beans Free from	Dairy free chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger Free from meatballs	Gluten free breaded cod fish finger Healthy oven baked fries
MAIN (VEGAN & VEG)	Gluten free ciabatta bread margherita pizza with a Caesar salad	Vegetable, lentil & mixed bean chilli Free from	Dairy Free Quorn vegan korma curry Basmati rice	Vegan Asian style meatballs Sticky honey & ginger Gluten/dairy free meatballs	Quorn fishless finger /gluten free fish fingers Healthy oven baked fries
SIDE ORDERS	Various toppings Sweetcorn/mushroom/peppers/olives	Spicy potato wedges Cool nachos LPW guacamole Mixed leaf salad	Gluten free mini naan Mango chutney Tomato & onion salad	Rice noodles Steamed carrots & Bok Choy	Baked beans ketchup LPW vegan tartare sauce
PROTEIN SALAD BAR	Tuna/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads dressings	Sliced meats/egg/cheese Various salads Dressings
PUDDING	Dairy free yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote	Vegan fruit jelly with fresh fruit	Warm pear & gluten free oat bar	Gluten/dairy free Tangy lemon cheesecake	Treat Dairy free chocolate mouse
PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité
PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit



Lancing Prep
Worthing

A Lancing College Preparatory School

Lancing Prep Worthing

Music Lessons Week 9

Monday

Sophia Liu: Piano Keyboard Room	
12.30pm	Pasha S-N
1.20pm	Penelope L
1.50pm	Margo L

Barry Worley: Guitar and Drums Practice Room	
10.30am	Oscar T-M
11am	Oscar K
11.30am	Bobbie C
12pm	Noah B
1pm	Lucas B
1.30pm	Max B
2pm	Daisy M
2.30pm	Freddie S
3pm	Oscar W
3.30pm	Pippa W

Simi Fyles: Singing Keyboard Room	
8.45am	William B
9.15am	Primrose G
9.45am	Otto D
10.15am	Reeve E
10.45am	Cleo S

Lancing Prep Worthing Lessons
Week beginning 9th March 2026



Lancing Prep
Worthing

A Lancing College Preparatory School

Lancing Prep Worthing

Music Lessons Week 9

Tuesday

Natalie Mason: Voice Practice Room

8.15am	Miri H
8.45am	Sia S
9.15am	Hunter L
9.45am	Zoya G-H

Sarah Leeves: Brass Music Room

9.45am	Emily E
10.15am	Orlando B
11am	Harry A
12pm	Max C
12.30pm	Oscar W
1pm	Freddie B
2pm	Damian B
2.30pm	Lewis M
3pm	Toby C
3.30pm	Wind and Brass Ensemble





Lancing Prep
Worthing

A Lancing College Preparatory School

Lancing Prep Worthing

Music Lessons Week 9

Wednesday

Simi Fyles: Singing Practice room	
8.30am	Lucas B
9am	Peaches C
9.30am	Chloe B
10am	Lilah MMDC
10.45am	Tilly R-C
11.15am	Xanthe MMDC
11.45am	Elodie G
12:15pm	Matilda W

Liz Hosford: Piano and Double Bass Drama Studio/Keyboard room	
8.30am	Damian B
9am	Rupert W
9.30am	Devaansh M
10am	Vivian B
10.45am	Verity P
11.15am	Rafi V
11.45am	Freddie S
12.15pm	Lunch
12.45pm	Adelaide F
1.15pm	Lottie J



Lancing Prep
Worthing

A Lancing College Preparatory School

Lancing Prep Worthing

Music Lessons Week 9

Thursday

Rob Campkin: Violin and Piano Practice Room		
8.45am	Rafee K	Piano
9.15am	Emily A	Piano
9.45am	William J	Piano
10.15am	Break	
10.30am	Albie F-J	Piano
11am	Elijah S	Piano
11.30am	Aria P-T	Piano
12pm	Rory B	Piano
12.30pm	Lunch	
1.30pm	String Group	Violin
2pm	Annie G	Piano
2.30pm	Florence W	Piano
3pm	Frances M	Piano

Friday

Dom Smith: Flute Drama Studio	
8.15am	Francesca G
8.45am	Oscar K



Lancing Prep
Worthing

A Lancing College Preparatory School

Lancing Prep Worthing

Music Lessons Week 9

Barry Worley: Guitar and Drums Practice Room

8am	Miles C
8.30am	William B
9am	Ethan S
9.30am	Teddy C
10am	Mae C
10.30am	Devaansh M
11am	Magnus D
11.30am	Theodore L
12pm	Rowan T-R
12.30pm	Break
1pm	Rock Band
1.30pm	Rory S
2pm	Elijah S
2.30pm	Maisie C
3pm	Rufus P
3.30pm	Reeve E

Verity Lawrence: Cello Drama Studio

10am	Ted B-T
10.30am	Helena P
11am	Asher G

Lancing Prep Worthing Lessons
Week beginning 9th March 2026



Lancing Prep
Worthing

A Lancing College Preparatory School

Lancing Prep Worthing

Music Lessons Week 9

Rob Campkin: Violin and Piano

Keyboard Room

8.30am	Miles C	Violin
9am	Rafee K	Violin
9.30am	Reeve E	Violin
10am	Rishita M	Piano
10.30am	Break	
11am	Madhavan R	Piano
11.30am	Charlie B	Piano
12pm	Hamish B	Piano
12.30pm	Lunch	
1pm	Remy Z	Piano
1.30pm	Lucinda L	Violin
2pm	Marigold P	Violin
2.30pm	William J	Violin

Nat Meierdirk: Clarinet

Music Room

2pm	Oscar K
2.30pm	Zara H
3pm	Esmee M



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Lancing Prep Worthing

Tuesday 28th April to

23rd of June (8 weeks)

£70



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❁ **Easter Holiday Mindfulness Pony Day for Kids!** ❁

Dates: Thursday 2nd April and Friday 10th April

Time: 9.30am- 2pm

Location: Hill Crest Farm, Horsham

Join us for a magical day of ponies, riding, art, friendship, and mindfulness!

❖ **What to Expect:**

💖 **Mindfulness Time with Ponies**

🐾 **Pony Care**

🐎 **Riding and Mounted Games**

♣️ **Connect with Arts and Nature**

🌱 **Make New Friends**

Click the links or scan the QR code to book the day of your choice:

[Thursday 2nd April- Mindfulness Pony Day- Book Now!](#)

[Friday 10th April- Mindfulness Pony Day- Book Now!](#)



Cost: £140 per child

BY PURCHASING A TICKET VIA EVENTBRITE, YOU ARE PAYING £40 DEPOSIT. YOU WILL BE INVOICED VIA EMAIL FOR THE OUTSTANDING AMOUNT ON 27th MARCH.

Spaces limited to 10 children per day

We are an inclusive team and warmly welcome children with Special Educational Needs and Disabilities (SEND). We celebrate diversity and are committed to providing a supportive environment where every child can thrive.

EASTER GYMNASTICS CAMP

AGES
5+

WEEK 1:

MONDAY 30TH MARCH - THURSDAY 2ND APRIL

WEEK 2:

TUESDAY 7TH APRIL - FRIDAY 10TH APRIL

9AM - 3PM

Limited spaces

£40
PER DAY



10%
DISCOUNT
WHEN BOOKING
A FULL WEEK

GYMNASTICS * GAMES * EASTER FUN!

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**TRY A CLASS
FOR FREE**



Now showing, **CONFIDENCE!**

Drama, dance & singing classes
designed to help 4–12 year olds shine

**“ My son has adored his first term at Perform.
He has blossomed and I’ve seen his confidence grow every week.”**

Pippa Wotton



Play is a **POWERFUL THING**

Perform classes help boost children's **confidence, concentration, coordination** and **communication** skills, as well as being lots of fun.

Our expertly designed drama, dance and singing sessions for 4-7s and 7-12s are run by experienced teachers, hand-picked for their warmth and approachability. They'll be with your child every step of the way – inspiring and encouraging them to develop vital life skills as they discover the joy of performing.

What does Perform offer?

- Performing arts-based games and exercises
- Focus on a different social skill each week
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps
- End of term presentation for family and friends

“ Perform helps develop all key areas of a child in a fun, supportive and engaging way. It gives my daughter a brilliant sense of fun, community, purpose and pride in her achievements.”

Begum Bari



Ready to try for free?

Your child's first class is free, so why not give it a go? Classes take place all over, have a look online or call us:



perform.org.uk/try 020 7255 9120

Free Trial Session and £40 discount at Perform

Popular children's drama and dance school Perform is offering a Free Trial Session and a **special introductory discount of £40 for members of Lancing College Preparatory School** if they sign up by Saturday 2nd May 2026. Parents should quote LANQ020526 when they book their free session by going to perform.org.uk/try or calling 020 7255 9120.

You can find out more about the classes at perform.org.uk/try. Alternatively, pdf flyers can be downloaded from [here](#).

The nearest classes to Lancing College Preparatory School are as follows (please click for a map and further details):

[Perform Worthing \(Drama for 4-7s\)](#)
(1.4 miles)
Tuesdays at 4.15pm

St John The Divine Church Hall
Ripley Road,
BN11 5NQ

[Perform Worthing \(Drama for 7-12s\)](#)
(1.4 miles)
Tuesdays at 5.20pm

St John The Divine Church Hall
Ripley Road,
BN11 5NQ

[Perform Shoreham-by-Sea \(Drama for 4-7s\)](#)
(4.4 miles)
Mondays at 4pm

Shoreham Baptist Church
Western Road,
BN43 5WD

[Perform Shoreham-by-Sea \(Drama for 7-12s\)](#)
(4.4 miles)
Mondays at 5.05pm

Shoreham Baptist Church
Western Road,
BN43 5WD

**[Perform Storrington \(Drama
for 4-7s\)](#)**

(7.3 miles)

Tuesdays at 4pm

Storrington Village Hall

59 West Street,

RH20 4DZ

There are others too. Click to find all the nearest [here](#) or view a list of [all areas](#).

**The
Boundstone
Chorus**

**Worthing
Choral
Society**

**Sinfonia
of
Arun**

BRAHMS REQUIEM

VAUGHAN WILLIAMS

**TOWARD THE
UNKNOWN REGION**

BEETHOVEN

**CORIOLAN
OVERTURE**

**Conductors: Sam Barton, Mattea Leow
Soloists: Cheryl Enever, Richard Bannan**

**Saturday 21 March, 7.30 pm
Worthing Assembly Hall**

**Tickets: £17 / £12 / £6 (U16)
Worthing Theatres Box Office 01903 206206
and online at wtm.uk**

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MOTHER'S DAY PICNIC FOR CHANGE



MOTHER'S DAY PICNIC WITHOUT FOOD - A BOLD, FAMILY-FRIENDLY ALTERNATIVE TO USUAL CELEBRATIONS, CALLING FOR A WORLD WHERE NO CHILD GOES HUNGRY.

MOTHER'S MANIFESTO IS JOINING FORCES WITH THE INCREDIBLE MOTHERS RISE UP, PARENTS FOR FUTURE UK, MOTHERS CAN AND XR FAMILIES FOR THIS JOINT ACTION.

COME AND POP ALONG. I WILL BE BY SPLASHPOINT GREEN, WORTHING (INBETWEEN THE PARK AND THE POOL) AT 10AM ON SATURDAY 14TH MARCH.

CHILDREN, FRIENDS, PARTNERS WELCOME. (WELCOME TO BRING FOOD FOR CHILDREN)

