



Lancing Prep Worthing

A Lancing College Preparatory School

Head Mistress, Mrs F Milling,
BSc (Hons) PGCE MA Ed
Broadwater Road, Worthing, BN14 8HU
Telephone: 01903 201123
Email: worthing@lancing.org.uk
www.lancingcollege.co.uk

21 April 2026

Dear Year 4 Parents,

I am writing to let you know that within the PSHEE Curriculum this year there have been some changes and additions. This term I will be teaching Year 4 about Growing and Changing. As we explore this topic together, your child may come home with questions, and I wanted to make you aware of the areas we will be covering:

- The process of growing up from birth to old age in relation to independence and responsibilities
- Brief introduction to the physical changes of puberty
- Brief introduction to the emotional changes of puberty
- How to maintain personal hygiene
- The importance of good sleep habits

All lessons are delivered in a sensitive, inclusive and age-appropriate manner. We begin by establishing clear ground rules so that pupils feel safe, respected and comfortable to engage with the content. Throughout the unit, we emphasise empathy, kindness and respect for one another's experiences and questions.

If you have any questions or would like more information about how the topic is being taught, please do not hesitate to get in touch. I am always very happy to support.

Very best wishes,

Emily Brown
Head of PSHEE and Wellbeing



yourspacetherapies.org

Mindfulness Pony Days For Kids

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



Dates:

28th and 29th of May 2026

Time: 9:30 am -2:00pm

 **Hillcrest Farm Riding School, Horsham RH13 6NX**

Book Now

spaces limited to 10 children per day

£115 per child per day

By purchasing a ticket via eventbrite you are paying a £40 deposit. You will then be invoiced for the outstanding amount on the 15th of May

Links for Booking

[mindfulness_pony_day_28th_of_May](#)

[mindfulness_pony_day_29th_of_May](#)



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.

 07712 547901

WEST WORTHING CLUB

FAMILY FUN DAY & CLUB OPEN DAY

SUNDAY 17 MAY
10.30AM - 2.00PM

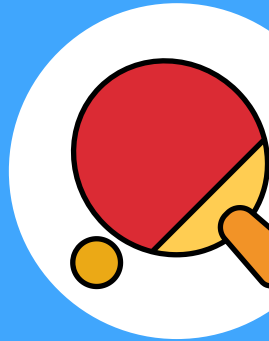
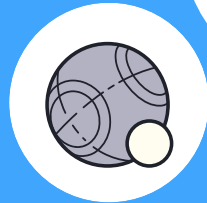
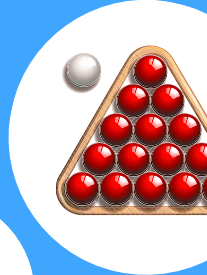
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Findon Cricket Club 12 FREE PLACES AVAILABLE. USE CODE FXNTA

Session dates:

Fridays 8th May - 10th July 2026 (No sessions 19th/26th June)

Session timings:

6-7pm GIRLS ONLY SESSIONS

Contact:

Emma Stephens findon.dynamos@yahoo.com 07787977840





HOLIDAY

HQ

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CUP

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A Half Term packed with action

**WHERE HOLIDAYS COME ALIVE!
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Celebrate the big kick off with JAG Holidays:

⚽ **Create team names, flags and anthems to kick off the week**

Take part in striker, defender and goalkeeper skill challenges

Design and build their own World Cup trophy

Compete in quizzes, team missions and problem-solving games

Design football shirts, bottles and flipbooks to take home

Play matches, footgolf and high-energy team games

Finish the week with finals day, celebrations and awards



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