Lancing Prep Worthing

A Lancing College Preparatory School

Explorers' Corner Nursery & Pre-School Christmas Sing-along

Thursday 3 December 2026

School Hall

2.45pm: Coffee and mince pies

3pm: Start

Lancing Prep Worthing

A Lancing College Preparatory School

Pre-Prep Nativity

2 December 2026

School Hall

Gates open: 2.30pm

Celebration starts: 2.45pm

The Hive Wellbeing News

Lancing Prep Worthing
A Lancing College Preparatory School

Autumn Term 2627

We are fully in the swing of our new Academic Year and Autumn Term, and what a wonderful start you have all made. You have shown resilience, bravery, and kindness. Autumn is a season of change, and it reminds us that growth happens every day. Just as the leaves transform into beautiful colours, you are developing new skills, building confidence, and discovering your unique strengths. Well done for all your efforts and we look forward to seeing your achievements as the term continues.

Emotion of the Term





Nostalgia, is when we think fondly about happy memories from the past.

Autumn and winter can be a time when we share stories about special family traditions, favourite holidays, and memorable moments with family and friends.

Reflecting on positive memories helps us appreciate the people and experiences that make us who we are. We can look forward to new adventures whilst our cherished memories will stay with us and bring us comfort and joy.

Ask your self

What can the changing seasons teach us about growth, change, and new beginnings in our own lives?

Peaceful picture



'It makes me feel calm,
I remember when I was in my nursery and I was playing with my friends'
Emmy Year 2

Five ways to wellbeing

Connect: Compliment Challenge - Give three genuine compliments to different people during the week.

Be active: Seasonal Scavenger Hunt - Go for a walk and see how many autumn or winter treasures you can spot, such as colourful leaves, conkers, frost, or animal tracks.

Keep learning: Winter Wonder Question - Find the answer to a question you've always wondered about, such as "How do snowflakes form?

Give: Secret Act of Kindness - Do something kind without telling anyone, such as helping tidy up, writing a thank-you note, or encouraging someone who needs a boost.

Take notice:: Weather Watcher - Spend a minute each day looking at the sky. How do the clouds, colours, and light change as the seasons change?

Affirmation

"My thoughts, feelings, and ideas matter."

One small step can help your wellbeing grow.

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

Wellbeing Newsletter

Lancing Prep Worthing
A Lancing College Preparatory School

Wellbeing Brain Play



WHAT AM I?

CAN YOU SOLVE THIS RIDDLE?

I arrive on chilly mornings,
But disappear without a sound.
I paint the grass and windows white,
Yet I never make a mound.
I sparkle when the sunlight shines,
Like tiny diamonds all around.
Touch me gently and I'll be gone,
Before my secret can be found.

Answer at the bottom

Fall Word Search

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

S P O R B S Y L E A V E S U A
N T A R D R H G H T E R W O P
U H T P C I O E A S M P E N P
L A L H E H G W A C O V R P L
J N N I O R A I N H R E C I E
U K P E C R S R I O I L F C C
P S N S R E O E V S E T O E I
R G R O N C H A T E S A O X D
O I C I A S O R S O S Y T T E
T V R U L R O A T S E T B T R
R I A G L E L A T E G N A R O
A N Y P U M P K I N R E L Y T
W G O N E R O D H L E H L B F
O Y N E M A U T U M N D R A A
L H S W E A T E R M O C R B L
L S K O O B A C V J B R N N L
E O S E M N E E W O L L A H L
Y A C K P S C H O O L A P O P

ANAGRAMS

WFALKEONS
ESNMITT
ZEFERE

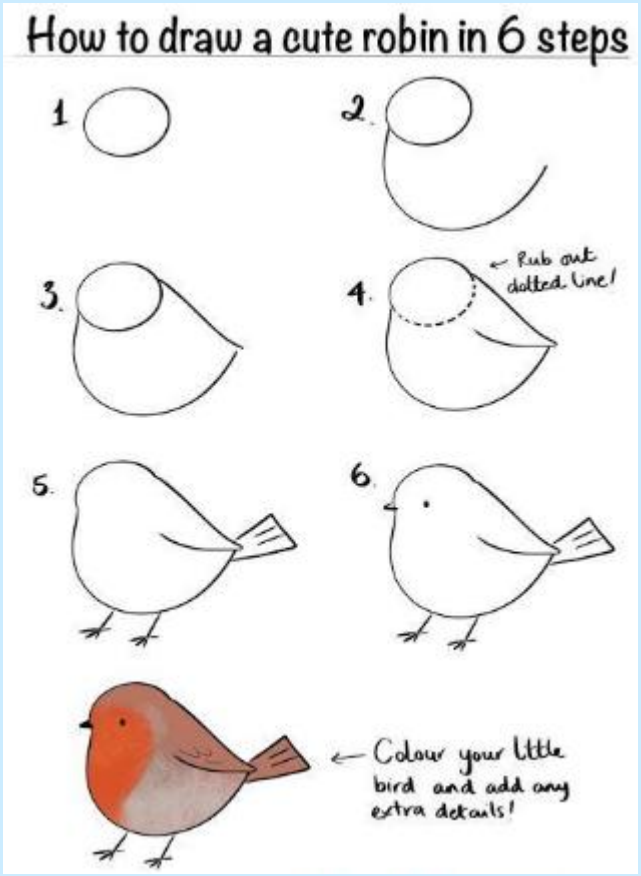


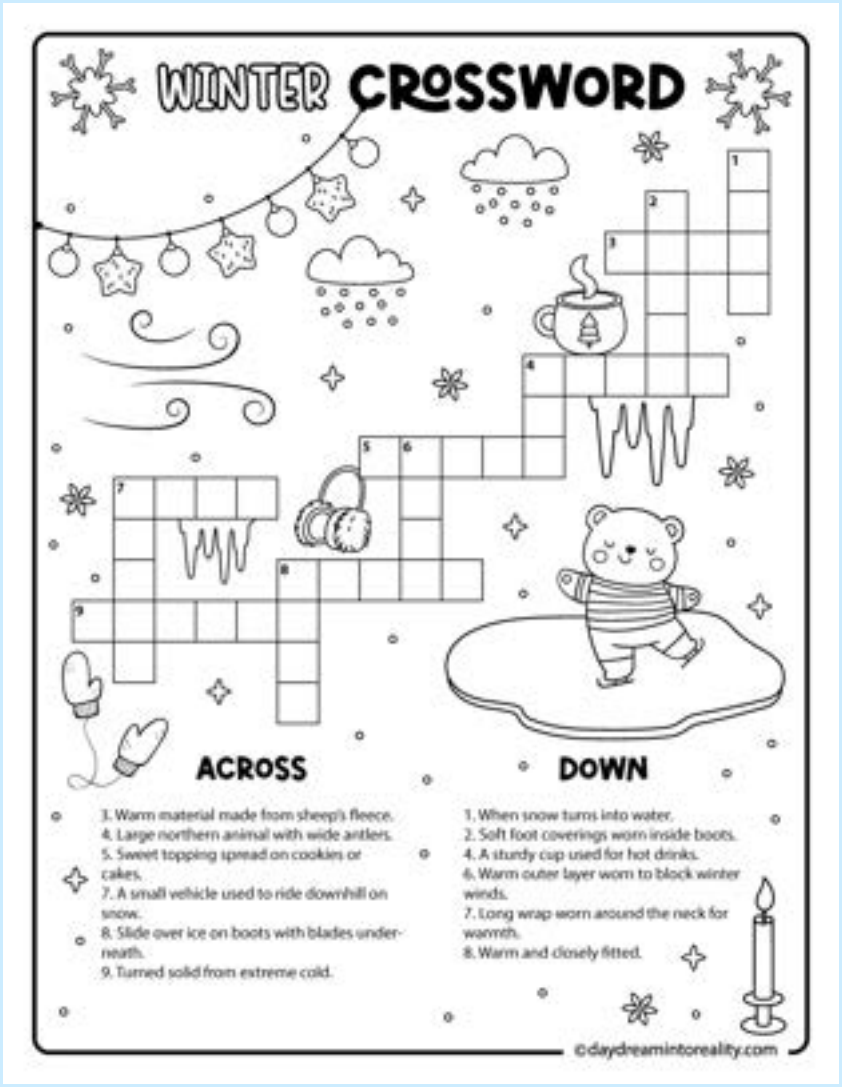
Riddle Answer - Frost
Anagrams – Snowflake, Mittens, Freeze

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Wellbeing Newsletter

Winter Puzzles









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Wellbeing Newsletter

Anti Bullying Week
16th – 20th November 2026

In today's world, bullying can happen in new and more complicated ways. It happens face to face, online, and through new technologies. And in a world that can feel more divided and less kind, it can be very difficult.

But we can change that. When people come together, speak openly, and choose kindness, bullying loses its power. Every conversation, every act of support, and every voice raised against bullying, makes a difference.

Use Strong Body Language
Stand tall, look confident, and walk away calmly. Showing confidence can sometimes discourage bullying behaviour.

Speak to a Trusted Adult
Tell a teacher, parent, carer, or another trusted adult if bullying is happening. Bullying is easier to stop when adults know about it.

Be a Kind Upstander
If you see someone being bullied, include them in your games, offer support, and tell an adult. A small act of kindness can make a big difference.

Don't Fight Back
It is important to stay safe. Instead of reacting with anger, move away and seek help from an adult. Use the phrase 'Stop, I don't like it'



Stay with Friends
Spending time with friends can help you feel safer and more supported. Bullies are less likely to target children who are with others.

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Wellbeing Newsletter



Brainy Squirrels: Squirrels can store up to 3,000 nuts each during autumn, and their hippocampi (the memory centre of the brain) grows larger to help them remember where they buried them



Antifreeze Blood: Wood Frogs can survive the winter by freezing solid. They pack their bodies with high amounts of glucose, which acts as a natural antifreeze. Their hearts stop beating and their breathing stops until they thaw out and hop away in the spring.



The Speed of Sound: Sound travels slower in the winter. Cold air is denser and molecules move more sluggishly; sound waves take slightly longer to pass through a chilly winter landscape than they do on a hot summer day



Snowflake "Twins": While we are taught that no two snowflakes are alike, meteorologists proved this myth wrong in 1988. A scientist discovered two identical, perfectly matched twin snow crystals during a storm in Wisconsin.



Toolbox

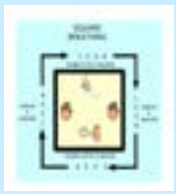
Keep practicing - by using regulation tools you can learn to calm yourselves independently.













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

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

LANCING COLLEGE PREP SCHOOL AUTHOR VISIT

REV RICHARD COLES ON WEDNESDAY 25th NOVEMBER

Dear Parents & Carers,

We are excited to announce that on **WEDNESDAY 25th NOVEMBER** well-known broadcaster and author **REV RICHARD COLES** will visit Lancing College Prep School to talk to the children about his thrilling new children's non-fiction book *A HEIST BEFORE BEDTIME,* a hilarious collection of unbelievable true crime stories. **Local independent bookshop THE STEYNING BOOKSHOP has organised this free author visit and offer you the chance to purchase a SIGNED book for your child, via their online store. Pre-ordered books will be handed out to children at school on the day of the visit.**

HOW TO PRE-ORDER YOUR BOOK VIA THE STEYNING BOOKSHOP ONLINE STORE

1) **Go to https://www.steyningbookshop.co.uk/product-category/school-author-events/**
2) **Add the REV RICHARD COLES book to your shopping basket**
3) **Select 'LOCAL PICKUP' (No postage charge, books will be delivered to the school)**
4) **Enter Billing Address as normal. In ORDER NOTES add LANCING COLLEGE PREP, CHILD'S NAME & CLASS. IF YOUR CHILD ATTENDS ONE OF THE VISITING SCHOOLS, PLEASE ADD THEIR SCHOOL NAME AS WELL.**
5) **Proceed to payment by card or Paypal**
6) **Books will be handed out to the children at school on Wednesday 25th November**
   PLEASE ORDER BY: *4pm on FRIDAY 20th NOVEMBER*

If you have problems ordering online, please call the bookshop to order by phone on 01903 812062

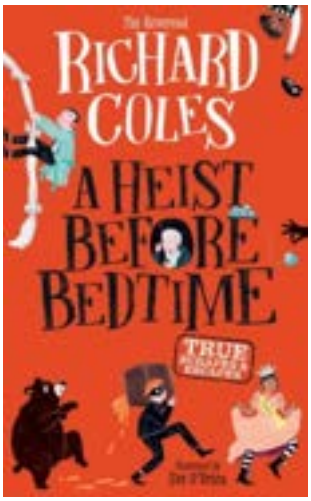


About REV RICHARD COLES

THE REVEREND RICHARD COLES is a writer, broadcaster and an Anglican priest. He co-presented *Saturday Live* on BBC Radio 4 for a number of years and appears, from time to time, on *QI*, *Have I Got News for You* and *Would I Lie To You?* He has won Christmas *MasterChef, Celebrity Mastermind* twice, and captained Leeds to victory in *Christmas University Challenge* in 2019. He is also the bestselling author of several 'cosy crime' novels for adults, including the Canon Clement series which have all been No.1 Sunday Times bestsellers. A HEIST BEFORE BEDTIME is his first children's book, written with his characteristic wit and humour.

About A HEIST BEFORE BEDTIME

Special event price £14 (~~RRP £14.99~~)



Dive into the world of dastardly heists, daring escapes and bungled burglaries with this exciting collection of twelve TRUE crime stories for kids! Did you know that Albert Einstein's brain was stolen? Or the true tale of the million-dollar McDonald's heist? And the story of the maple syrup mystery? Discover all about these scrapes, escapes and more in this collection of twelve super silly and utterly unbelievable YET true stories!

Children who had an author visit to their school reported higher levels of reading enjoyment (68.2% vs 47.2%) and writing enjoyment (43.9% vs 32.4%) than their peers who didn't receive a visit.
SOURCE: National Literacy Trust.
This author visit is FREE OF CHARGE for the school on the understanding that parents will purchase a book for their child. Please support the work of the author, publisher and bookshop by purchasing a book, if you are able to.

E-SCOOTERS



In most of Sussex* it's currently **against the law** to ride an e-scooter on a public road or pavement.

* In Brighton & Hove, rental e-scooters are available through an approved scheme and can be used legally in designated areas.

We understand that buying an e-scooter can be tempting, especially as you can get them from many popular retailers.



However, the current law states:

You can buy one, but you can't ride it on a UK public road, cycle lane or pavement. The only place a privately owned e-scooter can be used is on private land with the landowner's permission.

Why is this?

E-scooters are classed as motor vehicles under the Road Traffic Act 1988. Which means the rules that apply to motor vehicles, also apply to e-scooters including the need to have a licence, insurance and tax.

It's not currently possible to get insurance for privately owned e-scooters, which means it's illegal to use them on the road or in public spaces.

Your e-scooter may be **seized and destroyed** by police if used illegally or anti-socially.

Report online at **www.sussex.police.uk** or **call 101**.
In an emergency always **call 999**.

Find us on social media

What happens if I get stopped by Sussex Police?

We are committed to working with communities across Sussex, to ensure the roads are safe for everyone.

Education and advice will be shared when talking to the public on e-scooters, but we will take action against anyone breaking the law. The e-scooter may be seized, and the officer may penalise you further, depending on the seriousness of the offence. Please make sure you keep your e-scooter on private land, so this doesn't happen to you.

Drink and drug driving laws apply to e-scooters too. If you're caught over the limit while riding, you could be arrested, lose your e-scooter and face a driving ban, even if you don't yet have a driving licence.

Produced by Sussex Police Media and Communications 2026 SSXEXTINGA5023605EP26

CHRISTMAS WONDERLAND MARKET

in aid of St Barnabas House Hospice Care

FREE ENTRY

Worthing Assembly Hall
Stoke Abbott Road

SUN 15TH NOV 2026
11 AM - 4 PM

Local Handmade Craft & Artisan Market
Food | Drink
Face Painting | Balloon Modelling
Free Arts & Crafts

SANTAS GROTTO

TICKETS AVAILABLE HERE:

staytrueeventssgrotto.eventbrite.co.uk

@staytrueeventsuk

STAY TRUE EVENTS