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

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



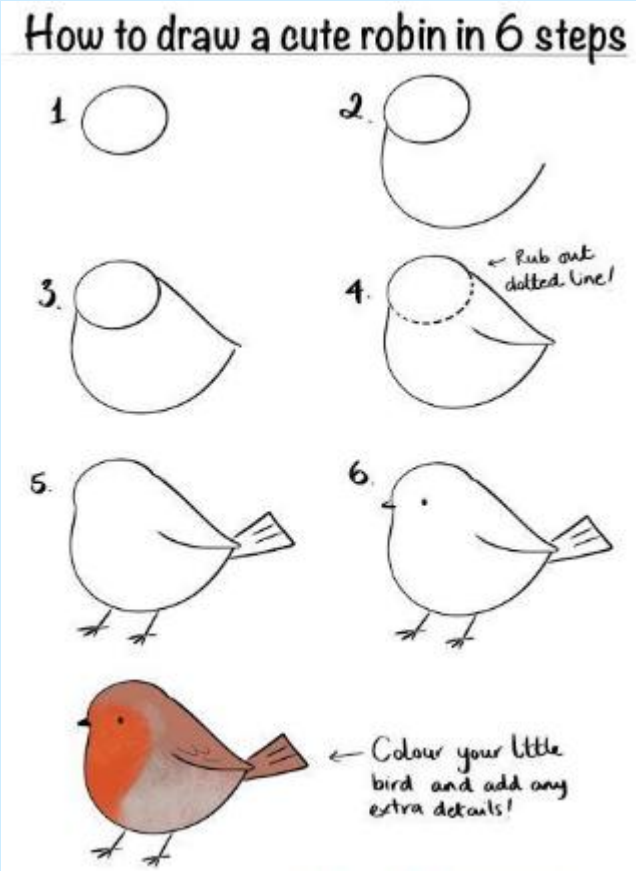
Riddle Answer - Frost
Anagrams – Snowflake, Mittens, Freeze

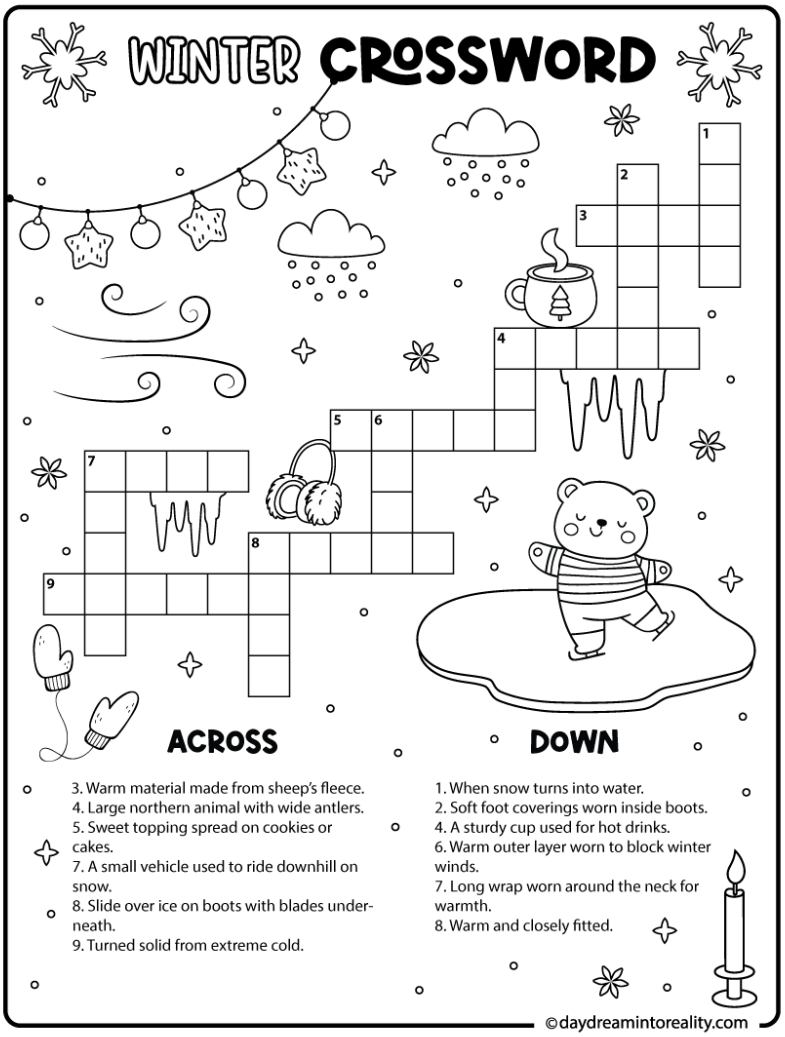
If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

Wellbeing Newsletter

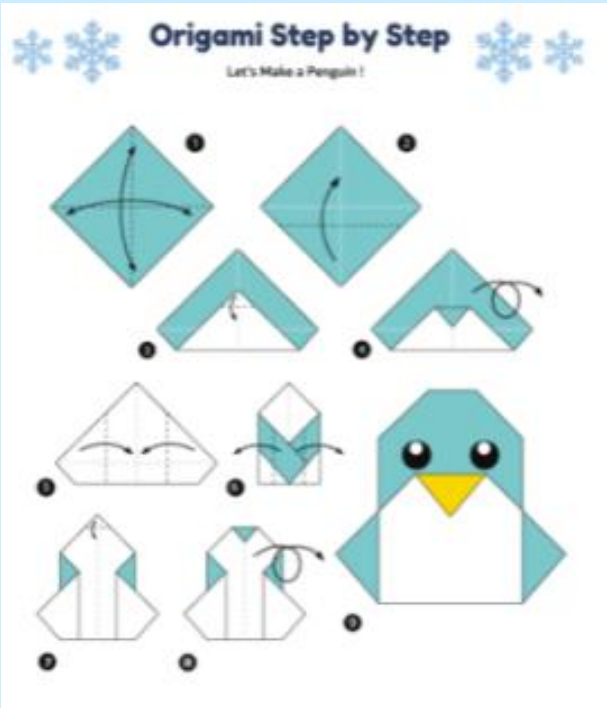
Lancing Prep Worthing
A Lancing College Preparatory School

Winter Puzzles









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

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.

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



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

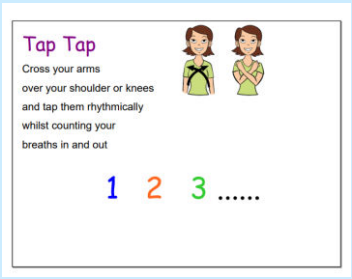


Snowflake "Twins": While we are taught that no two snowflakes are alike, meteorologists proved this myth wrong in 1988. A scientist discovered two identical, perfectly matched twin snow crystals during a storm in Wisconsin.



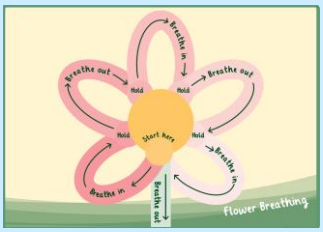
Toolbox

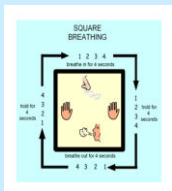
Keep practicing - by using regulation tools you can learn to calm yourselves independently.

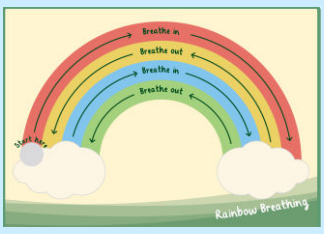












If you need to talk to someone, find a trusted adult or a friend and be brave.

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