

# LANCING PREP WORTHING

## Weekly Briefing

25 February 2022

### The Week Ahead ...

#### Monday 28 February

Common Academic Scholarships begin at Lancing College. End 1 March.

16.20-17.20 Year 5 Future Schools Information Evening, Hall

#### Tuesday 1 March

8CE Mock Exams begin. End 2 March.

15.00 Boys and Girls Cross Country: U11 at Dorset House School (A). **Return 17.00**

#### Wednesday 2 March

14.30 Tag Rugby: U11/10 A and B Windlesham Hove (H). **Pick up 16.30**

14.30 Netball: U11/10 A and B v Windlesham Hove and Dorset House (H). **Pick up 16.00**

14.30 Boys Football: U13/12 v Great Ballard (A). **Return 17.00**

14.30 Girls Netball: U12/U13 v Dorset House (A). **Return 16.45**

#### Thursday 3 March

World Book Day

14.30 Boys Hockey: U9/8 v Dorset House (A). **Return 17.00**

14.30 Girls Netball: U9/8 A and B v Windlesham Hove and Dorset House (H). **Pick up 16.00**

17.30-19.00 Year 7 Online Parents' Meetings

#### Friday 4 March

15.30-17.00 LPWA Pre-Loved Uniform Sale, Playground

### WORD OF THE WEEK

#### Zenith (noun)

The time at which something is most powerful or successful

#### LPWA Notices

##### Dates for the diary

Friday 4<sup>th</sup> March - Preloved Uniform Sale in the Playground from 3pm to 5pm (weather permitting). Helpers needed from 2pm until 5pm. If you can help for an hour, that would be great. Please email us on [lpwassoc@gmail.com](mailto:lpwassoc@gmail.com)

Friday 11<sup>th</sup> March – Years 7 & 8 Movie Night in the Hall from 4.30pm to 7pm.

Friday 18<sup>th</sup> March –

Nursery & Reception Party in the Gym from 3.30pm to 4pm.

Years 1 & 2 Party in the Gym from 4pm to 4.45pm.

Years 3 to 6 Silent Disco in the Gym from 5.30pm to 6.45pm.

##### Advertise with the LPWA

We are offering space on our notice board in the playground for you to advertise your business. Would you like to advertise your business to the school community? If so, please supply us with an A6 sized card and for the small sum of £5 per term we will place this on our board for all to see. For more information email [lpwassoc@gmail.com](mailto:lpwassoc@gmail.com) or catch one of use at the gate.

#### House point totals this week:

1 <sup>st</sup> :	CELTS:	416
2 <sup>nd</sup> :	NORMANS:	295
3 <sup>rd</sup> :	BRITONS:	269
4 <sup>th</sup> :	SAXONS:	241

Keep up to date with our online calendar  
[www.lancingprepworthingcalendar.org.uk](http://www.lancingprepworthingcalendar.org.uk)

Follow us on Twitter and Facebook  
[@LancingPrepWthg](https://twitter.com/LancingPrepWthg)



# Wellbeing News

Spring term 2022, 2<sup>nd</sup> half, edition 7

Welcome back to The Hive News, hope you have had a restful half term and are feeling refreshed and ready for school. The sun will be shining, and the days will be getting longer, watch out for the signs of spring. Remember this is your newsletter so if you have anything you want to contribute, pictures, recipes, ideas, please send them in.

## Guess who?



Ask  
yourself

Do I speak with respect?  
Do I speak with kindness?  
Do I Speak the truth?

## Five ways to wellbeing



**Connect:** Find time to have a chat with friends about what you did over half term.

**Be active:** Do you need to drive? Take a walk instead.

**Keep learning:** Hope you feel fully rested after half term and ready to learn.

**Give:** Be kind to someone, they may need it.

**Take notice:** How do you feel, balanced?

## Peaceful picture



Life is about balance

## Affirmation

My voice matters



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](mailto:ebrown@lancing.org.uk)

## Recipe



- 225g self-raising flour, plus extra for dusting
- pinch of salt
- 1 tsp baking powder
- 55g chilled butter, cut into cubes
- 120g cheddar, grated
- 90-100ml milk, plus 1 tbsp for glazing

## Cheese scones

**STEP 1** - heat the oven to 200C/180C fan/gas 6 with a large baking tray inside. Sift the flour, salt and baking powder into a bowl, then sift again to make sure the ingredients are thoroughly combined.

**STEP 2** - add the butter to the bowl and combine with your fingertips to make breadcrumbs. Sprinkle 100g of the cheese into the breadcrumb mixture and rub together until evenly distributed. Try not to mix too much as the heat from your hands may start to melt the butter.

**STEP 3** - make a well in the centre of the mixture and pour in enough milk to give a fairly soft but firm dough. Do not pour in all the milk at once as you may not need it all to get the right consistency.

**STEP 4** - lightly flour a surface and roll out the dough to approximately 2cm thick. Cut out the scones with a medium (about 8cm) cutter, then put on a sheet of baking parchment, glaze with a little milk and sprinkle with the remaining cheese. Slide onto the hot oven tray.

**STEP 5** - bake in the oven for 15-20 mins or until golden brown and cooked through.

## Exercise



## The benefits of walking

- Walking in the fresh air helps with focus and concentration
- It contributes to working towards your 10,000 steps a day
- It improves your mental health and wellbeing
- It is sociable – walk and talk with family or friends
- It's free!
- It helps you become more familiar with your community
- It encourages you to notice nature and your surroundings
- It helps fight the battle against pollution



## Mindfulness

### CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



### Starfish Fingers

Hold your hand up and spread your fingers wide. Then, with the finger of the opposite hand, trace all of your fingers, counting from one to five. Then, take turns tracing each others fingers. Do this exercise at bedtime, it's rhythmic, soothing and calming.



### BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



## And finally...

If you have found a good relaxing activity that works for you, share it with someone, it may work for them too.





  
1877  
GORING-BY-SEA  
C.C.

**GORING C.C. PROUD TO BE RUNNING  
BOTH **ALL STARS** &  
**DYNAMOS CRICKET****



**AGES 4-7**

GORING REC,  
FERNHURST DR,  
BN12 5AR

Insta: [goringbyseacc](https://www.instagram.com/goringbyseacc)  
[www.goringcricketclub.co.uk](http://www.goringcricketclub.co.uk)  
Sign up at:  
[www.ecb.co.uk/play/all-stars](http://www.ecb.co.uk/play/all-stars)



**AGES 8-11**

**Wed 18th May - 6th July 2022**



# Lancing Prep Worthing Lunch Menu

WEEK:2

	Monday	Tuesday	Wednesday	Thursday	Friday
 Main Course	Baked potatoes with a choice of fillings: Tuna mayo, beans, mature cheddar, mild vegetable and lentil curry	Chicken fajitas, roasted peppers, onions and tomato salsa on the side	Pork meatballs & tomato sauce	Mr Boggis's Roasted Chicken Roast gravy	Battered pollock
 Main Course Vegetarian	Aubergine parmigiana	Roasted vegetable and bean enchiladas	Spinach and cheese arancini balls & roasted tomato sauce	Superworm mushroom chow mein	Sweetcorn and red pepper fritters with tomato sauce
 Main Course Vegan	Aubergine and tomato bake	Roasted vegetable and bean enchiladas with guacamole	Spinach and vegan cheese arancini balls & roasted tomato sauce	Superworm sausages	Sweetcorn and red pepper fritters with tomato sauce
Side Orders	Coleslaw, Cauliflower cheese	Guacamole & soured cream Long grain and brown Rice Soft flour tortillas Sweetcorn	Herb potatoes Parmesan cheese Garden peas	Peter Rabbit's sliced carrots Evil peas	Chips Baked beans Mushy peas
Seasonal Salad Bar	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread Fungus the Bogeyman's green slime salad	Salad vegetables Daily protein Mixed bread
Dessert of the Day	Chocolate sponge and Chocolate sauce  Vegan Muffin  Daily fruit pots & Yoghurts	Pancakes with assorted toppings  Daily fruit pots & Yoghurts	Baked peaches & vanilla sauce  Vegan custard pot  Daily fruit pots & Yoghurts	Violet Beauregarde's blueberry yoghurt with BFG shortbread fingers  Daily fruit pots & Yoghurts	Strawberry jelly (vg)  Daily fruit pots & Yoghurts