

LANCING PREP WORTHING

Weekly Briefing

25 March 2022

The Week Ahead ...

Tuesday 19 April

INSET DAY

Wednesday 20 April

Term begins

14.15 Boys Cricket: U13 v Lancing Prep Hove (H - Lancing College). **Return 17.15**

14.15 Boys Cricket: U12 v Lancing Prep Hove (H - Lancing College). **Return 17.15**

WORD OF THE WEEK

Cloudburst (noun)

A sudden and very heavy rainfall

We raised £349.01



Thank you

A big **thank you** to everyone who purchased a Red Nose, or who donated via ParentPay or sent in cash donations.

We raised the magnificent sum of **£349.01**

REMINDER

There are no LPW or external clubs on the first week of the spring term. Homework Room however will run as normal.

LPWA Notices

Thank you for your help with pizza & film night, bee-fit parties and the silent disco, and for all your support this term. Please support us in upcoming events such as the Summer Fair, Uniform Sale and Quiz Night.

If you are in need of uniform before the next sale, please email your requirements to lpwassoc@gmail.com and we will hope to fulfil your order.

Dates for your Diary:

Summer Fair – Friday 27th May

Uniform Sale & Quiz Night tbc

Advertising with the LPWA – Don't forget you can advertise your business with the LPWA for only £5 per term. Please get in touch at lpwassoc@gmail.com

Keep up to date with our online calendar
www.lancingprepworthingcalendar.org.uk

Follow us on Twitter, Instagram and Facebook
[@LancingPrepWthg](https://www.facebook.com/LancingPrepWthg)

LPWA

Termly Newsletter

Spring Term 2022

The LPWA have been busy this term organising and holding a uniform sale in the playground, film and pizza night for years 7 & 8 and parties for nursery to year 6. Thank you to all parents who helped.

In January children from reception to year 8 went ice skating, this was funded by the LPWA. We also funded a year 4 Greek day and part-funded a Jaws and Claws visit to Reception.

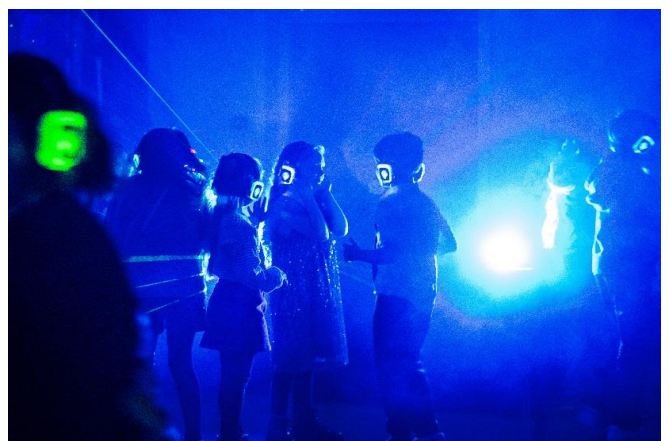
Monies raised from events like the uniform sale, raffles and fairs go towards paying for treats like ice skating and parties and educational trips and visits.

In the Summer term we hope to hold the Summer Fair and run the raffle as usual. We also hope to have quiz night, which is usually held in March, in the playground with a buffet.

Please support these events as monies raised put the "icing on the cake" for your children.



Party Time!





Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

	Piano			Piano & Double Bass	
	Jenny Goodson	Music Room		Liz Hosford	Keyboard Room
	Wednesday 20th April			Wednesday 20th April	
2.15pm	Trixie G		8.30am	Eileen C	
2.45pm	Clementine C-D & Isla L		9.00am	Elliot G	
3.15pm	Sia S		9.30am	Jasper D	
3.45pm	Cooper P		10.00am	Rose E	
			11.30am	Theo K	
			11.15am	Lexi P	
			11.45am	Sam E	
			12.15pm		
		12.30pm	Oliver E		
		1.00pm	Sofia S		
		1.30pm	Zoya G		
		2.00pm	Primrose G		

	Piano & Double Bass	Drama Room		Piano	Music Room
	Liz Hosford			Jenny Goodson	
	Thursday 21st April			Thursday 21st April	
8.30am	Lana G		12.00pm	Alex B	
9.00am	Ava U		12.30pm	Emily T	
9.30am	George R		3.10pm	Alex B	
10.00am	Oscar W				
10.30am					
10.45am	Tilly R-C				
11.15am	Millie P				
11.45am	Max B				
12.15pm	Francesca G				
12.45pm					
1.15pm	Rosie E				
1.45pm	Harry C				
2.15pm	Rex R				
2.45pm					

Lancing Prep Worthing Lunch Menu

WEEK:1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course

Main Course Vegetarian

Main Course Vegan

Side Orders

Seasonal Salad Bar

Dessert of the Day

Sticky lemon chicken with charred peppers

Stir fried vegetables in a black bean sauce

Stir fried vegetables in a black bean sauce

Rainbow fried rice

Sweetcorn

Salad vegetables
Daily protein
Mixed bread

Strawberry jelly (vg)
Daily fruit pots and yoghurt

Moroccan style lamb meatballs in a sweet tomato sauce
Minted yoghurt dip
Flatbread

Spinach and courgette tart

Spinach and courgette tart

Golden couscous
Steamed broccoli

Salad vegetables
Daily protein
Mixed bread

Summer berry smoothie
Daily fruit pots and yoghurt

Salmon fishcakes with a tartar sauce

Loaded sweet potatoes

Vegan loaded sweet potatoes

Skinny fries
Garden peas
Baked beans

Salad vegetables
Daily protein
Mixed bread

Rocky road
Daily fruit pots and yoghurt