

LANCING PREP WORTHING

Weekly Briefing

22 April 2022

The Week Ahead ...

Monday 25 April

08.40-12.45 Year 7 Stem Workshop, Science Lab

Wednesday 27 April

14.30-15.45 Year 4 Visiting Lancing College Chapel for REP study

14.30 Girls U13/12 Cricket v Dorset House @ Lancing College (H). **Return 17.15**

14.30 Girls U11/10 Cricket v Dorset House @ Lancing College (H). **Return 17.15**

16.30-17.30 ID:YOU PSHEE for Parents Workshop, Hall

Thursday 28 April

Year 7 and 8 MFL and Classics lessons resume at Lancing College

14.30 Girls U9/8 Cricket v Dorset House (A). **Return 17.15**

LPWA Notices

Dates for the diary:

Wednesday 27 April - LPWA Summer Term meeting in the main school hall (7.30pm start). Come along and find out what exciting treats we have in store for your children this term.

Friday 27 May - Summer Fair (2-4pm)

Friday 10 June - Preloved uniform sale

Friday 17 June - Quiz night

LPWA are looking for raffle prize donations for the Summer Fair Raffle. Further information to follow.

WORD OF THE WEEK

Mysophobia (noun)

Extreme or irrational fear of dirt or contamination

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

Follow us on Twitter, Instagram and Facebook
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Wellbeing News

Summer 1 2022

Happy Easter! Hope you have all had a wonderful break, spent time with family and friends doing activities that have made you laugh and be happy. Spring is here and so is our summer term. Take care of yourself and look out for each other. Be kind to one another and the kindness will spread.

Guess who?



Ask yourself

Am I in the moment right now?

Am I making the right choice for now?

Peaceful picture



Look out for the small signs of spring

Five ways to wellbeing



Connect: Talk and listen

Be active: Do what you can and enjoy what you do

Keep learning: Embrace new experiences and surprise yourself

Give: Time and be present

Take notice: Remember the things that make you happy

Affirmation



Your mind is a garden.
Your thoughts are the seeds.
You can grow flowers, or
you can grow weeds.

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

Recipe

Healthy Easter Eggs



Step one: Mix the yoghurt and honey together. Put the sweetened yoghurt in the freezer for 10 minutes.

Step two: Slice your fruit into easter egg shapes.

Step three: Spread the fruit slices with the chilled yoghurt

Step four: Add the sprinkles

Step five: Enjoy!



Exercise



Cycling Benefits



Improves health



Improves confidence, concentration and coordination



Helps you build muscle and strength



Great for the mind, boosts your mood




Improves the health of your heart


Mindfulness

Just One Breath


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.

Create a mindful bedtime

A regular mindfulness activity at the end of the day can help you to calm down, reflect on your day, and set you up for sleep. One way to do this is with a body scan - close their eyes and focus on your head, arms, belly, legs working their way through your body, down to your toes.



Take a walk

For a few minutes be completely silent and pay attention to all the sounds that you hear: passing cars, wind rustling the trees, a dog barking. Afterwards, talk about what everyone heard, and how that made you feel.

And finally...

Mindfulness can help you focus on the present. It can help you to stay calm. There are lots of ways to practice mindfulness, try doing a quiet activity that makes you happy. It can help you notice what you're doing or feeling right now. Practicing mindfulness can ease stress and anxiety plus it can help you become more self-aware.

Lancing Prep Worthing Lunch Menu

WEEK:2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|---|--|---|
| Main Course | Jacket potatoes with a choice of toppings: Tuna, cheese, baked beans, vegetable bolognese | Roasted lemon and herb chicken Yorkshire pudding Roast gravy | Thai style pork with coconut and mango | Mexican beef tortilla stack topped with a cheese crunch | Sustainable fish fingers with tomato sauce |
| Main Course Vegetarian | Peppers stuffed with roasted vegetables and couscous | Creamy mushroom and courgette crumble | Sweet and sour tofu | Vegetable and butter bean chilli with tortilla dippers | Butternut squash and feta quiche |
| Main Course Vegan | Peppers stuffed with roasted vegetables and couscous | Stuffed mushroom | Sweet and sour tofu | Vegetable and butter bean chilli with tortilla dippers | Vegan sausages |
| Side Orders | Steamed cauliflower | Roasted new potatoes Sliced carrots Steamed broccoli | Steamed rice Garden peas | Guacamole Soured cream Lime & coriander sweetcorn | Steak house fries Baked beans |
| Seasonal Salad Bar | Salad vegetables Daily protein Bread | Salad vegetables Daily protein Mixed bread | Salad vegetables Daily protein Mixed bread | Salad vegetables Daily protein Mixed bread | Salad vegetables Daily protein Mixed bread |
| Dessert of the Day | Mixed melon fingers Daily fruit pots and yoghurt | Strawberry mess Daily fruit pots and yoghurt | Sliced watermelon Daily fruit pots and yoghurt | Freshly made yoghurt with a granola crunch topping Daily fruit pots and yoghurt | Chocolate brownie Daily fruit pots and yoghurt |