

LANCING PREP WORTHING

Weekly Briefing

6 May 2022

The Week Ahead ...

Monday 9 May

Year 5 Progress Tests begin. End 13 May.

Tuesday 10 May

Year 7 exams begin. End 13 May.

12.30-15.10 Lancing College Science Challenge

Wednesday 11 May

14.00 Boys Cricket: U13/12 v Prebendal School (H - Lancing College). **Return 17.15**

14.00 Girls Cricket: U12/13 v LPH (H - Lancing College). **Return 17.15**

14.00 Girls Cricket: U10/11 v LPH (H - Lancing College). **Return 17.15**

14.15 Boys Cricket: U11A Hardball and U11 B Softball LPH (A). **Return 17.15**

Thursday 12 May

Year 7 and 8 Classics and MFL at LPW today.

14.15 Boys Cricket: U9/8 A and B v LPH (A). **Return 17.00**

Friday 13 May

10.00-14.00 Year 6 May Treat, Pitch & Bowlplex

16.15-17.15 Year 7 and 8 Summer Concert, Drama Studio

House point totals this week:

1 st :	CELTS:	259
2 nd :	NORMANS:	237
3 rd :	SAXONS:	194
4 th :	BRITONS:	171

Pupil Progress Test Dates

Y2 & Y4	16-18 May
Y5	9-13 May
Y6	23-26 May
Y7	6-10 June

LPWA Notices

Tuesday 17th May – Helpers needed for the Bannister Mile. Please get in touch if you can help.

Friday 20th May – Bottle & Teddy collection at the gate in the morning. Please donate a bottle for the adult tombola, a bottle for the Children's tombola and a teddy for the Teddy tombola at the Summer Fair. Bottles can be any sort. We have had donations of Worcester sauce before, but please remember whatever you donate you may win if you take part!

WORD OF THE WEEK

Galimatias (noun)

Confused or unintelligible
talk

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

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



Lancing Prep Worthing

A Lancing College Preparatory School

News Bulletin

6 May 2022

Nursery Story Tellers

The children love stories and use our colourful story stones to help build their communication and language skills. They enjoyed discovering the stones buried in the sand and discussing how to make their own stories from them.



Pre-School try their hand at Art

Expressive art and design is a very creative area of the Early Years Foundation Stage and the Pre-School children showed wonderful concentration as they took on the challenge of mirror painting to produce impressive-looking spring daffodils.



Reception meet firemen

The children were fascinated to learn all about the role of a firefighter and to see all the exciting equipment on the fire engine.

They were inquisitive learners and asked lots of questions. They listened carefully as the firefighters explained how the extinguishers work.

Thank you to Red Watch from Worthing Fire Station!



Year 1 have green fingers!

The children have been busy, starting the term with gardening in the sunshine. They spent the afternoon in our sunny vegetable plot. As part of their science learning, the children planted a variety of beans. We are looking forward to watching them grow!



Year 2 turn Food Tasters

The children had a lovely afternoon finding out which African countries produce which African fruit and vegetables and recording their results.

They had brilliant fun tasting the fruits and became (some might say rather harsh) food critics!



Pre-Prep greet some prickly visitors!

The children were delighted to meet some real live hedgehogs that were brought along to school by Graham Bowring of the Hedgehog Rescue Centre. He commented that the children in every class were polite, enthusiastic and knowledgeable. He was particularly impressed by the Nursery & Pre-School children who were very well behaved and joined in confidently. Indeed 'Harry the Hedgehog' was so interested in one of the children that he watched the little boy's every move!



Mr Bowring also passed on his thanks to the LPW parents for their generous donation which will ensure that the hedgehogs in the centre get the care they deserve.



Prep School News

Year 3 have fun with French Phonics

The children were so focused and creative when they learnt about one of the four ways to spell the sound 'k' in French. They used the example of the mind map suggested on the classroom smart board as the basis to use their creativity and imagination to produce their own inspiring mind map.

They then independently used the displays around the French room to extend their work. At the end of the lesson, everybody knew how to pronounce 'qu' and had discovered a lot of new words!



Art in action at the Prep School

Year 3 have also been busy in the art room and produced some beautiful flowers and insect pictures which have brightened up the corridors no end!



Year 5 have been busy this year on their 'apple' themed topics and their fabulous pottery containers, inspired by the work of British potter Kate Malone and the techniques of Victorian style Majolica ware, fired in our very own kiln in the art room, are a joy to behold. We are so fortunate to have a new kiln this year and to offer the opportunity to pupils from Year 3 to Year 8 to try their hand at ceramics!



For the summer term, Year 5 are moving onto learning how to produce Batik patterns on textiles and they are having fun practising their techniques.



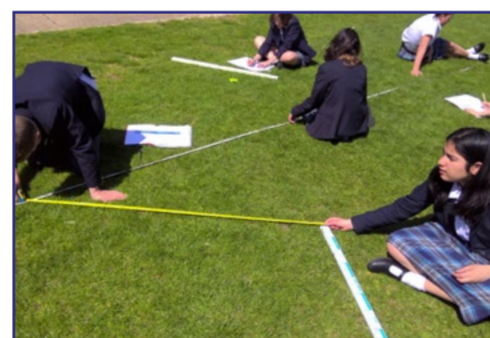
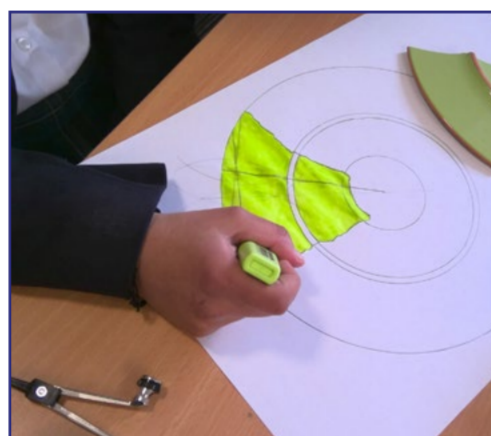
Prep School Gardeners get stuck in!

Children in Years 3 to 6 started their gardening club with some clearing of the LPW garden; lots of wild garlic and creeping plants had taken over since the previous, pre-Covid, gardening club. They also prepared some soil in newly built raised beds, potted up some spider plant and rosemary shoots, sorted seeds donated by the LPW staff and had a thorough tidy up ready for sowing the following week.

We are looking forward to seeing the garden coming back to life again this summer!

Year 8 plan their own 'Digging for Britain' project

The pupils are setting out to identify the cause of the very clear parch marks that appear during hot summers on our playing field. With input from Science, History and Maths, they are learning about techniques used by archaeologists, to complete pre-excitation desktop research, identify finds and geophysical surveying. The project will culminate in a week long excavation. They are being supported with a geophysics day led by the survey team of Worthing Archaeological Society who will also provide equipment for the excavation.



Our first Music concert this term!

Our musicians were delighted to have the opportunity to showcase their talents to an audience of pupils and parents, using our Drama Studio as an outdoor performance space. We look forward to more of these events during the course of the summer term.



Sport

Summer term sports are now underway and although the weather might seem particularly summerlike at the moment, the Year 2 children had super fun with their first training session at Worthing Tennis Club. It may be too early to tell whether there are any potential Wimbledon champions among them but Year 2 will be developing their racquet skills and hand/eye co-ordination as the term continues.



For the Prep school children, our focus is on cricket and the pupils in Years 3 and 4 enjoyed learning some techniques in their training session.



Our older girls have had their first cricket fixtures this term, taking on Dorset House. Both matches were closely fought resulting in a win for the U10/U11s and a narrow loss for the U12/U13s.



Achievements

Congratulations #1!

Well done to Mollie B in Year 7 who plays for Horsham Rugby Club and has been enjoying her rugby in recent tournaments and a tour of Kent!



Congratulations #2

Reuben and Jasper D learned how to snowboard on holiday during the Easter break and gained their 'rookie rider' awards!



Congratulations #3

Well done to Ryley and Elodie G who took part in the Worthing RunFest half marathon mini mile along Worthing seafront. Both got a medal, and Ryley ran very well to come 3rd overall. We can't wait to see them run the Bannister mile!



Congratulations #4

Just before the Easter Holidays, Misha M competed in the British BDO Street Dance Championships.

Her crew (Krafty Crew) competed and won a place in the amateur '10's and under', enabling them to go on to the next level and competition later in the year.

We look forward to hearing how Misha and her crew get on!



Reception

Amber McD	for her amazing hedgehog collage
Ameera M	for super, careful letter formation
Andre M	for his imaginative role play
Grace T	for her super 'All about Me writing' and for writing two sentences!
Toby C	for his super 'All about Me writing' and for writing two sentences!
William J	for excellent segmenting when writing

Year 1

Alex E	for amazing rhyming work
Frankie M	for settling in well and making new friends
Matthew S D S	for his amazing independent maths
Primrose G	for her wonderful 'planting a bean' writing
Zara H	for being a good friend

Year 2

Fatima C	for her beautiful pastel of blueberries
Freddie B	for working out it was half an hour until lunchtime!
Harry A	for working out time problems
Sia S	for her beautiful pastel of a plum
Sofia S	for thinking of others and her fundraising
Zayan M	for using the correct spelling for the plural of cherry

LPW
Go out into
the World
and do Good



We are so proud of you, Sofia!

Sofia S in Year 2 was very concerned about all the people in Ukraine who have been affected by the war and wanted to do something positive to raise funds for the DEC Ukraine Humanitarian Appeal.

She carried out a sponsored 10 mile bike ride from Shoreham Beach to Bramber Castle (via the River Adur) and then back. She has raised a magnificent total over £1,700 including Gift Aid, many hundreds more than her original target of £250 and has seen her fundraising featured in the local press too.

House Points

The House Point totals for this week are in!

Congratulations to Celts for heading the leader board.

Celts	259
Normans	237
Saxons	194
Britons	171

Year 3

Autumn S	for producing an outstanding reflective recount of her trip to the planetarium in Chichester, using paragraphs
Francesca G	for producing an outstanding reflective recount of her time away in Dubai, using paragraphs
Jasper D	for producing an outstanding reflective recount of his time away skiing in France, using paragraphs
Millie P	for producing an outstanding reflective recount of her time away in Italy, using paragraphs.
Rose E	for producing an outstanding reflective recount of her trip to Chessington World of Adventures, using paragraphs

Year 4

Barney T	for crafting a stunning poster about his own sister Beth T for International Women's Day
Beau H	for crafting an extraordinary poster celebrating Pip Murray for International Women's Day
Skantha N-R	for crafting an extraordinary poster celebrating Dian Fossey for International Women's Day

Year 5

Beatrice D) for delivering an inventive and informative poster about Marie Curie for International Women's Day, and for extending independently her French Easter homework
Constance D F	for extending independently her French Easter homework
Freddie B	for being an open-minded and independent learner when making a wonderful presentation of his holidays in France
Harry C	for creating a colourful and informative booklet about Amelia Earhart for International Women's Day
Jonathan C) for collaborating with three other pupils on the Joséphine Baker creative project in French and for winning the first prize, and for crafting an excellent tutorial video on how to multiply decimals
Joshua C) for crafting a detailed and interesting poster about Anita Roddick for International Women's Day, and for being an open-minded and independent learner when making a wonderful presentation of his holidays in France
Misha M	for making a wonderful poster about lots of brilliant women who inspire her for International Women's Day

Year 6

Bertie F	for being empathetic and caring towards a pupil who needed some attention
Lexi P	for being empathetic and caring towards a pupil who needed some attention

Year 7

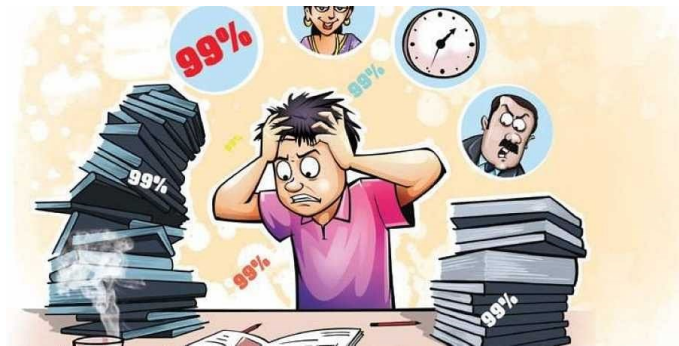
Abigail M	for crafting lots of fascinating information about Katherine Johnson for International Women's Day
Ben B	for being a methodical and determined learner in English (spellings)
Jake G) for being empathetic when offering some support to other pupils during the last French lesson and for being an amazing French assistant teacher
Jude G	for being a methodical and determined learner in English (spellings)
Purdey M	for independently crafting a detailed poster about Florence Nightingale for International Women's Day
William S	for being a methodical and determined learner in English (spellings)

Year 8

Amelia G	for making a beautiful creative poster about Frida Kahlo for International Women's Day
Joseph M	for crafting an amazing poster about Bessie Coleman for International Women's Day
Monty T	for crafting a fascinating poster about Mary Shelley for International Women's Day
Sophia B	for independently crafting a colourful and creative poster about Sky Brown for International Women's Day

Coping with exam stress

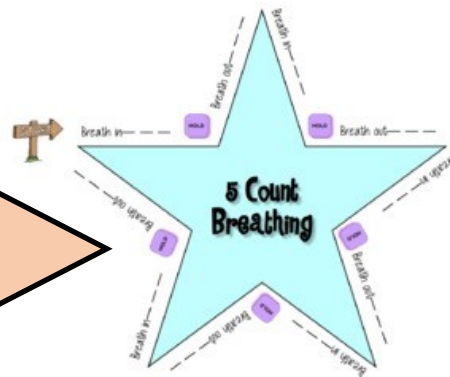
Exam time can cause stress and anxiety. Some of the effects of stress can be minor or even positive for some, but for others it can cause high anxiety. If you are thinking.... Yes that's me, then read on.



- Remember to breathe. ...
- Take your time
- Read the questions. ...
- You're not alone. ...
- Believe in yourself. ...
- If you feel like you are struggling before the exam come and talk to someone. ...

Watch this video for useful hints and tips for dealing with exam pressures
[Revision Tips – Beating Exam Stress - YouTube](#)

Try the 5 star breathing technique



 <p>SLEEP</p> <p>I can make sure I get enough sleep the day before my test.</p>	 <p>MY TEST TIPS</p> <p>I can take care of myself and do things I enjoy to relax and feel good about myself before my test.</p>	 <p>BREATHE</p> <p>I can use my calming breathing when I feel anxious about my test.</p>
 <p>EXERCISE</p> <p>I can fit some exercise into every day. This will help boost my 'wellbeing' and make me less anxious.</p>	 <p>SELF CARE</p> <p>I can use my positive thinking about my test. I CAN do this!</p>	 <p>POSITIVE THOUGHTS</p>

Lancing Prep Worthing Lunch Menu

WEEK:1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Vegetable, spinach and tomato cannelloni	Sticky lemon chicken with charred peppers	Moroccan style lamb meatballs in a sweet tomato sauce Minted yoghurt dip Flatbread	Traditional beef bolognese	Salmon fishcakes with a tartare sauce
Main Course Vegetarian	Penne pasta with a choice of carbonara sauce or tomato and basil sauce	Stir fried vegetables in a black bean sauce	Spinach and courgette tart	Roasted vegetable bolognese	Loaded sweet potatoes
Main Course Vegan	Gnocchi baked in a tomato and basil sauce with a vegan glaze	Stir fried vegetables in a black bean sauce	Spinach and courgette tart	Roasted vegetable bolognese	Vegan loaded sweet potatoes
Side Orders	Sweetcorn Garlic bread Olives	Egg noodles Stir fry greens	Golden couscous Steamed broccoli	Pasta twists Parmesan cheese Steamed carrots Garlic bread	Skinny fries Garden peas Baked beans
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	Salad vegetables Daily protein Mixed bread
Dessert of the Day	Apricot and honey sponge Vegan custard pot Daily fruit pots and yoghurt	Freshly made yoghurt with a peach coulis Daily fruit pots and yoghurt	Strawberry jelly (vg) Daily fruit pots and yoghurt	Summer berry smoothie Daily fruit pots and yoghurt	Rocky Road Daily fruit pots and yoghurt

	Brass	Keyboard Room		Piano	Music Room	
	Sarah Leeves					Jenny Goodson
	Tuesday 10th May					Tuesday 10th May
9.30am	Henry H Trial			3.45pm		Alex B
9.45am	Freddie B					
10.15am	John H					
10.45am	Thomas S					
11.15am	Elliot G					
11.45am	Oscar W					
12.15pm	Autumn S					
12.45pm						
1.00pm	Brass Group					
1.30pm	Millie P					
2.00pm						
2.30pm	Jasper D					
3.00pm	Lucas C					

	Piano		Voice & Piano		
	Jenny Goodson	Music Room	Simi Fyles	Keyboard Room	
	Wednesday 11th May		Wednesday 11th May		
2.15pm	Trixie G		11.30am		Zoya G-H
2.45pm	Clementine C-D & Isla L		12.00pm		Lucas K
3.15pm	Sia S		12.30pm		Hattie S
3.45pm	Cooper P		1.00pm		Francesca G & Rose E
			1.30pm		
			2.00pm		Tilly W
			2.30pm		William B
			3.00pm		Charlotte M
		3.30pm	Tilly R-C		
		4.00pm	Elodie G		
		4.30pm			

Piano & Double Bass		Keyboard Room	Violin and Piano		Music Room
Liz Hosford			Rob Campkin		
Wednesday 11th May			Wednesday 11th May		
8.30am	Eileen C		9.00am	Skantha N	
9.00am	Oliver E		9.30am	Joshua C	
10.00am	Elliot G		10.00am	Harry C	
10.30am	Jasper D		10.30am	Group A Strings	
11.00am	Rose E		11.00am		
11.30am	Sam E				
12.00pm	Theo K				
12.30pm	Lexi P				
1.00pm					
1.30pm	Sofia S				
2.00pm	Primrose G				
2.30pm	Zoya G				

	Bassoon	Music Room		Violin and Piano	Keyboard Room
	Angela Kirsten			Rob Campkin	
	Thursday 12th May			Thursday 12th May	
8.30am	Devon S		8.45am	Martha M	
		11.00am			
		11.30am	Anvita D		
		12.00pm	Hunter L		
		12.45pm	Damian B		
		1.15pm	Logan B		
		1.45pm	Ben F		
		2.15pm	Group B Strings		
		2.45pm	Vivian B		
		3.15pm	Jessica W		
		4.15pm	Logan B		

Year 1 Group A - Primrose G, Chloe B, Jessica W

Year 1 Group B - Leah B, Miles C, Matthew S, Mahdavan R

	Clarinet & Sax		Piano & Double Bass	
	Lucy Ballard	Keyboard Room		Liz Hosford
	Thursday 12th May			Thursday 12th May
8.00am	Janani R		8.30am	Lana G
8.30am	Jonathan C		9.00am	Ava U
9.00am	Esmee M		9.30am	Oscar W
9.30am	George R		10.00am	Max B
10.00am	Ruby H		10.30am	
10.30am	Ruby H		10.45am	Tilly R-C
			11.15am	Millie P
			11.45am	Francesca G
		12.15pm	George R	
		12.45pm		
		1.15pm	Rosie E	
		1.45pm	Harry C	
		2.15pm	Rex R	
		2.45pm		
		3.15pm		

Drama Room

	Piano	Music Room		Flute	Keyboard Room
	Jenny Goodson			Dom Smith	
	Thursday 12th May			Friday 13th May	
12.00pm	Alex B		8.00am		
12.30pm	Molly B		8.30am	Kimberley L	
3.10pm	Emily T		9.00am	Freddie B	
			9.30am	Joshua H	

	Violin	Music Room		Guitar	Drama Room
	Rob Campkin			Barry Worley	
	Friday 13th May			Friday 13th May	
7.45am	Anna B		8.00am		
		8.30am	Eithnee N-W		
		9.00am	Orson W		
		9.30am	Sam E		
		10.00am	Barney T		
		10.30am	Henry B		
		11.00am	Misha M		
		11.30am	Oliver E		
		12.00pm	Jessica B		
		12.30pm	Mikaaeel M		
		1.00pm			
		1.30pm	Rock Band		
		2.00pm	Ethan S		
		2.30pm	Amalie S		

	Piano	Music Room
	Jenny Goodson	
	Friday 13th May	
1.30pm	Freddie B	