

# LANCING PREP WORTHING

## Weekly Briefing

10 June 2022

### The Week Ahead ...

#### Monday 13 June

Year 8 HPV Vaccinations

14.00 Cricket: U11 Tournament @ Lancing College. **Return 17.15**

#### Tuesday 14 June

Year 8 Geophysics Day

#### Wednesday 15 June

Year 8 Geography exam

07.40-08.10 Swerve Soccer Strength and Conditioning Free Session for Years 5-8

14.00 Girls Cricket: U10 and U11 v Sion (A). **Return 16.30**

14.30 Boys and Girls Cricket: U13 8-a-side Softball and U12 8-a-side Softball Cricket v Great Ballard (H - Lancing College). **Return 5.15pm**

14.30 Boys Cricket: U11 12-a-side Softball Cricket v Windlesham Hove (H). **Pick up 16.00**

#### Thursday 16 June

Year 7 & 8 Classics and MFL lessons at Lancing College this week

14.15 Boys and Girls Cricket: U9 10-a-side Softball and U8 10-a-side Softball v Great Ballard (A). **Return 17.15**

14.30 Boys Cricket: U9/8 12-a-side Softball Cricket v Windlesham Hove (H). **Pick up 16.00**

#### Friday 17 June

14.35-15.45 Year 7 and 8 RSHE session

19.00 LPWA Quiz Night

### LPWA Notices

Thank you to all the parent and teacher volunteers who helped at the Summer Fair.

**Uniform Sale** - Friday 10th June 3-5pm

**Fish & Chip Quiz Night** - Friday 17th June – Please purchase tickets by Tuesday 14<sup>th</sup> June. Come along, and in teams of no more than 8, try and beat the teachers!

£12.00 per person, meal included. Pudding and drinks available to purchase at our cash bar. Doors open at 7pm for 7.30pm start.

### WORD OF THE WEEK

Cruciverbalist (noun)

A designer or fan of crossword puzzles

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

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# Lancing Prep Worthing

## A Lancing College Preparatory School

News Bulletin

10 June 2022

### Nursery & Pre-School make a splash!

Undeterred by the changeable weather, the children have had lots of fun in their waterproofs out-of-doors. There's nothing like jumping in muddle puddles to cheer a grey and wet day up!



### Year 7 Geographers explore Broadwater

It was singularly appropriate that the Year 7 students had a fieldwork experience trip with Dr Bustin from the College during the National Fieldwork Week run by the Geographical Association.

They walked around our local Broadwater area to explore the urban geography of our home 'patch'. They completed surveys, made notes and field sketches which they later evaluated back at the school.



### Year 3 on the Victorian Trail

This term Year 3 have been exploring the world of the Victorians.

Having submitted their letters of application to Preston Manor, they had the experience of dressing as Victorian children and visiting this beautiful building. They explored the world 'below stairs' as servants and were being put through their paces by some harsh taskmasters!



After half term, they visited Worthing Museum to continue their learning about the Victorians. They viewed Victorian clothing and toys, as well as seeing a model of Victorian Worthing. They participated in a workshop in which they looked at photos of Victorian Worthing, created their own Punch and Judy puppets to put into a show and dressed up in Victorian outfits.



## Prep School News

### Lodge Hill Adventure

What an amazing trip we have just had to Lodge Hill with all the children from Years 3 to 6! We had an absolutely amazing time taking part in so many different activities from climbing to tunnelling to using a bow and arrow in archery to snow tubing.

The children worked exceptionally well in their groups really developing their teamwork skills and thoroughly enjoyed all of the different activities.



### Culture Club activities at Steyning Festival

We were delighted to have a selection of tickets for various events at the festival. Leah B in Year 1, along with big brother Cameron, was thrilled to go to meet Julia Donaldson. She has written about it below!

'We arrived early and lots of people were there. There were lots of songs and stories like Gruffalo, Superworm, Zog, The Highway Rat, and Smoos And The Smeds. My favourite song was Stick Man. I enjoyed it so much that after the show we got a book for the school signed by Julia Donaldson herself.'



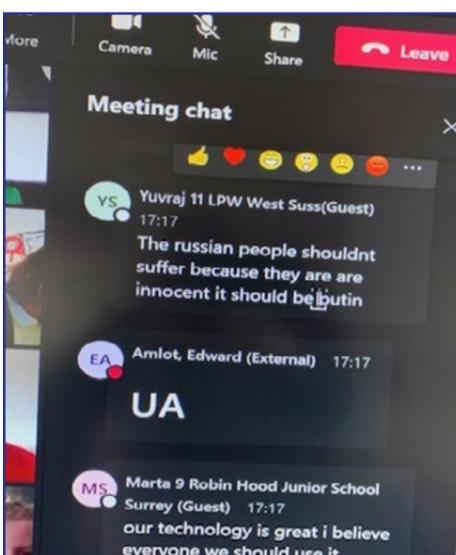
Our Year 8 art scholar Joe M, attended a Manga drawing workshop with Chie Kutsuwada at the festival. Chie is a Japanese Manga artist based in Brighton, who has created her own work as well as illustrations for children's books.

Joe enjoyed learning about this distinctive style of drawing and found Chie's guidance on facial proportions particularly useful.



### Children's Parliament

Yuvraj S and Elizabeth H (both from Year 6) took part as Child MPs representing our school at this national online event. Well done to Yuvraj who was able to take part, despite being overseas at the time!



## Third Generation Day

Third Generation Day is designed to be a day that the children will remember for the rest of their lives and follows a different theme each year. 2022 had the ready-made theme of the Queen's Platinum Jubilee just waiting to be celebrated as a once in a lifetime event and the children had so much fun with their Jubilee-themed activities, followed by our summer fete in the afternoon.



### Reception

Adiella I	for being so helpful in the classroom
Aniket D	for being resourceful and resilient when completing the boat challenge, and for ordering numbers to 20
Harlan T	for ordering numbers to 20
Leon W	) for being a Resourceful Ranger when completing the boat challenge and taking the opportunity to try something new
Rupert W	for his fantastic written version of 'The Kiss That Missed'
William J	for super drawing and writing

### Year 1

Alex E	for being very kind and considerate in the classroom, and for his new love of reading
Asher G	for working hard on spellings each week
Chloe B	for amazing progress with reading
Daniel M	for a beautiful, unprompted apology
Frankie M	for fantastic writing about vegetables
Jasper S	for wonderful, careful clay work in Art, and for a great diva lamp design
Lana G	for a wonderful miniature garden
Magnus D	for a fantastic bean plant diary
Matthew S d S	for an amazing plant diary, and for a wonderful diva lamp design
Miles C	for amazing position work in Maths
Oscar K	for his detailed 'healthy and unhealthy' poster, and for being resilient and persevering with his writing
Primrose G	for super Maths work on 'time'
Tilly W	for working well in Maths and finishing all her tasks
Zara H	for a beautiful diya lamp

### Year 2

Clementine C-D	for telling us how to say 'hello' in Swahili
Harry A	for exceptional work in Maths on length and height
Madhavan R	for being very kind and considerate to new children
Rosie E	for enjoying measuring in Maths
Zara R	for enthusiastically finding out facts about Africa, and for remembering facts about Kenya

## Bannister Mile Medal Winners

Year 3	Year 4	Year 5
1 <sup>st</sup> Ethan S	1 <sup>st</sup> Rocco F	1 <sup>st</sup> Ryley G
2 <sup>nd</sup> Emily T	2 <sup>nd</sup> Tom E-B	2 <sup>nd</sup> Fraser S
3 <sup>rd</sup> Oscar W	3 <sup>rd</sup> Barney T	3 <sup>rd</sup> Constance D

Year 6	Year 7	Year 8
1 <sup>st</sup> Oliver E	1 <sup>st</sup> Jude G	1 <sup>st</sup> Sophie B & Anna
2 <sup>nd</sup> Harry C	2 <sup>nd</sup> Ollie S	2 <sup>nd</sup> Amelie K & Ava U
3 <sup>rd</sup> Devon S	3 <sup>rd</sup> Henry B & Molly B	3 <sup>rd</sup> Alex W

### Year 3

Amalie S	for imaginative and creative ideas designing two book covers
Ben F	for an imaginative and very neatly presented fairy tale book cover
Damian B	for being focused and showing a good understanding of fractions
Daniel B	for an evaluative and well-written diary entry of his day as a Victorian child servant at Preston Manor.
Eileen S	for an outstanding fairy tale
Eithne N W	for imaginative and creative ideas designing a fairy book cover
Elodie G	for an evaluative and well-written diary entry for Preston Manor
Francesca G	for an evaluative and well-written diary entry of her day as a Victorian child servant at Preston Manor
Rose E	for an evaluative and well-written diary entry of her day as a Victorian child servant at Preston Manor

### Year 6

Elizabeth H	for being an MP representing LPW so brilliantly at the National Children's Parliament
Harry C	for focused and independent research of Hindu festivals
Jessica B	for imaginative and creative depictions of the Brahma and Shiva in REP
Oliver E	for focused and independent research of Hindu festivals
Orson W	for focused and independent research of Hindu festivals
Phoebe B	for focused and independent research of Hindu festivals
Rafferty D	for being a methodical and self aware learner when responding to written feedback in REP
Yuvraj S	for being an MP representing LPW so brilliantly at the National Children's Parliament

### Year 7

Anton S	for explaining experiments to parents on Open Morning coherently and with enthusiasm!
Ben B	for explaining experiments to parents on Open Morning coherently and with enthusiasm!
Josh H	for explaining experiments to parents on Open Morning coherently and with enthusiasm!
Kingsley F	for explaining experiments to parents on Open Morning coherently and with enthusiasm!
Oliver S	for explaining experiments to parents on Open Morning coherently and with enthusiasm!

### Year 8

Grace W	for explaining experiments to parents on Open Morning coherently and with enthusiasm!
Monty T	for representing the mottos of our school whilst touring a visitor

## House Points

The House Point totals for the first week after half term are in!

Congratulations to Saxons for heading the leader board.

<b>Saxons</b>	202
<b>Celts</b>	165
<b>Normans</b>	151
<b>Britons</b>	150



# Wellbeing News

Summer 2



As we begin the second half of our Summer term 2021/22 we have lots to look forward to, take a moment to remember the good times you have had, your proud moments of this year and think about the journey you have been on.

Enjoy!

## Guess who?



Ask yourself

*What have you done recently to spread kindness to others?*

## Peaceful picture



It's the last half term of 2022, why don't you start planning some fun activities for your summer holidays and enjoy the excitement that they will bring

## Five ways to wellbeing



**Connect:** Smile at someone and the smile's spread

**Be active:** Being active will increase your energy levels

**Keep learning:** We are nearly there – 5 weeks to go

**Give:** Keep giving your best effort

**Take notice:** Take pride in your achievements so far...

## Affirmation



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

### A dairy-free vegan smoothie



**STEP 1** Measure all the ingredients exactly or use a tall glass and your empty yogurt pot (they don't have to be exact.) Put them into a blender and blitz until smooth with a hand blender. Pour into 1 tall glass or two short tumblers. Enjoy !



- 100ml (¼ tall glass) cherry juice
- 200ml (½ tall glass) unsweetened soya milk
- 1 cherry soya yogurt
- 3 tbsp or 50g firm silken tofu
- 75g (1 empty yogurt pot) frozen cherry
- 2 tbsp porridge oat

## Exercise



- 1) **Physical fitness** We know sport is great for our fitness
- 2) **Psychological** Exercise stimulates endorphins which can improve mood and sleep. When one's mood and sleep are good, your stress and anxiety levels are low. The more you exercise, the happier you get.
- 3) **Social** Badminton requires at least two players, or four for doubles. This will encourage socialisation and can help strengthen your friendships.
- 4) **Flexibility and Convenience** Badminton can be played anywhere, a park, the beach, your garden, or on a court at your local leisure centre.

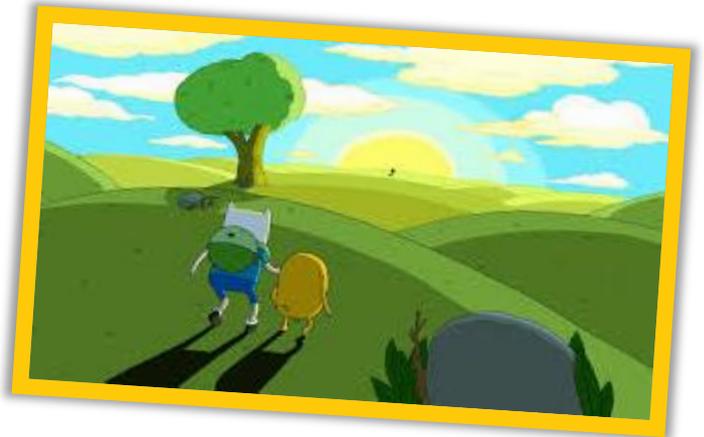
Badminton is one the best games for some quality time with your family, you could hold a family competition. Lastly, don't forget to have fun!.

## Mindfulness



Create a list of movies to watch or books to read

Spend some time outdoors climb a tree, go for a walk, watch the clouds



Focus on what you have achieved and write some new goals for yourself



## And finally...

As 2021/22 comes to an end, take a moment to remember the good times of this year. Think about: The friends you have? What have you enjoyed? What are your favourite memories of this year? What have you learnt about yourself?

Good luck to all our pupils who are moving on and up and remember 'You've got this'!



Presents



**6.45pm - 22nd & 23rd June**

**tickets available now!**

Conceived and Developed by **David De Silva**

Book By

Lyrics by

Music by

**José Fernandez**

**Jacques Levy**

**Steve Margoshes**

*Title Song "Fame" written by **Dean Pitchford and Michael Gore***

*Fame JR.* is presented through special arrangement with and all authorized materials are supplied by Music Theatre International,

421 West 54<sup>th</sup> Street, New York, NY 10019

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*Pre-Prep School*

*Summer Concert*

*3pm - 30th June*



## Lamda Lessons with Poppy

# 13<sup>th</sup> June

LESSON TIMES	Monday	Tuesday
8:00	8- Misha	
8:30	7- Ben and Josh	8- Tom
9:00	7- Imogen + Janani	8- Ava
9:30		
10:00	2- Clementine, Sia, Harry, Freddie	2- Emily, Madhavan, Maxwell, Roseanna, Sofia
10:30	6G- Ruby, Lexi	6L- Mairead, Kimberly
11:00	8- Grace	5B- India, Sophia, Freddie- IT
11:30	5B- Ryley, Harry- REP	5L- Reuben, Misha
12:00	3P- Peaches, Daniel, Esme, Rose, Jasper	6L- Phoebe, Jessica
12:30	3- P- Francesca, Elliott S-Tilly, Eileen, Alex	4- Vivian, Beau, Olivia, Skantha, Charlotte, William
13:00	8- Albie	8- Monty
13:30	7- Molly + Chloe	8- Anna + Amelie
14:00	5L- Sam, Sienna	3S- Cameron, Damian, Elodie, Emily, Amalie
14:30	6G- Orson	
15:00	1a- Cleo, Matthew, Chloe, Roman, Trixie, Tilly, Zara, Leah	5L- Max, Jonathan
15:30	6G- Unaysah, Elizabeth	5B- Joshua, Rex
16:00	8 Hope	

	Voice & Piano		Drums		
	Simi Fyles		Paul Gunter		
	Monday 13th June		Monday 13th June		
8.00am	Grace W & Sophia B	Keyboard Room	9.30am	Reuben D	Music Room
8.30am	Amelie K-M		10.00am	Lucas K	
9.00am	Molly B		10.30am	Theo K	
9.30am	Phoebe B		11.00am	Henry H	
10.00am	Ruby H		11.30am	Phoebe B	
10.30am			12.00pm	Rafferty D	
11.00am	Leila F		12.30pm	Solomon W-Y	
11.30am	Beatrice D		1.30pm		
12.00pm	Orson W		2.00pm	Elliott S	
12.30pm	Elizabeth H		2.30pm	Constance DF	
1.00pm	Anna B		3.00pm	Vivian B	
1.30pm			3.45pm	Regan C	
2.00pm	Ryley G		4.45pm	Tilly R-C	
2.30pm	Jonathan C		4.45pm	Max B	
3.00pm	Peaches C & Amalie S				
3.30pm	John H				
4.00pm					

	Piano	Music Room		Cello	IT Room
	Jenny Goodson			Hannah Sloane	
	Monday 13th June			Monday 13th June	
8.30am	Autumn S		8.30am	India G	
9.00am	Emily T				

Brass		Keyboard Room	Piano		Music Room
Sarah Leeves			Jenny Goodson		
Tuesday 14th June			Tuesday 14th June		
9.15am	Henry H		3.45pm	Alex B	
9.45am	Freddie B				
10.15am	John H				
10.45am	Thomas S				
11.15am	Elliot G				
11.45am	Ben B				
12.15pm	Lucas C				
12.45pm					
1.00pm	Brass Group				
1.30pm	Millie P				
2.00pm	Oscar W				
2.30pm	Jasper D				
3.00pm	Autumn S				

	Piano	Music Room		Voice & Piano	Keyboard Room
	Jenny Goodson			Simi Fyles	
	Wednesday 15th June			Wednesday 15th June	
2.15pm	Trixie G		11.30am	Zoya G	
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 15th June			Wednesday 15th June		
8.30am	Eileen C		9.00am	Oliver S	
9.00am	Zoya G		9.30am	Sienna B-W	
10.00am	Primrose G		10.00am	Damian B	
10.30am	Elliot G		10.30am	Ben F	
11.00am	Jasper D		11.00am	Hunter L	
11.30am	Rose E				
12.00pm	Theo K				
12.30pm					
1.00pm	Lexi P				
1.30pm	Sam E				
2.00pm	Oliver E				
2.30pm	Sofia S				

	Violin and Piano		Clarinet & Sax	
	Rob Campkin		Lucy Ballard	
	Thursday 16th June		Thursday 16th June	
8.30am	Martha M		Janani R	
			Jonathan C	
11.00am	Joshua C		Esmee M	
11.30am	Harry C		Ruby	
12.00pm	Skantha N		George R	
12.30pm	Vivian B			
1.15pm	Frankie S			
1.45pm	Year 1 Group A Strings			
2.15pm	Year 1 Group B Strings			
2.45pm	Anvita D			
3.15pm	Jessica W			
4.15pm	Logan B			

Keyboard Room

Keyboard Room

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

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

Piano & Double Bass		Drama Room	Piano		Music Room
Liz Hosford			Jenny Goodson		
Thursday 16th June			Thursday 16th June		
8.30am	Lana G		12.00pm	Alex B	
9.00am	Ava U		12.30pm		
9.30am	Harry C		3.10pm		
10.00am	Rex R				
10.30am					
10.45am	Oscar W				
11.15am	Max B				
11.45am	Tilly R-C				
12.15pm	Millie P				
12.45pm					
1.15pm	Francesca G				
1.45pm	George R				
2.15pm	Rosie E				
2.45pm					
3.15pm					

	Cello	IT Room		Flute	Keyboard Room
	Hannah Sloane			Dom Smith	
	Friday 17th June			Friday 17th June	
8.30am	India G		8.00am		
		8.30am	Freddie B		
		9.00am	Joshua H		
		9.30am	Kimberley L		

	<b>Violin</b>	Music Room		<b>Guitar</b>	Drama Room
	<b>Rob Campkin</b>			<b>Barry Worley</b>	
	<b>Friday 17th June</b>			<b>Friday 20th May</b>	
<b>7.45am</b>	<b>Anna B</b>		<b>8.00am</b>		
		<b>8.30am</b>	<b>Henry B</b>		
		<b>9.00am</b>	<b>Tom E-B</b>		
		<b>9.30am</b>	<b>Daniel B</b>		
		<b>10.00am</b>	<b>Ethan S</b>		
		<b>10.30am</b>	<b>Amalie S</b>		
		<b>11.00am</b>	<b>Orson W</b>		
		<b>11.30am</b>	<b>Sam E</b>		
		<b>12.00pm</b>	<b>Barney T</b>		
		<b>12.30pm</b>	<b>Mikaaeel M</b>		
		<b>1.00pm</b>			
		<b>1.30pm</b>	<b>Rock Band</b>		
		<b>2.00pm</b>	<b>Misha M</b>		
		<b>2.30pm</b>	<b>Oliver E</b>		
		<b>3.00pm</b>	<b>Jessica B</b>		

	Piano	Music Room
	Jenny Goodson	
	Friday 17th June	
1.30pm	Freddie B	
3.45pm	Molly B	

# Lancing Prep Worthing Lunch Menu

WEEK:2

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course

Margherita pizza with a hidden vegetable tomato sauce

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

Goat's cheese and spinach pizza

Creamy mushroom and courgette crumble

Sweet and sour quorn

Vegetable and butter bean chilli with tortilla dippers

Butternut squash and feta quiche

Main Course Vegan

Vegan margherita pizza

Stuffed mushroom

Sweet and sour tofu

Vegetable and butter bean chilli with tortilla dippers

Vegan sausages

Side Orders

Potato wedges  
Cauliflower

Roasted new potatoes  
Sliced carrots  
Steamed broccoli

Mixed steamed rice  
Garden peas

Guacamole  
Sour cream  
Lime & coriander sweetcorn

Steak house fries  
Baked beans

Seasonal Salad Bar

Salad vegetables  
Daily protein  
Mixed bread

Dessert of the Day

Flapjack  
Vegan custard pot  
Daily fruit pots and yoghurt

Strawberry mess  
Daily fruit pots and yoghurt

Watermelon sliced  
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