

LANCING PREP WORTHING

Weekly Briefing

4 November 2022

The Week Ahead ...

Monday 7 November

14.30 Selected boys' football: U13 v St John's (A). **Return 18.00**

Tuesday 8 November

Y8S1 Exams begin. End 10 November.

Wednesday 9 November

14.30 Girls Hockey: U12/13 v Brighton Girls @ Lancing College. **Return 17.15**

14.30 Girls Hockey: U10/11 v Brighton Girls @ Lancing College. **Return 17.15**

14.30 Boys Football: U10/11 A and B v Windlesham Hove (H). **Pick up 16.00**

14.30 Boys Football: U13 A v Penntorpe School (A) @ Lancing College. **Return 17.15**

14.30 Boys Football: U13 B v Shoreham College (A). **Return 17.00**

Thursday 10 November

14.15 Girls Hockey: U9 v Sompting Abbots (H). **Pick up 16.00**

14.00-17.00 Y7 and Y8 to Lancing College to watch 'Anything Goes'. **Pick up at Lancing College at 17.00 or from LPW at 17.30**

WORD OF THE WEEK

Infomania (noun)

Excessive enthusiasm for acquiring knowledge

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

Follow us on Twitter, Instagram and Facebook
@LancingPrepWthg

LPWA Notices

Thank you to all who helped on Fireworks Night.

Donate a Bottle/Christmas Jumper – Friday 18th November. This day will be a Mufti Day. Please bring along a bottle for the Christmas fair bottle tombola and/or a Christmas Jumper for the Christmas Jumper stall. Donations will be greatly received at the gate in the morning.

Christmas Fair – Friday 25th November – 5.30pm to 7.30pm

Flyers and raffle tickets will be coming home with your child soon.

Raffle Prizes – If you have a raffle prize you would like to donate, please let us know and bring into the office.

External Stalls – If you have a business and would like a stall at our Christmas Fair this year, please get in touch. There is no cost for the table, we are only asking for a raffle prize to be donated.

Volunteers needed

The Christmas Fair is one of our biggest events of the year and we are asking for your help on the day. If you have any availability to help set up between 2pm-5.30pm we would be very grateful. It is good fun and even if you only have limited time to help that afternoon it is still hugely appreciated. Please contact us at lpwassoc@gmail.com and we hope to see many of you there.

House Point Totals this week:

1st:	BRITONS:	198
2nd:	CELTS:	164
3rd:	SAXONS:	143
3rd:	NORMANS:	143



Wellbeing News

Autumn Term 2 November 2022/23

Welcome back to school and our 2nd half of the Autumn term- my favourite – Can you guess why?



How are you feeling, now you're in the full swing of 'back to school'? in control?, tired?, bored? Stressed? happy, excited. However you may be feeling is normal, many of us feel lots of different emotions at the same time. If you need to chat, find someone you feel comfortable with, share those feelings with, a friend, someone at home, myself in The Hive. Connecting with friends, sharing,, chatting and having fun, can give us the boost that we need. Support one another and be kind.

Guess what?



I'm thinking of an object, which decorates my house – can you guess what it is from the photo clues above?

Five ways to wellbeing



Connect: Share your feelings with someone you trust.

Be active: Being actively present in the moment. Actively noticing what are you feeling, good or bad, can be a good way of being mindful.

Keep learning: Learning about yourself and your emotions can make you feel more in control and help you manage to cope better.

Give: Give someone your time and ear – listen to them, support them

Take notice: Take notice of your feelings and name them; I feel worried, I feel sad, I feel excited, I feel peaceful

Ask yourself

Have I been kind today?
What can I do to make someone smile?

Peaceful picture



Take a quiet moment to breathe and remember

Affirmation

Everything is within your power,
and your power is within!

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



2 cups of granulated sugar
 1 cup of canola oil
 3 large eggs
 2 tsp vanilla
 1 tsp ground cinnamon
 1 tsp salt
 1 tsp baking powder
 2 cups of all purpose flour
 1 cup of wheat flour
 1 cup of grated zucchini
 ½ cup grated carrot
 ½ cup mashed banana

Homemade Autumn Bread

- 1) Preheat oven to 375°F. Coat 2, 9×5 loaf pans with non-stick spray. Use greaseproof paper for the bottom and the short sides of the pans
- 2) In a large bowl stir together the sugar, oil, eggs, vanilla, cinnamon, salt, baking soda, and baking powder until smooth.
- 3) Next, stir in both flours until just combined. Finally stir in the zucchini, carrots, and banana, until combined.
- 4) Divide the batter between the 2 pans.
- 5) Bake for 50-60 minutes or until a knife inserted into the centre, comes out clean.
- 6) Allow to cool in the pan for 5-10 minutes and then lift out of the pan to cool completely.

Exercise



Keep Ups

This can be done with a football, bat and ball, tennis ball, bouncy ball, anything and anywhere

- Good for all round exercise
- Work out for your whole body
- Great for posture
- Strengthens your core and helps with balance
- Set yourself a challenge of how many you can do in a minute
- Great to keep your mind busy and distracted at the same time

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Mindfulness



Inhaling the universe

Stand with your feet apart, raise your toes up and down – feel your feet on the floor

Raise your arms as high as you can, spread your fingers, take a deep breath and hold.

Bend forward and breath out, say Ahh, as you swing your arms down by your side

Breathe in and imagine scooping the whole universe in your arms and up over your head as you stand. Hold your breath and imagine stars, planets and space above you.

Bend forward and release your breath with another Ahh.

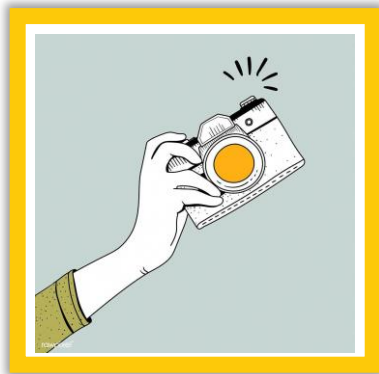
Mind Castle

Sit quietly, body relaxed, take 3 deep breaths and close your eyes

Draw a castle in your mind, what does it look like on the outside, does it have turrets, or a draw bridge?

Enter your castle, What can you see? Walk through the rooms and notice the shapes, smells and sounds.

When you have finished exploring your castle, think about what you discovered. Take a deep breath, open your eyes.



Mental Snapshot –2 or more

Sit together in a circle, the 1st person sets out 7-10 objects, close together, where they can be seen

Everyone is given a minute to look at the objects and try to remember them

The 1st person covers them with a cloth, then takes one away without anyone seeing

The person removes the cloth, and everyone tries to guess which object has been removed

Take it in turns.

And finally...

If you would like a topic, activity or item included in The Hive News, please email me with your ideas, photos or topics and I will do my best to include them.

Are you reading a great book that you want to share with us?

Can you share your hobby or talent with us?

Do you want to send in a photo of your loved pet?

Do you want to say a Thank you to someone?



LANCING COLLEGE PREP – AUTHOR VISIT – CHRIS RIDDELL

ON MONDAY 14th NOVEMBER

We are very excited that award-winning author & illustrator, **CHRIS RIDDELL** will be visiting Lancing College Prep on **Monday 14th November**. Chris will tell the children about his latest books; *The Cloud Horse Chronicles*, show off his incredible drawing talents, do a quick Q and A, and in addition, he'll be signing & dedicating books for the children!



Books are available to order via the link below to THE STEYNING BOOKSHOP'S ONLINE STORE, and the Steyning Bookshop will deliver the books to school on the day for Chris to sign and dedicate to the students.

TO ORDER YOUR COPIES OF CHRIS RIDDELL'S BOOKS PLEASE FOLLOW THESE INSTRUCTIONS:

1. Go to <https://www.steyningbookshop.co.uk/product-category/school-author-events/>
2. Add the CHRIS RIDDELL book/s to the shopping basket. **Select LOCAL PICKUP (avoids postage fee)**
3. Enter your billing address as normal. In **ORDER NOTES BOX OR IN SHIPPING ADDRESS BOX please add your CHILD'S NAME, CLASS, AND LANCING PREP SCHOOL EVENT**. This waives the postage fee and ensures your child will receive their book at school.
4. Proceed to payment by credit / debit card. (card payments are processed by Paypal but you do NOT need a Paypal account to proceed)
5. The books will be handed out to children at school on the 14th November and Chris will sign / dedicate them!

ORDER DEADLINE: WEDNESDAY 9th NOVEMBER 5pm

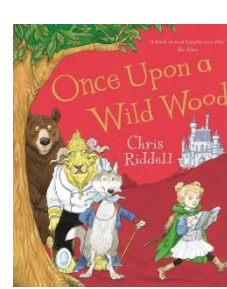
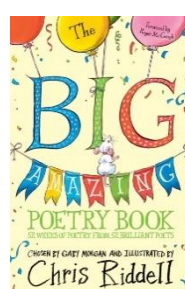
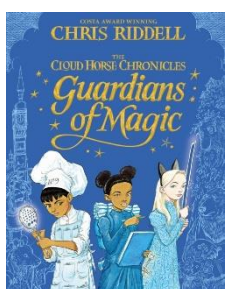
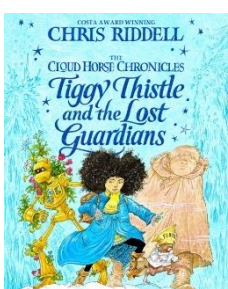
If you have any problems ordering online, please call the Steyning Bookshop on 01903 812062 – we can take your orders by phone, or email us at info@steyningbookshop.co.uk.

About Chris Riddell

Chris Riddell, O.B.E is an accomplished artist, author, and is the political cartoonist for the Observer. He was the Children's Laureate from 2015-2017 and has enjoyed great acclaim for his children's books, which have won many major prizes, including the 2001, 2004 and 2016 CILIP Kate Greenaway Medals. *Goth Girl and the Ghost of a Mouse* won the Costa Children's Book Award 2013. He lives in Brighton with his family.

About Chris Riddell's Books

On this school tour, Chris is highlighting the *The Cloud Horse Chronicles*, his inventive, illustrated fantasy series for readers aged 7-11, but we are also offering his latest poetry books and one picture book as an option for younger pupils to buy.



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

NORTH STAR PINES are selling beautiful Non-drop Christmas trees at
The *NORTH STAR PUB*
Littlehampton Road, Worthing, BN13 1QY
EVERY DAY starting Saturday 26th November!

And also at the *WINDMILL INN*
42 Mill Road, Rustington, BN16 3JN
EVERY WEEKEND starting 3rd December!

We deliver too!

10% of our sales go to the NSPCC!!
£4778 donated since 2016!

Call: 07570928644

FB: North Star Pines

Email: sjcocozza@hotmail.com





Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

Drums		Keyboard Room	Piano		Music Room
Paul Gunter			Jenny Goodson		
Monday 7th November			Monday 7th November		
8.45am	Rosie E		8.30am	Alex B	
9.00am	Vivian B				
9.30am	Harry A				
10.00am	Lucas K				
10.30am					
10.45am	Theo K				
11.15am	Reuben D				
11.45am	Harry C				
12.15pm	Rafferty D				
12.45pm					
2.00pm	Solomon W-Y				
2.30pm	Elliott S				
3.00pm	Constance D-F				
3.30pm					
3.45pm	Henry H				
4.15pm	Tilly R-C				
4.45pm					

	Brass	Keyboard Room		Piano	Music Room
	Sarah Leeves			Jenny Goodson	
	Tuesday 8th November			Tuesday 8th November	
9.20am	Freddie B		3.45pm	Peaches C	
9.55am	Lucas C				
10.25am					
10.45am	Jasper D				
11.20am	Millie P				
11.55am	Oscar W				
12.30pm					
1.00pm	Brass Group				
1.30pm	Autumn S				
2.00pm	Elliot G				
2.30pm	Ben B				
3.00pm	Damian B				
3.30pm	Henry H				

Year 2 Group A - Primrose G, Chloe B, Jessica W
Year 2 Group B - Miles C, Matthew S, Mahdavan R

	Violin & Piano		Piano & Double Bass		
	Rob Campkin		Liz Hosford		
	Wednesday 9th November		Wednesday 9th November		
8.00am	Tilly W	Hall	8.30am	Elliot G	Drama Room
8.30am	Amina K		9.00am	Jonathan C	
9.00am	Max C		9.30am	Francesca G	
9.30am	Skantha N		10.00am	Eileen C	
10.00am	Jessica W		10.30am		
10.30am		FT Room	10.45am	George R	
11.00am			11.15am	Jasper D	
11.30am			11.45am	Oscar W	
12.00pm			12.15pm	Millie P	
12.30pm			12.45pm	Autumn S	
1.00pm		Music Room	1.15pm		
1.30pm			1.45pm	Rosie E	
2.00pm			2.15pm	Sia S	
2.30pm	Damian B		2.45pm	Sofia S	
3.00pm	Ben F		3.15pm	Tilly R-C	
3.30pm	Zoya G				

	Piano	Keyboard Rm		Violin and Piano	Keyboard Room
	Jenny Goodson			Rob Campkin	
	Wednesday 9th November			Thursday 10th November	
3.45pm	Trixie G		8.00am	Joshua C	
		8.30am	Martha M		
		11.00am	Ata K		
		11.30am	Harry C		
		12.00pm	Hamish B		
		12.30pm	Anivita D		
		1.00pm			
		1.30pm	Hunter L		
		2.00pm	Madhavan R		
		2.30pm	Vivian B		
		3.00pm	Elodie G		
		3.30pm	Sienna B-W		
		4.00pm	Ryley G		
		4.30pm	Orson		
		5.00pm	Oliver S		

Year 1 Group A - Adiella I, William J, Toby C, Grace T

Year 1 Group B - Rupert W, Romey F, Aniket D

	Piano & Double Bass		Clarinet & Sax	
	Liz Hosford		Lucy Ballard	
	Thursday 10th November		Thursday 10th November	
8.30am	Lana G		Janani R	
9.00am	Lexi P		Ruby H	
9.30am	Harry C		George R	
10.00am	Theo K		Jonathan C	
10.30am			Esmee M	
10.45am	Cleo S			
11.15am	Rupert W			
11.45am	Ata K			
12.15pm	Lucas K			
12.45pm	Primrose G			
1.15pm				
1.45pm				
2.15pm				
2.45pm				
3.15pm				

Drama Room

Keyboard Room

	Piano		Voice	
	Jenny Goodson	Music Room		Natalie Mason
	Thursday 10th November			Thursday 10th November
10.00am	Emily T		11.00am	Leila F
10.30am	William J		11.30am	William B
11.00am	Isla L		12.00pm	Reuben D
11.30am	Clementine C-D		12.30pm	Charlotte M
12.00pm			1.00pm	
			1.30pm	Constance D F
		2.00pm	Tilly R-C	
		2.30pm	Misha M	
		3.00pm	Sienna B-W	
		3.30pm	Beatrice D	
		4.00pm	Max B	

Keyboard Room

	Flute	Keyboard Room		Piano	Music Room
	Dom Smith			Liz Hosford	
	Friday 11th November			Friday 11th November	
8.30am	Freddie B		8.30am	Max B	
9.00am	Francesca G		9.00am	Rex R	
9.30am	Kimberley L		9.30am	Freddie B	

	Voice		Guitar		
	Natalie Mason		Barry Worley		
	Friday 11th November		Friday 11th November		
11.00am	Francesca G	Music Room	8.00am	Lochie S	Drama Room
11.30am	Eithnee N-G		8.30am	Henry B	
12.00pm	Sia S		9.00am	Barney T	
12.30pm	Abigail M		9.30am	Freddie B	
1.00pm			10.00am	Misha M	
1.30pm	Lexi P		10.30am	Jessica B	
2.00pm	Zoya G		11.00am	Devon S	
2.30pm	Sofia S		11.30am	Max M	
3.00pm	Peaches C & Amalie S		12.00pm	Tom E-B	
3.30pm	Hunter L		12.30pm	Daniel B	
4.00pm	Phoebe B		1.00pm		
			1.30pm	Rock Band	
			2.00pm	Ethan S	
			2.30pm	Amalie S	
		3.00pm	Orson W		
		3.30pm	Orlando B		
		4.00pm	Imogen W		

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

Indian Feast!

Marinated tandoori chicken (mild)

Pork meatballs and tomato sauce

Chicken & vegetable fajitas, served with salsa, soured cream and smashed avocado

Bread crumbed sustainable fish fillets

Main Course Vegetarian

Sweet potato, spinach and aubergine lasagne

Vegetable biryani

Halloumi and vegetable kebabs with a sweet chilli sauce

Roasted vegetable and bean enchiladas

Sweetcorn and red pepper fritters with tomato sauce

Main Course Vegan

Jacket potato with a mild vegetable and lentil curry

Vegetable biryani

Vegan burger with a tomato sauce

Roasted vegetable and bean enchiladas with guacamole

Sweetcorn and red pepper fritters with tomato sauce

Side Orders

Coleslaw, broccoli, mixed leaf salad

Basmati rice
Bombay potatoes
Vegetable samosa
Onion bhaji

Penne pasta, sweetcorn, parmesan cheese

Soft flour tortillas, roast butternut squash and sweetcorn, rice

Chips, baked beans

Seasonal Salad Bar

Assorted seasonal salads with protein options

Assorted seasonal salads with protein options

Assorted seasonal salads with protein options

Assorted seasonal salads with protein options

Assorted seasonal salads with protein options

Dessert of the Day

Pear and chocolate crumble with custard
Vegan fruit crumble

Mango Lassi

Freshly made yoghurt with mixed toppings

Vegan custard pot

Strawberry jelly (vg)

Chocolate brownie

Vegan fairy cake