

LANCING PREP WORTHING

Weekly Briefing

18 November 2022

The Week Ahead ...

Monday 21 November

09.15-11.00 Fire Service Visit to Nursery, Reception and Year 2

Tuesday 22 November

Year 3 Stone Age day

Wednesday 23 November

14.30 Girls Hockey: U11/10 A and B v Farlington School @ Lancing College. **Return 16.45**

14.30 Boys Football: U13/12 v Great Ballard School (H). **Pick up 16.00**

14.30 Boys Football: U11A and B v Great Ballard School (A). **Return 17.00**

Thursday 24 November

14.00 Boys Football: U9 A Tournament @ Oakwood School (A). **Return 17.15**

14.30 Girls Hockey: U8 and U9 v Brighton Girls (A). **Return 16.30**

Friday 25 November

Year 4 Greek Day

17.30-19.30 LPWA Christmas Fair

House Point Totals this week:

1st: **BRITONS:** **192**

2nd: **CELTS:** **159**

3rd: **NORMANS:** **155**

4th: **SAXONS:** **101**

LPWA Notices

Thank you for your donations of Christmas Jumpers and Bottles. If you have not donated yet and wish to, please leave your donation in the office.

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

Raffle tickets will have come home this week with our flyer and a sweet bag. Please return raffle ticket stubs and cash to the office along with your decorated sweet bag by Thursday 24th November. Thank you in advance.

We are in need of helpers to set up the fair from 1.45pm. Any time you can offer will be gratefully accepted and appreciated.

Your class reps now know the stall your class will be running. Please help out by doing a stint on the stall on the night. Every little helps, as they say.

Most importantly, please come along and enjoy our Christmas Fair along with a visit to Santa, there will be external stalls selling exciting gifts.

WORD OF THE WEEK

Rollick (v)

To behave or act in a carefree, playful manner

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

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

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS
National
Online
Safety®
#WakeUpWednesday



Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

Drums		Keyboard Room	Piano		Music Room
Paul Gunter			Jenny Goodson		
Monday 21st November			Monday 21st November		
8.45am	Rosie E		8.30am	Alex B	
9.00am	Rafferty D				
9.30am	Solomon W-Y				
10.00am	Elliott S				
10.30am					
10.45am	Constance D-F				
11.15am	Vivian B				
11.45am	Harry A				
12.15pm	Lucas K				
12.45pm					
2.00pm	Theo K				
2.30pm	Reuben D				
3.00pm	Harry C				
3.30pm					
3.45pm	Henry H				
4.15pm	Tilly R-C				
4.45pm					

	Piano	Music Room		Brass	Keyboard Room
	Jenny Goodson			Sarah Leeves	
	Monday 21st November			Tuesday 22nd November	
1.30pm	Peaches C		9.20am	Elliot G	
		9.55am	Ben B		
		10.25am			
		10.45am	Damian B		
		11.20am	Autumn S		
		11.55am	Freddie B		
		12.30pm			
		1.00pm	Brass Group		
		1.30pm	Lucas C		
		2.00pm	Jasper D		
		2.30pm	Millie P		
		3.00pm	Oscar W		
		3.30pm	Henry H		

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

	Piano	Music Room		Violin & Piano	Hall
	Jenny Goodson			Rob Campkin	
	Tuesday 22nd November			Wednesday 23rd November	
3.45pm	Peaches C		8.00am	Tilly W	
			8.30am	Amina K	
			9.00am	Harry C	
			9.30am	Skantha N	
			10.00am	Year 2 Group B Strings	FT Room
			10.30am	Max C	
			11.00am	Ata K	
			11.30am	Clemmy D	
			12.00pm	Madhavan R	
			12.30pm		
			1.00pm	Year 2 Group A Strings	Music Room
			1.30pm	Hunter L	
			2.00pm	Damian B	
			2.30pm	Zoya G	
			3.00pm	Ben F	
			3.30pm	Zoya G	

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

	Piano & Double Bass	Drama Room		Piano	Keyboard Rm
	Liz Hosford			Jenny Goodson	
	Wednesday 23rd November			Wednesday 23rd November	
8.30am	Elliot G		3.45pm	Trixie G	
9.00am	Eileen C				
9.30am	Autumn S				
10.00am	Jonathan C				
10.30am					
10.45am	Francesca G				
11.15am	George R				
11.45am	Oscar W				
12.15pm	Millie P				
12.45pm	Tilly R-C				
1.15pm					
1.45pm	Sia S				
2.15pm	Rosie E				
2.45pm	Sofia S				
3.15pm	Jasper D				

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

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

	Violin and Piano		Piano & Double Bass		
	Rob Campkin		Liz Hosford		
	Thursday 24th November		Thursday 24th November		
8.00am	Joshua C	Keyboard Room	8.30am	Lana G	Drama Room
8.30am	Martha M		9.00am	Lexi P	
			9.30am	Lucas K	
11.00am	Anvita D		10.00am	Theo K	
11.30am	Hamish B		10.30am		
12.00pm	Elodie G		10.45am	Ata K	
12.30pm	Vivian B		11.15am	Rex R	
1.00pm			11.45am	Freddie B	
1.30pm	Year 1 Group A Strings		12.15pm	Harry C	
2.00pm	Year 1 Group B Strings		12.45pm		
2.30pm	Frankie M		1.15pm	Primrose G	
3.00pm	Jessica B		1.45pm	Cleo S	
3.30pm	Sienna B-W		2.15pm	Rupert W	
4.00pm	Ryley G		2.45pm	Max B	
4.30pm	Orson		3.15pm		
5.00pm					

	Clarinet & Sax		Piano	
	Lucy Ballard	Keyboard Room		Jenny Goodson
	Thursday 24th November			Thursday 24th November
7.55am	Janani R		10.00am	Emily T
8.25am	Ruby H		10.30am	William J
8.55am	Esmee M		11.00am	Isla L
9.25am	George R		11..30am	
9.55am	Jonathan C		3.00pm	Clementine C-D
10.25am				

	Voice		Flute		
	Natalie Mason	Keyboard Room	Dom Smith	Keyboard Room	
	Thursday 24th November		Friday 25th November		
11.00am	Leila F		8.30am		Francesca G
11.30am	Charlotte M		9.00am		Freddie B
12.00pm	Constance D F		9.30am		Kimberley L
12.30pm	Tilly R-C				
1.00pm					
1.30pm	Misha M				
2.00pm	Sienna B-W				
2.30pm	William B				
3.00pm	Reuben D				
3.30pm	Beatrice D				
4.00pm	Max B				

	Voice		Guitar		
	Natalie Mason		Barry Worley		
	Friday 25th November		Friday 25th November		
11.00am	Abigail M	Music Room	8.00am	Lochie S	Drama Room
11.30am	Sia S		8.30am	Henry B	
12.00pm	Sofia S		9.00am	Misha M	
12.30pm	Peaches C & Amalie S		9.30am	Jessica B	
1.00pm			10.00am	Devon S	
1.30pm	Lexi P		10.30am	Max M	
2.00pm	Zoya G		11.00am	Tom E-B	
2.30pm	Francesca G		11.30am	Daniel B	
3.00pm	Eithne N-G		12.00pm	Ethan S	
3.30pm	Hunter L		12.30pm	Amalie S	
4.00pm	Phoebe B		1.00pm		
			1.30pm	Rock Band	
			2.00pm	Orson W	
			2.30pm	Orlando B	
		3.00pm	Barney T		
		3.30pm	Freddie B		
		4.00pm	Imogen W		

Lancing Prep Worthing Lunch Menu

WEEK:3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta with a choice of sauces: vegetable bolognese, tomato and basil, cheese sauce	Mild chicken Korma	Butchers' pork sausages with proper gravy	Beef lasagne	Salmon fishcakes with tomato sauce
Main Course Vegetarian	Gnocchi baked in a tomato and basil sauce with a cheddar glaze	Vegetable and sweet potato Korma	Vegetarian sausages	Sweet potato and spinach lasagne	Vegetable cannelloni with a basil and tomato ratatouille
Main Course Vegan	Vegetable bolognese with penne pasta	Vegetable and bean Korma	Vegan sausages	Sweet potato and spinach lasagne	Vegan burger with a basil and tomato ratatouille
Side Orders	Broccoli, garlic bread, seasonal salad	Basmati rice, cumin roasted cauliflower, naan bread	Mashed potatoes, carrots and peas	Selection of crudites	Baby new potatoes 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	Apple and cinnamon flapjack	Strawberry jelly (VG)	Pear and chocolate cake	Creamy rice pudding	Ginger cake and custard Vegan ice cream



XMAS HOLIDAY CLUBS

“Childcare during the holidays they want to go to”
Fresh air. Fresh activities. Fresh attitude.



LANCING COLLEGE PREP, BROADWATER

MON 12 DEC **BAD SANTA NERF BATTLES**

TUE 13 DEC **WINTER CAMPFIRE COOKOUT**

WED 14 DEC **MEGA GAMES, MARSHMALLOW S'MORES TOASTING AND SNOW MAKING**

THU 15 DEC **ARCTIC SURVIVAL CHALLENGE**

FRI 16 DEC **CHRISTMAS WOODLAND CRAFTS**

MON 19 DEC **WINTER CAMPFIRE COOKOUT**

TUE 20 DEC **BAD SANTA NERF BATTLES**

WED 21 DEC **CHRISTMAS WOODLAND CRAFTS**

THU 22 DEC **MEGA GAMES, MARSHMALLOW S'MORES TOASTING AND SNOW MAKING**



“THIS CLUB IS CONSISTENTLY BRILLIANT”



For more info on dates, locations and how the clubs run & to book: WWW.THEOUTDOORSPROJECT.CO.UK