

LANCING PREP WORTHING

Weekly Briefing

27 January 2023

The Week Ahead ...

Saturday 28 January

12.30-14.20 Matilda Rehearsal, Drama Studio

Monday 30 January

09.30-10.15 Year 7 and 8 Ice Skating

Tuesday 31 January

Y8S1 Mock Exams begin. End 1 February.

Wednesday 1 February

Year 1 Trip to the British Wildlife Centre

14.15 Girls Netball: U13 v Pennthorpe @ Lancing College. **Return 16.30**

14.15 Girls Netball: U11A and B v Pennthorpe @ Lancing College. **Return 16.30**

14.30 Boys Hockey: U13 A and B v Lancing Prep Hove and Handcross Park (H) @ Lancing College. **Return 17.15**

14.30 Boys Hockey: U11 A and B v Lancing Prep Hove and Handcross Park (H) @ Lancing College. **Return 17.15**

Thursday 2 February

14.15 Girls Netball: U8 and U9 v Pennthorpe (A). **Return 17.15**

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

Follow us on Twitter, Instagram and Facebook
@LancingPrepWthg

LPWA Notices

LPWA Meeting in hall on Wednesday 1stFebruary from 7.15pm. Please come along and find out what exciting events we have planned for your children. Refreshments will be available.

Hot Chocolate & Doughnut Friday – Friday 3rd February – The LPWA will be selling Hot Chocolate and Doughnuts in the playground from 3.30pm to 5.15pm.

We hope all the children enjoyed Ice Skating this week. This was funded by your donations to the LPWA.

House Point Totals this week:

1 st :	BRITONS:	273
2 nd :	SAXONS:	177
3 rd :	CELTS:	164
4 th :	NORMANS:	158

WORD OF THE WEEK

Psithurism (noun)

The sound of wind in the trees and rustling of leaves

PSHEE for Parents - Child Safety Online

A practical guide for parents

Lancing Prep at Worthing: 4.15pm-5.15pm Monday 13th March 2023

Speaker	Time	Topic
Francesca Milling, Deputy Head, Head of PSHEE and IAPS PSHEE Subject Advisor	4.15pm – 4.20pm	Welcome and Introduction of the session
Emily Brown, Head of Wellbeing and Teacher of PSHEE in KS2	4.20pm – 4.30pm	Health and Wellbeing Physical Activity v screen time Social Skills Healthy Balance
Cynthia Flower, Head of Nursery and Pre-School and Emma Street, Deputy Head of Nursery and Pre-School	4.30pm – 4.40pm	Online Safety in Early Years
Ben Lucas, Head of Computing at LPW	4.40pm – 4.50pm	Teaching of e-safety at LPW in computing lessons
Andy Brown, Director of IT at Lancing College	4.50pm – 5.05pm	What technology we use as a school to keep the children safe online and how it works. This will include the firewall, web filter, anti-virus etc. I will also include some useful technical tips and tricks that parents can use at home

**5.05pm – 5.15pm
Q and A Session**

Please RSVP by Friday 3rd March to etrunfull@lancing.org.uk confirming the number of guests attending – grandparents or other family members are very welcome



Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

Drums		Keyboard Room	Piano		Music Room
Paul Gunter			Jenny Goodson		
Monday 30th January			Monday 30th January		
8.30am	Solomon W-Y		8.30am	Alex B	
9.00am	Vivian B				
9.30am	Harry A				
10.00am	Reuben D				
10.30am					
10.45am	Harry C				
11.15am	Lucas K				
11.45am	Theo K				
12.15pm	Elliott S				
12.45pm					
2.15pm	Rex R				
2.45pm	Constance D F				
3.15pm	Rafferty D				
3.45pm	Henry H				
4.15pm	Tilly R-C				

	Brass	Keyboard Room		Piano	Music Room
	Sarah Leeves			Jenny Goodson	
	Tuesday 31st January			Tuesday 31st January	
8.45am	Elliot G		3.45pm	Peaches C	
9.15am					
9.45am					
10.25am	Lucas C				
10.45am	Freddie B				
11.55am	Jasper D				
12.30pm	Damian B				
1.00pm	Brass Group				
1.30pm	Ben B				
2.00pm	Millie P				
2.30pm	Oscar W				
3.00pm	Autumn S				
3.30pm	Henry H				

	Cello	Hall		Violin & Piano	Hall
	Sarah Davison			Rob Campkin	
	Tuesday 31st January			Wednesday 1st February	
9.15am	Helena P		8.00am	Tilly W	
9.45am	Eva M		8.30am		
10.15am	India G		9.00am	Damian B	
10.45am	Year 2		9.30am	Vivian B	
			10.00am	Year 2 Group B Strings	FT Room
			10.30am	Ata K	
			11.00am	Harry C	
			11.30am	Zoya G	Music Room
			12.00pm		
			12.30pm	Skantha N R	
			1.00pm	Year 2 Group A Strings	
			1.30pm	Hunter L	
			2.00pm	Clemmy D	
			2.30pm	Hamish B	
			3.00pm	Max C	
			3.30pm	Ben F	

	Piano & Double Bass
	Liz Hosford
	Wednesday 1st February
8.00am	Orson W
8.30am	Elliot G
9.00am	Theo K
9.30am	Eileen C
10.00am	Jonathan C
10.30am	
10.45am	Max B
11.15am	Lucas K
11.45am	Rex R
12.15pm	Harry C
12.45pm	Rosie E
1.15pm	
1.45pm	Millie P
2.15pm	Francesca G
2.45pm	Jasper D
3.15pm	

Drama Studio

	Piano
	Jenny Goodson
	Wednesday 1st February
2.00pm	William J
2.30pm	Emily T
3.00pm	Clementine C-D
3.45pm	Trixie G

Keyboard Rm

Year 1 Group A - Adiella I, William J, Toby C, Grace T
Year 1 Group B - Rupert W, Romey F, Aniket D

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

	Violin and Piano	Keyboard Room		Clarinet & Sax	Keyboard Room
	Rob Campkin			Lucy Ballard	
	Thursday 2nd February			Thursday 2nd February	
8.00am	Joshua C		7.55am	Harrison W	
8.30am	Martha M		8.25am	Jonathan C	
			8.55am	Janani R	
11.00am	Jessica W		9.25am	George R	
11.30am	Rory B		9.55am	Ruby H	
12.00pm	Elodie G		10.25am	Esmee M	
12.30pm	Madhavan R				
1.00pm					
1.30pm	Year 1 Group A Strings				
2.00pm	Year 1 Group B Strings				
2.30pm	Frankie M				
3.00pm	Anvita D				
3.30pm	Sienna B-W				
4.00pm	Ryley G				
4.30pm					
5.00pm					

	Piano & Double Bass	Drama Studio		Piano	Music Room
	Liz Hosford			Jenny Goodson	
	Thursday 2nd February			Thursday 2nd February	
8.30am	Lana G		10.00am	Isla L	
9.00am	Lexi P		10.30am	Maisie C	
9.30am	Freddie B				
10.00am	Primrose G				
10.30am					
10.45am	Sofia S				
11.15am	Tilly R-C				
11.45am	Sia S				
12.15pm	Oscar W				
12.45pm	Autumn S				
1.15pm					
1.45pm	Ata K				
2.15pm	Rupert W				
2.45pm	Freddie B				
3.15pm					

	Voice		Flute		
	Natalie Mason	Keyboard Room	Dom Smith	Keyboard Room	
	Thursday 2nd February		Friday 4th February		
11.00am	Francesca G		8.15am		Freddie B
11.30am	Reuben D		8.45am		Kimberley L
12.00pm	William B		9.15am		Bertie C
12.30pm	Constance D F		9.45am		Francesca G
1.00pm					
1.30pm	Misha M				
2.00pm	Sienna B-W				
2.30pm	Leila F				
3.00pm	Charlotte M				
3.30pm	Beatrice D				
4.00pm	Max B				

	Voice	Keyboard Room		Guitar			
	Natalie Mason			Barry Worley			
	Friday 4th February			Friday 4th February			
11.00am	Tilly R-C			8.00am		Lochie S	Gym
11.30am	Eithne N-G			8.30am		Henry B	
12.00pm	Zoya G			9.00am		Max M	
12.30pm	Sofia S			9.30am		Jessica B	
1.00pm				10.00am		Devon S	Med Rm
1.30pm	Phoebe B			10.30am		Barney T	
2.00pm	Abigail M			11.00am		Amalie S	
2.30pm	Peaches C & Amalie S			11.30am		Ethan S	
3.00pm	Sia S			12.00pm		Misha M	
3.30pm	Hunter L			12.30pm		Daniel B	
4.00pm	Lexi P		1.00pm				
			1.30pm	Rock Band	Music Room		
			2.00pm	Orlando B			
			2.30pm	Orson W			
			3.00pm	Tom E-B			
			3.30pm	Freddie B			
			4.00pm	Imogen W			

Worthing Choral Society

Conductor Aedan Kerney
Associate Conductor Sam Barton

SONGS OF HOPE, SONGS OF JOY

**Including music commissioned by
Worthing Choral Society written**

by Sussex composer

Robert Hinchliffe

With music by

**Elgar, Tippett, Ayres,
Fanshawe and others**

**TICKETS £15.00 each with a
programme from
trybooking.co.uk/CBRO**

qr code is



Family group bookings also available

**7.30pm Saturday 11th March 2023
At St George's Church, St George's Rd.
Worthing BN11 2DS**

Lancing Prep Worthing Lunch Menu

WEEK:2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita flatbread	Roast chicken with Yorkshire pudding and gravy	Traditional beef bolognese	Chicken fajitas with mixed peppers	Fish pie topped with a cheese crust
Main Course Vegetarian	Mediterranean flatbread pizza with mozzarella	Filled giant Yorkshire pudding with roasted vegetables	Vegetable moussaka	Quorn and vegetable fajitas	Falafel, tzatziki, flatbread chopped salad
Main Course Vegan	Vegetable and pesto flatbread	Spinach, sweet potato and vegan cheese tart	Aubergine, spinach and sweet potato stack	Quorn and vegetable fajitas	Falafel, tzatziki, flatbread chopped salad
Side Orders	Jacket wedges, coleslaw and crudites	Roasted new potatoes, carrots and peas	Penne pasta, broccoli, grated parmesan and garlic bread	Mixed grain rice Sweetcorn guacamole, soured cream and salsa	Garden peas 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 & blackberry crumble (vg) and custard	Assorted melon wedges (vg)	Coconut rice pudding (vg)	Freshly made yoghurt with granola	Chocolate sponge and chocolate sauce
Afternoon Snack	Veggie sausage roll	Cheesy garlic bread	Cheese and biscuits	Pain au chocolate	Pizza slice