

LANCING PREP WORTHING

Weekly Briefing

6 January 2023

The Week Ahead ...

Tuesday 10 January

Lancing College 2024 Advance Programme Experience Day

Wednesday 11 January

14.15 Girls Netball: U12 and U13 v LPH (H – Lancing College). **Return 16.00**

14.15 Girls Netball: U11 A and B v LPH (H – Lancing College). **Return 16.00**

14.30 Boys Football: U13/12 v Shoreham College (A). **Return 17.00**

14.30 Boys Football: U11 A and B v Shoreham College (H). **Pick up 16.00**

Thursday 12 January

14.15 Girls Netball: U8 and U9 v LPH (H). **Pick up 16.00**

14.30 Boys Hockey: U9/8 A and B v Sompting Abbots (A). **Return 16.00**

Friday 13 January

08.30-09.30 Townsend Warner Exam, Drama Studio

LPWA Notices

Dates for your Diary

Committee Meeting - Wednesday 18th January – 7.30pm in the school Hall. All parents and guardians are members of the LPWA so please come along to find out what great events we have planned and bring your ideas for fund raising events or exciting activities for the LPWA to fund.

Doughnut and Hot Chocolate Friday - Friday 3rd February after school.

Children's Party Night – Dates to be confirmed.

WORD OF THE WEEK

Sesquipedalian (adj)

Containing many syllables; long-winded

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

Follow us on Twitter, Instagram and Facebook
@LancingPrepWthg

What Parents & Carers Need to Know about

HiPAL

AGE RESTRICTION
12+

(with reduced functionality for under-12s)

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

WHAT ARE THE RISKS?

CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent ... but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

Advice for Parents & Carers

EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

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.



<https://hipal.app/about/privacy.html>

NOS National Online Safety®
#WakeUpWednesday

STAY SAFE ON NEW DEVICES

Whether you're an internet newbie or a pro at surfing the web, it's always important to keep online safety in mind. We've pulled together a list of top tips to make it easier for you to protect yourself and your devices in the digital world - helping you steer clear of hazards like misleading information and vicious viruses. There's never a bad time to refresh your internet safety knowledge, but it's an especially smart thing to do before you start using any shiny new devices!

Be suspicious of new information

SHOW RESPECT TO OTHERS

TELL A TRUSTED ADULT IF SOMETHING UPSETS YOU

DON'T CHAT WITH STRANGERS

BE HONEST WITH PARENTS & CARERS

TAKE BREAKS FROM BEING ONLINE

ASK PERMISSION before downloading anything

AVOID SHARING PRIVATE PHOTOS

Stick to trusted apps

TAKE NOTICE OF AGE RESTRICTIONS

DOUBLE CHECK YOUR NEWS SOURCES

Don't give away personal information

 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 9th January | | | Monday 9th January | | |
| 8.30am | Solomon W-Y | | 8.30am | Alex B | |
| 9.00am | Harry A | 1.30pm | Peaches C | | |
| 9.30am | Lucas K | | | | |
| 10.00am | Theo K | | | | |
| 10.30am | | | | | |
| 11.00am | Ruben D | | | | |
| 11.30am | Harry C | | | | |
| 12.00pm | Elliott S | | | | |
| 12.30pm | | | | | |
| 12.45pm | | | | | |
| 2.00pm | Rafferty D | | | | |
| 2.30pm | Constance D F | | | | |
| 3.00pm | Vivian B | | | | |
| 3.30pm | | | | | |
| 3.45pm | Henry H | | | | |
| 4.15pm | Tilly R-C | | | | |
| 4.45pm | | | | | |

| | Brass | Keyboard Room | | Violin & Piano | Hall |
|---------|----------------------|---------------|----------|------------------------|------|
| | Sarah Leeves | | | Rob Campkin | |
| | Tuesday 10th January | | | Wednesday 11th January | |
| 8.45am | Elliot G | | 8.00am | Tilly W | |
| 9.15am | Freddie B | | 8.30am | Amina K | |
| 9.45am | Lucas C | | 9.00am | Max C | |
| 10.15am | | | 9.30am | Clemmy D | |
| 10.45am | Autumn S | | 10.00am | Year 2 Group B Strings | |
| 11.55am | Millie P | | 10.30am | Vivian B | |
| 12.30pm | | | 11.00am | Skanthan N R | |
| 1.00pm | Brass Group | | 11.30am | Harry C | |
| 1.30pm | Ben B | | 12.00pm | Ata K | |
| 2.00pm | Jasper D | | 12.30pm | | |
| 2.30pm | Damian B | | 1.00pm | Year 2 Group A Strings | |
| 3.00pm | Oscar W | 1.30pm | Hunter L | | |
| 3.30pm | Henry H | 2.00pm | Ben F | | |
| | | 2.30pm | Hamish B | | |
| | | 3.00pm | Zoya G | | |
| | | 3.30pm | Damian B | | |

Hall

FT Room

Music Room

| Piano & Double Bass | | Drama Room | Piano | | Keyboard Rm |
|------------------------|------------|------------|--|-----------|-------------|
| Liz Hosford | | | Jenny Goodson | | |
| Wednesday 11th January | | | Wednesday 11th January | | |
| 8.30am | Elliot G | | 2.00pm | Emily T | |
| 9.00am | Lucas K | | 2.30pm | William J | |
| 9.30am | Rex R | | 3.00pm | Isla L | |
| 10.00am | Harry C | | 3.45pm | Trixie G | |
| 10.30am | | | <p>Year 1 Group A - Adiella I, William J, Toby C, Grace T</p> <p>Year 1 Group B - Rupert W, Romey F, Aniket D</p> <p>Year 2 Group A - Primrose G, Chloe B, Jessica W</p> <p>Year 2 Group B - Miles C, Matthew S, Mahdavan R</p> | | |
| 10.45am | Max B | | | | |
| 11.15am | Jonathan C | | | | |
| 11.45am | Jasper D | | | | |
| 12.15pm | Theo K | | | | |
| 12.45pm | Eileen C | | | | |
| 1.15pm | | | | | |
| 1.45pm | Francsca G | | | | |
| 2.15pm | Millie P | | | | |
| 2.45pm | Rosie E | | | | |
| 3.15pm | | | | | |

| | Violin and Piano | | Piano & Double Bass | |
|---------|------------------------|--|-----------------------|--|
| | Rob Campkin | | Liz Hosford | |
| | Thursday 12th January | | Thursday 12th January | |
| 8.00am | Joshua C | | Lana G | |
| 8.30am | Martha M | | Lexi P | |
| | | | Oscar W | |
| 11.00am | Jessica W | | Autumn S | |
| 11.30am | Anvita D | | | |
| 12.00pm | Elodie G | | Tilly R-C | |
| 12.30pm | Madhavan R | | Freddie B | |
| 1.00pm | | | Ata K | |
| 1.30pm | Year 1 Group A Strings | | | |
| 2.00pm | Year 1 Group B Strings | | Primrose G | |
| 2.30pm | Rory B | | Sofia S | |
| 3.00pm | Sienna B-W | | Cleo S | |
| 3.30pm | | | Rupert W | |
| 4.00pm | Ryley G | | Sia S | |
| 4.30pm | | | | |
| 5.00pm | Olvier S | | | |

Keyboard Room

Drama Room

| | | | | | |
|---------|-----------------------|---------------|---------|-----------------------|------------|
| | Clarinet & Sax | Keyboard Room | | Piano | Music Room |
| | Lucy Ballard | | | Jenny Goodson | |
| | Thursday 12th January | | | Thursday 12th January | |
| 7.55am | Janani R | | 10.00am | Clementine C-D | |
| 8.25am | Jonathan C | | | | |
| 8.55am | Ruby H | | | | |
| 9.25am | George R | | | | |
| 9.55am | Esmee M | | | | |
| 10.25am | | | | | |

| | Voice | | Flute | | |
|---------|-----------------------|---------------|---------------------|---------------|-------------|
| | Natalie Mason | Keyboard Room | Dom Smith | Keyboard Room | |
| | Thursday 12th January | | Friday 13th January | | |
| 11.00am | Leila F | | 8.15am | | Francesca G |
| 11.30am | Charlotte M | | 8.45am | | Freddie B |
| 12.00pm | Constance D F | | 9.15am | | Kimberley L |
| 12.30pm | Tilly R-C | | 9.45am | | Bertie 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 13th January | | Friday 13th January | | |
| 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 | Eithnee 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: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 | Fafafel, 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 | Fafafel, tzatziki, flatbread, chopped salad |
| Side Orders | Oven chips 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 yogurt with granola Vegan custard pot | Chocolate sponge and chocolate sauce |