

LANCING PREP WORTHING

Weekly Briefing

13 January 2023

The Week Ahead ...

Saturday 14 January

12.30-14.20 Matilda Rehearsal, Drama Studio

Monday 16 January

Lancing College 13+ Art, Sports and Cricket Assessment Day

08.15-12.30 11+ Candidates Taster Morning

Tuesday 17 January

11+ Candidates Assessment Day

Lancing College 13+ Ken Shearwood Award Assessment Day

Wednesday 18 January

Lancing College 13+ Drama Assessment Day

14.00 Boys Hockey: U13 A and B v Sompting Abbotts (H) @ Lancing College. **Return 17.15**

14.00 Boys Hockey: U11 A and B v Sompting Abbotts (H) @ Lancing College. **Return 17.15**

14.00 Girls Netball: U13 and U11 v Sompting Abbotts (A). **Return 16.00**

19.30 LPWA Committee Meeting, Hall

Thursday 19 January

14.00 Girls Netball: U8 and U9 v Sompting Abbotts (A). **Return 16.00**

16.00-17.00 Year 5 Parents' Advance Programme Information Evening, Hall

WORD OF THE WEEK

Ultracrepidarian (noun)

Someone who gives opinions on something beyond his or her knowledge

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

Follow us on Twitter, Instagram and Facebook
@LancingPrepWthg

LPWA Notices

Dates for your Diary

Wednesday 18th January – **Committee Meeting** in School Hall from 7.30pm. All parents and guardians are members of the LPWA. Please come along to hear our plans for the Spring term and bring your fundraising ideas. Refreshments will be served before the meeting.

Friday 3rd February – **Hot Chocolate and Doughnut Day**. We will be selling Hot Chocolate and Doughnuts in the playground from 3.30pm to 5.15pm.

Advertising on our Noticeboard – You can advertise your business on our noticeboard in the playground for £5 per term. Please get in touch for more info.

Amazon Smile - AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. Lancing Prep at Worthing is available as a charity that you, your family or friends can choose to support. AmazonSmile is available at smile.amazon.co.uk on your web browser and can be activated in the Amazon Shopping App for iOS and Android phones. When you shop AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.co.uk, with the added bonus that AmazonSmile will donate a portion of the purchase price to your selected charity.

Any money raised helps the school with contributions to trips, events and equipment purchase to enhance the children's time in school.

House Point Totals this week:

1 st :	BRITONS:	171
2 nd :	CELTS:	129
3 rd :	SAXONS:	125
4 th :	NORMANS:	121

Spring 1 2023



Happy New Year to you all. I hope you feel rested and relaxed returning to school after Christmas and raring to go.

Have you made any New Years resolutions? Are you going to try something new this year? What Learning powers could you focus on this half term, could you be more adventurous, independent, open-minded, resourceful, self-reflective? Set your self a goal and achieve it! Go on, you can do it!

Spot the 10 differences



Ask yourself

New Year, New beginning, a chance for a fresh start! What can you try this year that's different to last year?

Peaceful picture



We are all like snowflakes,
special, unique and one of a kind

Five ways to wellbeing



Connect: talk and listen, be there, feel connected to someone.

Be active: do what you can, enjoy what you do, move your body to move your mood.

Keep learning: embrace new experiences, see opportunities, surprise yourself.

Give: your time, your words, your presence.

Take notice: remember the simple things that bring you happiness

Affirmation

*Nothing is impossible,
the word itself says
"I'm possible"
- Audrey Hepburn*

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



- 350g fettuccine (dried)
- 1 brown onion (sliced)
- 3 cups of baby spinach
- 1 tin diced tomatoes
- 1 tbs dried mixed herbs
- 3 garlic cloves (sliced)
- 5 cups of water
- 2 vegetable stock cubes
- 100g feta (crumbled)

Italian Wonderpot

This tasty Italian dish includes pasta, vegetables and herbs all cooked in the one pot. Throw it all in together and simmer it down to a creamy pasta meal, full of flavour.

Place all ingredients into a pot except for the feta cheese.

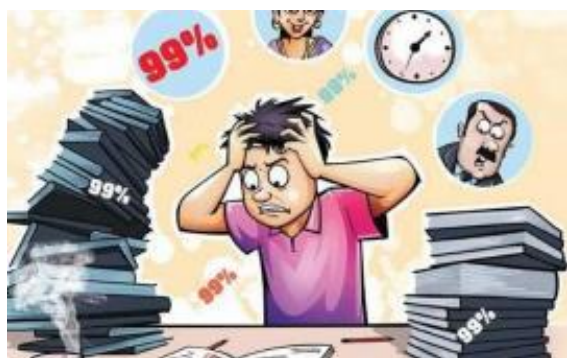
Cover and bring to the boil.

Remove the lid and reduce heat to medium. Continue to cook for 10 minutes or until the pasta is softened and all the liquid is reduced to a creamy sauce.

Add crumbled feta to the pan and stir.

Enjoy !

Exam and Test Tips

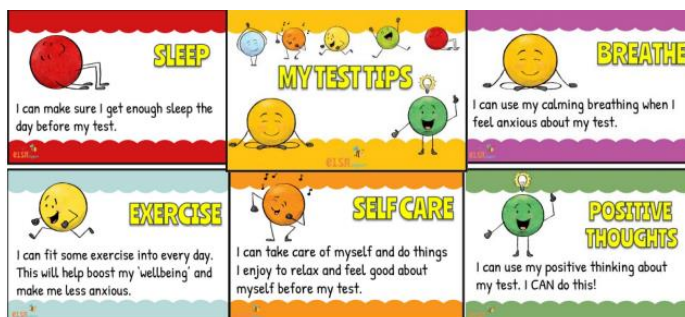


Exam time can cause stress and anxiety. Some of the effects of stress can be minor or even positive for some, but for others it can cause high anxiety. If you are thinking.... Yes that's me, then read on.

Watch this video for useful hints and tips for dealing with exam pressures

[Revision Tips – Beating Exam Stress - YouTube](#)

- Remember to breathe. ...
- Take your time
- Read the questions. ...
- You're not alone. ...
- Believe in yourself. ...
- If you feel like you are struggling before the exam come and talk to someone. ...



Mindfulness

Daily Reflection
About My Day

Today's Date: _____

My Mood

Today's Weather

Something I learned today:

3 things that made me happy today

1. _____
2. _____
3. _____

3 things that I am grateful for today

1. _____
2. _____
3. _____

Thinking about moments of your day and writing a journal, can help you process and express your feelings. It can also be a fun way to remember what you have done during your day.

Mindfulness Bingo

Find something smooth	Find a flower that smells good	Find something hard
notice the color of the sky	find something that is your favorite color	make someone laugh
listen to a song you love	help a family member	give someone a compliment
find something soft	feel the grass under your feet	find something bumpy

Have a go at Mindfulness Bingo and see how many you can cross off.

And finally...

There are so many reasons why resting and relaxing are important to us and the happy hormones which are released can be very beneficial and help us with every aspect of our lives. Rest can help repair our bodies and mind, improve focus and concentration, and can help with positive thoughts and ideas. We have a busy term coming up so make sure you have a good routine for your schoolwork and outside activities, and enough of 'you' time for resting, having fun and seeing your friends.



Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

	Drums		Piano		
	Paul Gunter	Keyboard Room	Jenny Goodson	Music Room	
	Monday 16th January		Monday 16th January		
8.30am	Solomon W-Y		8.30am		Alex B
9.00am	Rex R				
9.30am	Elliott S				
10.00am	Constance D F				
10.30am					
10.45am	Vivian B				
11.15am	Harry A				
11.45am	Rafferty D				
12.15pm	Harry C				
12.45pm					
2.15pm	Lucas K				
2.45pm	Reuben D				
3.15pm	Theo K				
3.45pm	Henry H				
4.15pm	Tilly R-C				

	Brass	Keyboard Room		Piano	Music Room
	Sarah Leeves			Jenny Goodson	
	Tuesday 17th January			Tuesday 17th January	
8.45am	Elliot G		3.45pm	Peaches C	
9.15am	Freddie B				
9.45am					
10.15am	Lucas C				
10.45am	Damian B				
11.55am	Oscar W				
12.30pm					
1.00pm	Brass Group				
1.30pm	Ben B				
2.00pm	Autumn S				
2.30pm	Millie P				
3.00pm	Jasper D				
3.30pm	Henry H				

	Cello	Hall		Violin & Piano	Hall
	Sarah Davison			Rob Campkin	
	Tuesday 17th January			Wednesday 18th January	
9.15am	India G		8.00am	Tilly W	
9.45am	Eva M		8.30am	Vivian B	
		9.00am	Skantha N R		
		9.30am	Damian B		FT Room
		10.00am	Year 2 Group B Strings		
		10.30am	Harry C		
		11.00am	Ata K		
		11.30am	Ben F		Music Room
		12.00pm	Amina K		
		12.30pm			
		1.00pm	Year 2 Group A Strings		
		1.30pm	Hunter L		
		2.00pm	Max C		
		2.30pm	Clemmy D		
		3.00pm	Hamish B		
		3.30pm	Zoya G		

Piano & Double Bass		Drama Room	Piano		Keyboard Rm
Liz Hosford			Jenny Goodson		
Wednesday 18th January			Wednesday 18th January		
8.30am	Elliot G		2.00pm	Clementine C-D	
9.00am	Millie P		2.30pm	Maisie C	
9.30am	Lucas K		3.00pm	Emily T	
10.00am	Rex R		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, Madhavan R</p>		
10.45am	Harry C				
11.15am	Max B				
11.45am	Jonathan C				
12.15pm	Jasper D				
12.45pm	Theo K				
1.15pm					
1.45pm	Eileen C				
2.15pm	Rosie E				
2.45pm	Francesca G				
3.15pm					

	Violin and Piano		Piano & Double Bass		
	Rob Campkin		Liz Hosford		
	Thursday 12th January		Thursday 20th January		
8.00am	Joshua C	Keyboard Room	8.30am	Lana G	Drama Room
8.30am	Martha M		9.00am	Lexi P	
			9.30am	Sia S	
11.00am	Madhavan R		10.00am	Oscar W	
11.30am	Rory B		10.30am		
12.00pm	Sienna B-W		10.45am	Autumn S	
12.30pm	Jessica W		11.15am	Tilly R-C	
1.00pm			11.45am	Sofia S	
1.30pm	Year 1 Group A Strings		12.15pm	Ata K	
2.00pm	Year 1 Group B Strings		12.45pm	Freddie B	
2.30pm	Anvita D		1.15pm		
3.00pm	Elodie G		1.45pm	Primrose G	
3.30pm			2.15pm	Ruper W	
4.00pm	Ryley G		2.45pm	Cleo S	
4.30pm			3.15pm		
5.00pm					

	Clarinet & Sax	Keyboard Room		Piano	Music Room
	Lucy Ballard			Jenny Goodson	
	Thursday 20th January			Thursday 20th January	
7.55am	Janani R		10.00am	William J	
8.25am	Ruby H		10.30am	Isla L	
8.55am	Jonathan C				
9.25am	Esmee M				
9.55am	George R				
10.25am					

	Voice		Flute		
	Natalie Mason	Keyboard Room	Dom Smith	Keyboard Room	
	Thursday 20th January		Friday 21st January		
11.00am	Sienna B-W		8.15am		Freddie B
11.30am	Tilly R-C		8.45am		Kimberley L
12.00pm	Leila F		9.15am		Bertie C
12.30pm	Charlotte M		9.45am		Francesca G
1.00pm					
1.30pm	Reuben D				
2.00pm	William B				
2.30pm	Constance D F				
3.00pm	Misha M				
3.30pm	Beatrice D				
4.00pm	Max B				

	Voice		Guitar		
	Natalie Mason	Friday 21st January	Barry Worley	Drama Room	
	Friday 21st January		Friday 13th January		
11.00am	Francesca G		8.00am		Lochie S
11.30am	Eithne N-G		8.30am		Henry B
12.00pm	Abigail M		9.00am		Barney T
12.30pm	Sia S		9.30am		Amalie S
1.00pm			10.00am		Ethan S
1.30pm	Lexi P		10.30am		Misha M
2.00pm	Sofia S		11.00am		Daniel B
2.30pm	Peaches C & Amalie S		11.30am		Orlando B
3.00pm	Zoya G		12.00pm		Orson W
3.30pm	Hunter L		12.30pm		Tom E-B
4.00pm	Phoebe B		1.00pm		
			1.30pm		Rock Band
		2.00pm	Freddie B		
		2.30pm	Max M		
		3.00pm	Jessica B		
		3.30pm	Devon S		
		4.00pm	Imogen W		

Lancing Prep Worthing Lunch Menu

WEEK:3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Baked potatoes with a choice of fillings: Tuna mayo, beans, mature cheddar, mild vegetable chilli	Roast gammon	Butchers' pork sausages with proper gravy	Mild chilli con carne with nachos and cheese	Tuna and sweetcorn pasta bake
Main Course Vegetarian	Vegetable lasagne	Stuffed mushrooms	Vegan sausages with veggie gravy	Vegetable 3 bean chilli with nachos and cheese	Mac 'n' cheese
Main Course Vegan	Jacket potato with mild vegetable chilli	Stuffed mushrooms	Vegan sausages with vegan gravy	Vegetable 3 bean chilli with nachos and vegan cheese	Pesto pasta
Side Orders	Crudites: mangetout, cherry tomatoes, carrot & cucumber sticks, sliced red pepper	Roast potatoes, mashed carrots and swede, savoy cabbage	Mashed potatoes, carrots and peas	Steamed rice, grated cheese, broccoli	Baked beans Garden peas
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	Coconut and jam sponge and custard	Fresh fruit salad	Pineapple upside down cake	Freshly made yoghurt with honey and granola	Strawberry cheesecake