

LANCING PREP WORTHING

Weekly Briefing

3 February 2023

The Week Ahead ...

CHILDREN'S MENTAL HEALTH WEEK

Tuesday 7 February

GIRLS' FOOTBALL CLUB CANCELLED TODAY

Wednesday 8 February

09.00 Reception Jaws 'n' Claws Visit

14.15 Girls Netball: U12 and U13 v LPH (H – Lancing College). **Return 16.30**

14.15 Girls Netball: U11 A and B v LPH (H – Lancing College). **Return 16.30**

14.30 Boys Hockey: U11 A and B v Hurst (H) @ Lancing College. **Return 17.15**

14.30 Boys Hockey: U13 A and B v Hurst (A). **Return 17.15**

Thursday 9 February

12.00-14.00 Chinese New Year Lunch

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

14.30 Boys Hockey: U8/9 A and B v Windlesham Hove (H). **Pick up 16.00**

16.45-19.00 Online Parents' Evening: 8S1 Academic Subjects

FUNKY FINGERES CLUB IS CANCELLED TODAY

Friday 10 February

16.00 Half term begins

LPWA Notices

Thank you for supporting our Hot Chocolate & Doughnut Friday.

Date for your Diary

Friday 10th March – School Parties

WORD OF THE WEEK

Bona fide (adj)

Not counterfeit or copied

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

Follow us on Twitter, Instagram and Facebook
@LancingPrepWthg



Children's Mental Health Week 2023

Let's Connect

Kindness Bingo Challenge

Task

Complete your Bingo card with acts of kindness, some ideas have been given to you and some are blank for your own ideas. Be creative! Please share photos of your acts of kindness with me on the VLE or send them to me at ebrown@lancing.org.uk Have fun!

Nursery / Reception – Complete any one line across

Year 1/ Year 2 – Complete any two lines across

Years 3 – 8 – Complete full house

Kindness makes others happy and gives a warm feeling inside, it helps build connections and helps spread the happiness and kindness to others.

Hand in your completed Kindness Bingo Challenge card to The Hive by Tuesday 21st February.

Prizes given!



Write a kind note for someone ♡	♡	♡	Have a screen-free day ♡	♡	♡	Help tidy up without being asked to ♡
♡	♡	Ask someone how they are and really listen to their answer ♡	♡	♡	Write down 3 things you love about yourself ♡	♡
♡	Spend time doing something that you love ♡	♡	♡	Give a loved one a hug ♡	♡	♡
♡	♡	Do something kind for someone in your household ♡	♡	♡	Spend at least an hour out in nature ♡	♡



Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

	Drums		Piano	
	Paul Gunter	Keyboard Room	Jenny Goodson	Music Room
	Monday 6th Febraury		Monday 6th Febraury	
8.30am	Solomon W-Y		8.30am	
9.00am	Elliott S			
9.30am	Constance D F			
10.00am	Vivian B			
10.30am				
10.45am	Harry A			
11.15am	Rafferty D			
11.45am	Harry C			
12.15pm	Lucas K			
12.45pm				
2.15pm	Reuben D			
2.45pm	Theo K			
3.15pm	Rex R			
3.45pm	Henry H			
4.15pm	Tilly R-C			

	Brass		Piano	
	Sarah Leeves		Jenny Goodson	Music Room
	Tuesday 7th February		Tuesday 7th February	
8.45am	Elliot G	3.45pm	Peaches C	
9.15am	Freddie B			
9.45am				Keyboard Room
10.25am	Lucas C			
10.45am	Jasper D			
11.55am	Damian B			
12.30pm				
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 7th February			Wednesday 8th February		
9.15am				8.00am		Tilly W
9.45am	India G			8.30am		Amina K
10.15am	Helena P			9.00am		Max C
10.45am	Year 2			9.30am		Clemmy D
			10.00am	Year 2 Group B Strings	FT Room	
			10.30am	Vivian B		
			11.00am			
			11.30am	Harry C	Music Room	
			12.00pm	Ata K		
			12.30pm	Skantha N R		
			1.00pm	Year 2 Group A Strings		
			1.30pm	Hunter L		
			2.00pm	Ben F		
			2.30pm	Hamish B		
			3.00pm	Zoya G		
			3.30pm	Damian B		

	Piano & Double Bass		Piano	
	Liz Hosford		Jenny Goodson	Keyboard Rm
	Wednesday 8th February		Wednesday 8th February	
8.00am	Orson W	2.00pm	William J	
8.30am	Elliot G	2.30pm	Emily T	
9.00am	Lucas K	3.00pm	Maisie C	
9.30am	Rex R	3.45pm	Trixie G	
10.00am	Harry C	<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>		
10.30am				
10.45am	Max B			
11.15am	Jonathan C			
11.45am	Jasper D			
12.15pm	Theo K			
12.45pm	Eileen C			
1.15pm				
1.45pm	Francesca G			
2.15pm	Millie P			
2.45pm	Rosie E			
3.15pm				

Drama Studio

	Violin and Piano	Keyboard Room		Clarinet & Sax	Keyboard Room
	Rob Campkin			Lucy Ballard	
	Thursday 9th February			Thursday 9th February	
8.00am	Joshua C		7.55am	Janani R	
8.30am	Martha M		8.25am	Jonathan C	
			8.55am	Harrison W	
11.00am	Jessica W		9.25am	Esmee M	
11.30am	Anvita D		9.55am	George R	
12.00pm	Elodie G		10.25am	Ruby H	
12.30pm	Madhavan R				
1.00pm					
1.30pm	Year 1 Group A Strings				
2.00pm	Year 1 Group B Strings				
2.30pm	Rory B				
3.00pm	Sienna B-W				
3.30pm	Frankie M				
4.00pm	Ryley G				
4.30pm					
5.00pm	Oliver S				

	Piano & Double Bass	Drama Studio		Piano	Music Room
	Liz Hosford			Jenny Goodson	
	Thursday 9th February			Thursday 9th February	
8.30am	Lana G		10.00am	Isla L	
9.00am	Lexi P		10.30am	Clementine C-D	
9.30am	Oscar W				
10.00am	Autumn S				
10.30am					
10.45am	Tilly R-C				
11.15am	Freddie B				
11.45am	Sia S				
12.15pm	Sofia S				
12.45pm					
1.15pm	Primrose G				
1.45pm	Cleo S				
2.15pm	Rupert W				
2.45pm					
3.15pm					

	Voice		Flute		
	Natalie Mason	Keyboard Room	Dom Smith	Keyboard Room	
	Thursday 9th February		Friday 10th February		
11.00am	Leila F		8.15am		Freddie B
11.30am	Charlotte M		8.45am		Kimberley L
12.00pm	Francesca G		9.15am		Francesca G
12.30pm	Reuben D		9.45am		Bertie C
1.00pm					
1.30pm	William B				
2.00pm	Constance D F				
2.30pm	Misha M				
3.00pm	Sienna B-W				
3.30pm	Beatrice D				
4.00pm	Max B				

	Voice	Keyboard Room		Guitar	Gym	
	Natalie Mason			Barry Worley		Med Rm
	Friday 10th February			Friday 4th February		
11.00am	Sofia S		8.00am	Lochie S		
11.30am	Peaches C & Amalie S		8.30am	Henry B		
12.00pm	Tilly R-C		9.00am	Barney T		
12.30pm	Eithne N-G		9.30am	Amalie S		
1.00pm			10.00am	Ethan S		
1.30pm	Lexi P		10.30am	Misha M		
2.00pm	Abigail M		11.00am	Daniel B		
2.30pm	Sia 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	Music Room		
		2.00pm	Freddie B			
		2.30pm	Max M			
		3.00pm	Jessica B			
		3.30pm	Devon S			
		4.00pm	Imogen W			

LET'S CONNECT



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

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

Mild chilli con carne with nachos and cheese

Butchers' pork sausages with proper gravy

Chinese new year

Sweet and sour chicken
Soy sauce chicken
Lion meatballs

Tuna and sweetcorn pasta bake

Main Course Vegetarian

Vegetable lasagne

Vegetable 3 bean chilli with nachos and cheese

Vegan sausages with veggie gravy

Chinese tomato & egg

Mac 'n' cheese

Main Course Vegan

Jacket potato with mild vegetable chilli

Vegetable 3 bean chilli with nachos and vegan cheese

Vegan sausages with vegan gravy

Sweet and sour tofu

Pesto pasta

Side Orders

Crudites:
Mangetout, cherry tomatoes, carrot & cucumber sticks, red pepper

Steamed rice, grated cheese, broccoli

Mashed potatoes, carrots and peas

Stir fry noodles
Vegetable spring rolls

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

Freshly made yoghurt with honey and granola

Pineapple upside down cake

Asian fruit salad

Strawberry cheesecake

Afternoon Snack

Cheesy scone

Pain au raisin

Banana muffins

Fruit and rice cakes

Pizza slices