

LANCING PREP WORTHING

Weekly Briefing

24 February 2023

The Week Ahead ...

NATIONAL EMPATHY WEEK

Monday 27 February

8.30-10.30 Townsend Warner Paper Two Exam

16.15-17.15 Rescheduled French Trip Meeting for Parents, Hall

JUNIOR NETBALL CLUB CANCELLED TODAY

Tuesday 28 February

Year 8S2 Mock Exams begin. End 3 March.

15.00 U11 Boys and Girls Cross Country at Dorset House (A). **Return 17.15**

SENIOR HOCKEY CLUB AND SENIOR NETBALL CLUB ARE CANCELLED TODAY

Wednesday 1 March

14.00 Girls Netball: U13 and U12 v Dorset House (H). **Pick up 16.00**

14.00 Girls Netball: U10 and U11 v Dorset House (A). **Return 17.00**

14.15 Boys Hockey: U13 and U11 v Farlington School (H) @ Lancing College. **Return 17.15**

18.00 Spring Soiree

Thursday 2 March

World Book Day

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

14.30 Boys Hockey: U9/8 A and B v Handcross Park (A). **Return 17.15**

16.30-19.30 Year 7 Online Parents' Evening

Friday 3 March

Year 4 trip to Fishbourne Roman Villa

15.30-16.45 LPWA Pre-Loved Uniform Sale, Playground

LPWA Notices

Helpers needed for the events below. Help needed between 2pm and 5pm for Uniform sale and 2pm and 6pm for the Fun Friday.

Friday 3rd March – Uniform Sale in Playground from 3.30pm until 4.45pm. If you are unable to attend this event and need uniform, please email us at LPWAssoc@gmail.com with your order.

Friday 10th March – Fun Friday – Invites will be coming home with pupils soon, admission charge £2.00. Fun Friday will be a multi day. Please return your invite to the office along with your cash. These **MUST** be returned by Tuesday 28th February so that dietary needs can be catered for. Tuck Shop will be available for Years 3 to 8. Please be aware each pupil may only spend up to £3.00.

WORD OF THE WEEK

Blatherskite (noun)

A person who prattles about nonsensical things

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)



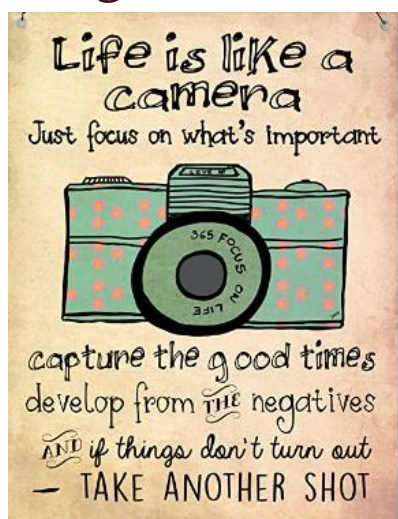
Wellbeing News

Spring 2 2022 - 2023



Welcome back after half term everyone. I hope you feel rested and refreshed. The Spring term is a busy half term for lots of you so I want you to think about how you can be kind to yourself amongst all the hard work you are doing at school.

Thought of the day



Ask yourself

What makes me happy ?

Could it be walking your dog, reading a book, talking to friends, eating chocolate, playing a game? Whatever it may be – make time for it!

Peaceful picture



*Until you spread your wings
you have no idea how far
you can fly.....*

Five ways to wellbeing



Connect: Say 'Hello' to everyone you see at school – watch the kindness spread

Be active: Get your groove on- put your favourite song on and have a dance

Keep learning: Write a story or a poem, or have a go at the wordsearch on the next page

Give: Give someone you love a hug

Take notice: Play a game of 'I Spy' It's a good way to really look around

Affirmation

Spring
is a lovely reminder of how
beautiful
change can truly be

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

Puzzle Corner

S	K	B	U	N	N	Y	J	B
P	D	A	F	F	O	D	I	L
R	R	H	B	A	S	K	E	T
I	E	H	A	D	J	E	I	E
N	L	I	R	R	Q	A	C	A
G	L	Z	B	D	I	E	H	S
X	A	S	W	H	E	C	I	T
R	M	S	E	G	G	S	C	E
N	B	N	V	D	A	A	K	R

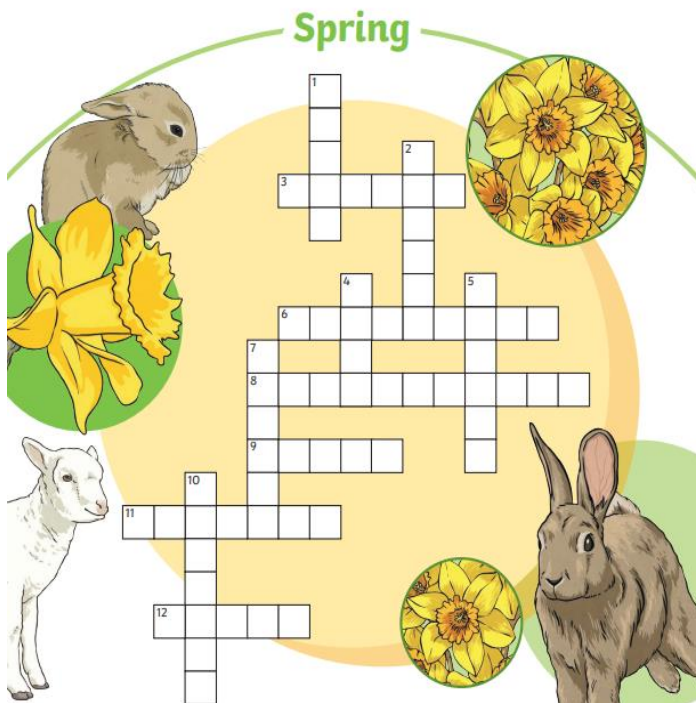


EASTER
EGGS
SPRING
LAMB



BASKET
DAFFODIL
CHICK
BUNNY

Spring



Down

- The patron Saint of Wales.
- Trees grow new _____.
- There are _____ daylight hours.
- A Christian festival that occurs in spring.
- These hatch from eggs.
- Clocks go _____ one hour.

Across

- Spring comes after this season.
- Frogs lay this.
- Hedgehogs come out of this.
- People like to spring _____ their houses.
- This blooms on trees.
- Spring starts in this month.

Recipe



You will need:

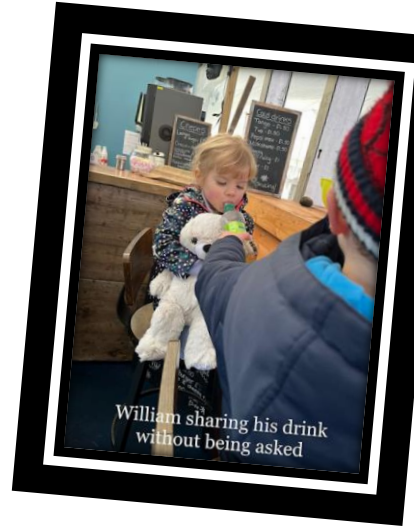
- 3 cups self raising flour, plus extra for surface
- 1 teaspoon ground cinnamon
- 2 teaspoons mixed spice
- ½ teaspoon ground nutmeg
- 80 grams cold butter
- ¾ cup milk/white/dark chocolate chips (optional)
- 1 ¼ cups milk, plus 1 tablespoon extra for brushing tops of scones
- 100 grams white/milk/dark cooking chocolate

Hot Cross Scones

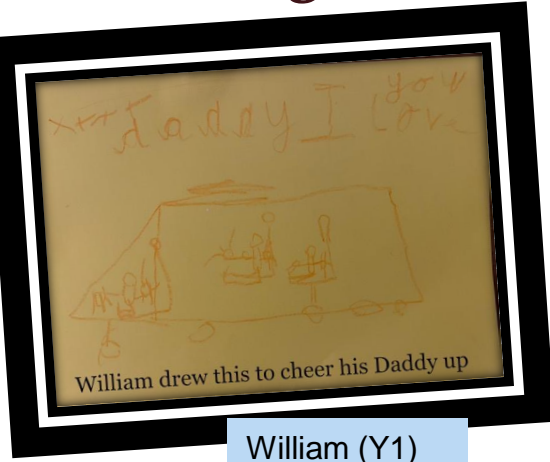
- Preheat oven to 220C. Line a baking tray with non-stick baking paper.
- Sift flour into a large bowl.
- Add cinnamon, mixed spice and nutmeg. Stir well.
- Cut the cold butter into cubes and add it to the flour mix.
- Using your fingertips, rub the butter into the flour until the mixture looks like breadcrumbs.
- Mix in the chocolate chips and the milk. It will form a soft dough.
- Place the dough onto a lightly floured surface and gently knead it.
- Flatten the dough with your hands to 2cm thick.
- Use a circle biscuit cutter dipped in flour to cut out the scones and place them on the prepared tray about 1cm apart. If you don't have a circle cutter just cut the dough into 12 evenly sized squares.
- Brush the tops of the scones with milk and bake in oven for 10-12 minutes. The scones should be golden brown on top when done.
- Melt the milk/white/dark chocolate.
- Use a teaspoon to dribble a little of the melted chocolate on to the top of each scone in a cross shape

Kindness Bingo Challenge

Skantha's Bingo (Y5)

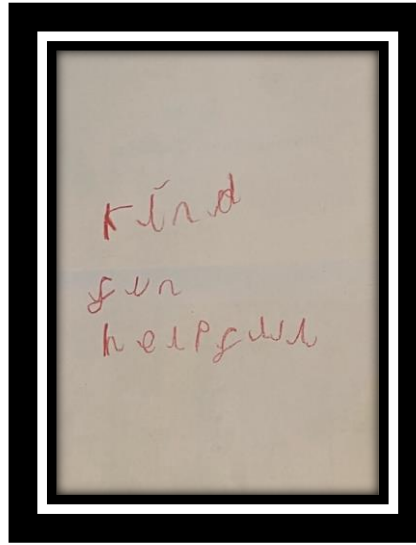


William sharing his drink without being asked



William drew this to cheer his Daddy up

William (Y1)



William's Bingo (Y1)



A lovely picture drawn by Lottie (N)



Thomas' Bingo (Y5)



Kindness Bingo Challenge



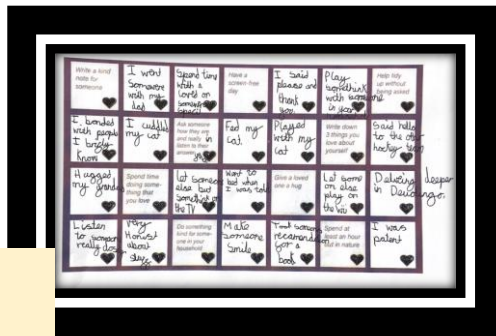
Felix being kind to himself and enjoying a book (YR)



A beautiful card Sia made for a friend (Y3)



Beau and Felix helping their Dad (Y5 & YR)



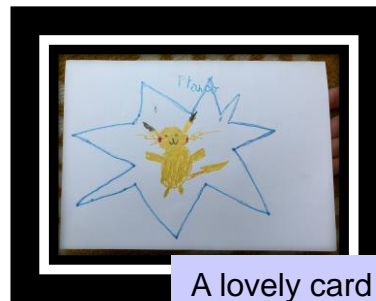
Amalie's Bingo (Y4)



William and Lottie hugging (Y1 & N)



Harry's Bingo (Y3)



A lovely card Sam made for his friend (Y2)



Well done to all of you who took part in the Kindness Challenge and I hope you enjoyed bringing kindness to others and yourself

Being kind makes the world a happier place



Lancing Prep Worthing

A Lancing College Preparatory School

Instrumental Lesson Timetable

	Drums		Piano		
	Paul Gunter	Keyboard Room	Jenny Goodson	Music Room	
	Monday 27th Febraury		Monday 27th Febraury		
8.30am	Solomon W-Y		8.30am		Alex B
9.00am	Constance D F				
9.30am	Vivian B				
10.00am	Harry A				
10.30am					
10.45am	Lucas K				
11.15am	Reuben D				
11.45am	Theo K				
12.15pm	Rex R				
12.45pm					
2.15pm	Elliott S				
2.45pm	Rafferty D				
3.15pm	Harry C				
3.45pm	Henry H				
4.15pm	Tilly R-C				

	Brass	Keyboard Room		Piano	Music Room
	Sarah Leeves			Jenny Goodson	
	Tuesday 28th February			Tuesday 28th February	
8.45am	Elliot G			3.45pm	
9.15am	Freddie B				
9.45am					
10.15am	Lucas C				
10.45am					
11.00am	Damian B				
11.30am	Millie P				
12.00pm					
12.30pm					
1.00pm	Brass Group				
1.30pm	Ben B				
2.00pm	Oscar W				
2.30pm	Autumn S				
3.00pm	Jasper D				
3.30pm	Henry H				

	Cello	Hall		Violin & Piano	Keyboard Room	
	Sarah Davison			Rob Campkin		
	Tuesday 28th February			Wednesday 1st March		
9.15am	Helena P			8.00am	Tilly W	FT Room
9.45am	Eva M			8.30am	Oliver S	
10.15am	India G			9.00am	Damian B	
10.45am	Year 2			9.30am	Harry C	
			10.00am	Year 2 Group B Strings		
			10.30am	Ata K		
			11.00am	Skantha N R		
			11.30am	Madhavan R		
			12.00pm			
			12.30pm	Year 1 Group A Strings		
			1.00pm	Year 2 Group A Strings		
			1.30pm	Hunter L		
			2.00pm	Year 1 Group B Strings		
			2.30pm	Clemmy D	Key'd Rm	
			3.00pm	Zoya G		
			3.30pm	Ben F		

Piano & Double Bass		Music Room	Piano		Keyboard Rm
Liz Hosford			Jenny Goodson		
Wednesday 1st March			Wednesday 1st March		
8.00am	Orson W		8.30am	Emily T	
8.30am	Elliot G		2.00pm	William J	
9.00am	Harry C		2.30pm	Isla L	
9.30am	Max B		3.00pm	Clementine C-D	
10.00am	Jonathan C		3.45pm	Trixie G	
10.30am		Keyboard Room			
10.45am	Jasper D				
11.15am	Theo K				
11.45am	Eileen C				
12.15pm	Rosie E				
12.45pm	Francesca G				
1.15pm					
1.45pm	Millie P	Hall			
2.15pm	Lucas K				
2.45pm	Rex R				
3.15pm					

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 March			Thursday 2nd March		
8.00am	Joshua C		7.55am		
8.30am	Martha M		8.25am	Jonathan C	
			8.55am	Janani R	
11.00am	Vivian B		9.25am	Ruby H	
11.30am	Elodie G		9.55am	Esmee M	
12.00pm	Anvita D		10.25am	George R	
12.30pm	Rory B		11.00am	Harrison W	
1.00pm	Amina K				
1.30pm	Sienna B-W				
2.00pm	Max C				
2.30pm	Hamish B				
3.00pm	Jessica W				
3.30pm	Frankie M				
4.00pm	Ryley G				
4.30pm					
5.00pm					

	Piano & Double Bass	Drama Studio		Piano	Music Room
	Liz Hosford			Jenny Goodson	
	Thursday 2nd March			Thursday 2nd March	
8.30am	Lexi P		10.00am	Maisie C	
9.00am	Sofia S		10.30am		
9.30am	Sia S				
10.00am	Orlando B				
10.30am	Oscar W				
11.00am,	Autumn S				
11.30am	Tilly R-C				
11.45am					
12.15pm					
12.45pm	Primrose G				
1.15pm	Cleo S				
1.45pm	Freddie B				
2.15pm	Ruper W				
2.45pm	Lana G				
3.15pm					

	Voice		Flute		
	Natalie Mason	Keyboard Room	Dom Smith	Keyboard Room	
	Thursday 2nd March		Friday 3rd March		
11.00am	Leila F		8.15am		Freddie B
11.30am	William B		8.45am		Kimberley L
12.00pm	Misha M		9.15am		Francesca G
12.30pm	Sienna B-W		9.45am		Bertie C
1.00pm					
1.30pm	Charlotte M				
2.00pm	Constance D F				
2.30pm	Francesca G				
3.00pm	Reuben D				
3.30pm	Beatrice D				
4.00pm	Max B				

	Voice		Guitar		
	Natalie Mason	Keyboard Room	Barry Worley	Drama Studio	
	Friday 3rd March		Friday 3rd March		
11.00am	Tilly R-C		8.00am		Lochie S
11.30am	Eithne N-G		8.30am		Henry B
12.00pm	Sia S		9.00am		Misha M
12.30pm	Zoya G		9.30am		Jessica B
1.00pm			10.00am		Devon S
1.30pm	Lexi P		10.30am		Max M
2.00pm	Abigail M		11.00am		Tom E-B
2.30pm	Sofia S		11.30am		Daniel B
3.00pm	Peaches C & Amalie S		12.00pm		Ethan S
3.30pm	Hunter L		12.30pm		Amalie S
4.00pm	Phoebe B		1.00pm		
			1.30pm		Rock Band
		2.00pm	Barney T		
		2.30pm	Orlando B		
		3.00pm	Orson W		
		3.30pm	Freddie E-B		
		4.00pm	Imogen W		



SOCCER SCHOOLS

BRIGHTON & HOVE ALBION

MARCH SOCCER SCHOOLS



HOLIDAY FOOTBALL COURSES FOR ANYONE
AGED 5-13. ALL ABILITIES WELCOME.

BOOK ONLINE NOW



29-31 March

9am-2pm

↑ Scan here to book, click here or
visit: albioninthecommunity.org.uk



Community Pitch, American
Express Elite Football
Performance Centre, 60 Mash
Barn Lane, Lancing, BN15 9FP.

£35 (1 day), £60 (2 days), £70 (3 days).

Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL Tel: 01273 878265.
Company limited by guarantee in England and Wales (No. 5122343). Registered charity in England and Wales (No. 1110978).



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

World Book Day!

Dr Seuss's Ham and no green eggs
Superlicious Gravy

Tuna pasta bake

Main Course Vegetarian

Mediterranean flatbread pizza with mozzarella

Filled giant Yorkshire pudding with roasted vegetables

Vegetable moussaka

Dr Seuss's Green Eggs and no Ham

Mac 'n' cheese

Main Course Vegan

Vegetable and pesto flatbread

Spinach, sweet potato and vegan cheese tart

Aubergine, spinach and sweet potato stack

Roasted vegan quorn

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

Who hash - new potatoes with garlic and onions
Evil peas

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 crumble (vg) and custard

Assorted melon wedges (vg)

Coconut rice pudding (vg)

Grinch jelly

Chocolate sponge and chocolate sauce

Afternoon Snack

Veggie sausage roll

Cheesy garlic bread

Cheese and biscuits

Pain au chocolate

Pizza slice