

# LANCING PREP WORTHING

## Weekly Briefing

3 March 2023

### The Week Ahead ...

#### Saturday 4 March

12.30-14.30 Matilda Rehearsal, Drama Studio

#### Monday 6 March

14.00 Boys and Girls U9, U11 and U13 Cross Country at Handcross Park School (A). **Return 17.15**

#### Tuesday 7 March

16.30-19.00 Online Parents' Evening: Rec – Y4

#### Wednesday 8 March

09.00-11.00 Reception visit to Broadwater Library

14.00 Boys Hockey: Lancing College U11 Hockey Tournament. **Return 17.15**

14.15 Girls' Football U12 & U13 v LPH (A). **Return 17.00**

14.15 Girls Netball: U11 A and B v Windlesham Hove (H). **Pick up 16.00**

14.30 Boys Tag Rugby: U11/10 A and B v Windlesham Hove and LPH (H). **Pick up 16.00**

14.30 Boys Football: U13/12 v Prebendal School (A). **Return 17.15**

16.30-19.00 2MB Online Parents' Evening

#### Thursday 9 March

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

14.15 Boys' Tag Rugby U9/8 A&B v Windlesham Hove & LPH (H). **Pick up 16.00**

16.30-19.00 Online Parents' Evening: Reception, 1R, 2C, Years 3 and 4

#### Friday 10 March – Mufti Day

14.00 Mixed Netball: LPH Mowden Cup (A). **Return 17.15**

15.00-15.30 Nursery & Reception Beefit Party, Hall

15.30-16.00 Years 1 & 2 Beefit Party, Gym

15.30-18.00 Year 7 & 8 Movie and Pizza Night, Hall

16.00-17.15 Year 3 to 6 Silent Disco, Gym

**PLEASE NOTE THE FOLLOWING CLUBS ARE CANCELLED NEXT WEEK:**

**MONDAY 6<sup>TH</sup> MARCH – NETBALL CLUB**

**TUESDAY 7<sup>TH</sup> MARCH – IMAGINATION**

**CLUB, NETBALL CLUB & GIRLS'**

**FOOTBALL CLUB**

**THURSDAY 9<sup>TH</sup> MARCH – CONSTRUCTION**

**CLUB & FUNKY FINGERS CLUB**

**FRIDAY 10<sup>TH</sup> MARCH – LEGO CLUB**

### LPWA Notices

Thank you to all that helped or attended our uniform sale today.

Friday 10<sup>th</sup> March – **Fun Friday** – Wear your own clothes for a £2 donation. Please pass your name and donation to a teacher before Wednesday 8<sup>th</sup> March so that dietary needs can be met. Please see the posters around the school for more info.

Helpers needed for this event – We need helpers from 2pm until 6pm. If you can only do an hour, that would be great as the parties are spread over the afternoon therefore help is needed at different times.

### WORD OF THE WEEK

Wabbit (adj)

Weary or exhausted

Keep up to date with our online calendar  
[www.lancingprepworthingcalendar.org.uk](http://www.lancingprepworthingcalendar.org.uk)

Follow us on Twitter, Instagram and Facebook  
[@LancingPrepWthg](https://twitter.com/LancingPrepWthg)

# EASTER FOOTBALL CAMPS

## Week 1

- ✓ Brighton College, Jubilee Ground (27-31 Mar)
- ✓ Great Walstead, Lindfield (30-31 Mar)

## Week 2

- ✓ BHASVIC College, Hove (3-6 Apr)
- ✓ Bede's Senior School, Upper Dicker (3-5 Apr: Residential)

## Week 3

- ✓ BHASVIC College, Hove (11-14 Apr)
- ✓ Cradle Hill School, Seaford (11-12 Apr)
- ✓ Bede's Senior School, Upper Dicker (13-14 Apr)

USE DISCOUNT **EARLY-BIRD-15** AT CHECKOUT FOR **15% OFF**. ENDS 26TH MAR 2023.  
CANNOT BE USED IN CONJUNCTION WITH ANY OTHER PROMOTION. CANNOT BE USED  
AGAINST RESIDENTIAL COURSES.

# *Worthing Choral Society*

Conductor Aedan Kerney

Associate Conductor Sam Barton



## **SONGS OF HOPE, SONGS OF JOY**

With music by

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

**TICKETS £15.00 each  
with a programme from**

**[trybooking.co.uk/CBRO](https://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

A Lancing College Preparatory School

## Instrumental Lesson Timetable

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

	Brass	Keyboard Room		Piano	Music Room
	Sarah Leeves			Jenny Goodson	
	Tuesday 7th March			Tuesday 7th March	
8.55am			3.45pm	Peaches C	
9.15am	Elliot G				
9.45am	Oscar W				
10.15am	Lucas C				
10.45am					
11.00am	Autumn S				
11.30am	Jasper D				
12.00pm	Daniel B				
12.30pm					
1.00pm	Brass Group				
1.30pm	Damian B				
2.00pm	Millie P				
2.30pm	Freddie B				
3.00pm	Oscar W				
3.30pm	Henry H				

	Cello	Hall		Violin & Piano	Keyboard Room	
	Sarah Davison			Rob Campkin		
	Tuesday 7th March			Wednesday 8th March		
9.15am	India G			8.00am		Tilly W
9.45am	Helena P			8.30am		Amina K
10.15am	Eva M			9.00am		Ata K
10.45am	Year 2		9.30am	Ben F		
			10.00am	Year 2 Group B Strings		
			10.30am	Harry C		
			11.00am	Damian B		
			11.30am	Vivian B		
			12.00pm			
			12.30pm	Skantha N R		
			1.00pm	Year 2 Group A Strings		
			1.30pm	Hunter L		
			2.00pm	Hamish B		
			2.30pm	Max C		
			3.00pm	Clemmy D		
			3.30pm			

Piano & Double Bass		Drama Studio	Piano		Keyboard Rm
Liz Hosford			Jenny Goodson		
Wednesday 8th March			Wednesday 8th March		
8.00am	Orson W		2.00pm	Maisie C	
8.30am	Elliot G		2.30pm	Isla L	
9.00am	Eileen C		3.00pm	Clementine C-D	
9.30am	Jasper D		3.45pm	Trixie G	
10.00am	Rosie E		<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 &amp; Madhavan R</p>		
10.30am					
10.45am	Lucas K				
11.15am	Rex R				
11.45am	Harry C				
12.15pm	Max B				
12.45pm	Jonathan C				
1.15pm					
1.45pm	Francesca G				
2.15pm	Theo K				
2.45pm	Millie P				
3.15pm					

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

Keyboard Room

Keyboard Room



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

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

	Voice		Guitar		
	Natalie Mason		Barry Worley		
	Friday 10th March		Friday 10th March		
11.00am	Peaches C & Amalie S	Keyboard Room	8.00am	Lochie S	Drama Studio
11.30am	Tilly R-C		8.30am	Devon S	
12.00pm	Eithne N-G		9.00am	Barney T	
12.30pm	Sia S		9.30am	Amalie S	
1.00pm			10.00am	Ethan S	
1.30pm			10.30am	Misha M	
2.00pm	Abigail M		11.00am	Daniel B	
2.30pm	Zoya G		11.30am	Orlando B	
3.00pm	Sofia S		12.00pm	Henry B	
3.30pm	Hunter L		12.30pm	Tom E-B	
4.00pm	Phoebe B		1.00pm		
			1.30pm	Rock Band	
			2.00pm	Rory G	
			2.30pm	Freddie B	
		3.00pm	Max M		
		3.30pm	Jessica B		
		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

Mild chilli con carne with nachos and cheese

Butchers' pork sausages with proper gravy

Homemade chicken breast goujons, optional sweet chilli mayo

Salmon fishcakes with tartar sauce and lemon wedges

Main Course Vegetarian

Vegetable lasagne

Vegetable 3 bean chilli with nachos and cheese

Vegan sausages with veggie gravy

Vegetable and spinach lasagne

Spinach and butternut squash frittata

Main Course Vegan

Jacket potato with mild vegetable chilli

Vegetable 3 bean chilli with nachos and vegan cheese

Vegan sausages with vegan gravy

Vegetable and lentil bolognese

Pesto pasta

Side Orders

Crudites:  
Carrot, cucumber & celery sticks

Steamed rice, grated cheese and cauliflower

Mashed potatoes, carrots and peas

Coleslaw, potato wedges, sweetcorn

New potatoes  
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

Fresh fruit salad

Pineapple upside down cake

Freshly made yoghurt with honey and granola

Strawberry cheesecake

Afternoon Snack

Cheesy scone

Pain au raisin

Banana muffins

Fruit and rice cakes

Pizza slices