

LANCING PREP WORTHING

Weekly Briefing

24 March 2023

The Week Ahead ...

Saturday 1 April

12.30-14.30 Matilda Rehearsal, Drama Studio

Monday 17 April

INSET DAY

Tuesday 18 April

Summer Term begins

10.45-11.20 Year 3 Tsunami Presentation, Hall

Wednesday 19 April

14.00 Boys Cricket: U13 A v LPH @ Lancing College. **Return 17.15**

14.00 Boys Cricket: U12 A v LPH @ Lancing College. **Return 17.15**

14.00 Cricket Girls-U13A vs Lancing Prep at Hove @ Lancing College. **Return 17.15**

Thursday 20 April

08.45-09.30 Prep Easter Service at St Mary's Church, Broadwater

Friday 21 April

Numbers Day

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

And our **NEW sports calendar**

[Lancing Prep at Worthing | Sports Home \(schoolssports.com\)](http://Lancing Prep at Worthing | Sports Home (schoolssports.com))

(Team sheet password lpw123)

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

REMINDER

There are no LPW or external clubs on the first week of term with the exception of Homework Room.

WORD OF THE WEEK

Cerulean (adj)

Sky blue

LPWA Notices

The summer fair is being held in May this year and we are in need of a sponsor. If you are interested in sponsoring our event, please get in touch by either emailing LPWassoc@gmail.com speaking to Jane, Clare or Karen. Sponsoring our Summer Fair gives your business the chance to be seen on our flyers, posters and social media and raises money for the school.

Dates for your Diary

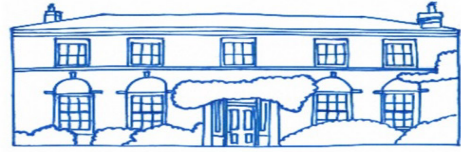
Wednesday 26th April – Committee Meeting at 7.30pm in The Cricketers Pub, Broadwater Road – Come along and hear our plans for the Summer Fair and bring your ideas for future events.

Friday 26th May – Summer Fair – Time to be confirmed.

Friday 23rd June – Sports Day Picnic – from 4pm til 6pm.

There will be a uniform sale in the summer term. Date to be confirmed.

LPWA



Lancing Prep at Worthing Association

LPWA Newsletter - Spring 2023

The LPWA have been busy this term organising and holding a Uniform Sale, the Children's Parties and Hot Chocolate & Doughnut Friday. Thank you to all the parents who helped and supported our many events. Our events are not possible without your input.

Hot Chocolate & Doughnut Friday was a big hit. We sold out of doughnuts and almost ran out of hot chocolate. Thank you for supporting this event.

The uniform sale raised over £300 and so did Mufti Day.

The children's parties went well and children from nursery all the way to year 8 had fun and enjoyed a treat or two. Thank you for helping and supporting this event.

Monies raised from all our many events go towards educational trips and visits, children's parties and other such activities.

In the Summer term we have lots planned, starting with our committee meeting, a Uniform Sale, the Sports Day Picnic and the Summer Fair.

We will be holding our Committee meeting on Wednesday 26th April. Please come along with your ideas for events/funding raising or to hear what we have in store for your children for the Summer term. Please remember as a parent/guardian of a child at LPW you are automatically a member of the LPWA. Your help and support are very much appreciated.

A Big THANK YOU for your support during the Spring term.

From
Jane, Clare & Karen
Co-Chairs of the LPWA

RECEPTION FOOTBALLERS WANTED



WHEN

**Saturday mornings from
09:00am - 10:00am**

WHERE

**Hill Barn Recreation Ground
Contact our coach Josh for
details:**

Josh.sutcliffe@parexel.com

07742 508271

COST

**As part of our commitment to our community our
first taster sessions are free!**

Then £2 per week as you attend

**AGES 4-5
NURSERY
RECEPTION**

WHAT YOU NEED

- **Correct footwear**
- **Shin pads**
- **Suitable sports clothing**
- **A parent or guardian to bring you**

**COME AND ENJOY AN
HOUR OF FOOTBALL FUN
IN A SAFE AND FRIENDLY
ENVIRONMENT**



WWW.WORTHINGUNITEDYOUTHFC.CO.UK

Lancing Prep Worthing Lunch Menu

WEEK:1

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course

Jacket potatoes with a choice of toppings:
Coronation chicken,
Tuna mayo,
Cheese,
Beans

Moroccan style chicken meatballs in a smooth sweet tomato and apricot sauce, served with minted yoghurt dip & flatbread

Summer pasta bar

Wholemeal pasta served with tomato and basil sauce, bolognese or grated cheese

Number Day!

Build your own ¼ pounder beef burger

Main Course Vegetarian

Veggie chilli, cheese or baked beans

Apricot and herb falafels in a smooth sweet tomato and apricot sauce, served with minted yoghurt dip & flatbread

Wholemeal pasta served with tomato and basil sauce, lentil bolognese or grated cheese

Build your own ¼ pounder veggie burger

Main Course Vegan

Veggie chilli, cheese or baked beans

Apricot and herb falafels in a sweet tomato and apricot sauce, served with minted vegan yoghurt dip & flatbread

Wholemeal pasta served with tomato and basil sauce, lentil bolognese or grated cheese

Build your own ¼ pounder veggie burger

Side Orders

Garden salad
Mixed crudites

Lemon and mint couscous
Green beans

Garlic bread and herb bread
Steamed carrots
Sweetcorn

Jacket potato 1/8's
360 degree sweetcorn
100s of baked beans

Seasonal Salad Bar

Watermelon, feta and mint salad
Sliced home baked ham

5 bean salad with fresh coriander, lemon and olive oil
Coronation chicken

Red cabbage coleslaw
Sliced gouda

Pesto pasta salad
Chargrilled chicken

Dessert of the Day

Fresh fruit salad
Fresh fruit

Selection of jellies (vg)
Fresh fruit

Rice pudding made with coconut milk and fresh mango
Fresh fruit

Trifle with 100s & 1000s
Vanilla sponge pie chart

Afternoon Snack

Carrot and apple muffins
Fresh fruit

Pizza slice
Fresh fruit

Apricot, pumpkin seed and yogurt drizzle flapjack
Fresh fruit

Homemade popcorn
Fresh fruit