



The Week Ahead ...

Monday 1 May

Bank Holiday

Tuesday 2 May

Year 1 and Year 7 Progress Tests

12.45-15.45 Year 6 Lancing College Science Competition

NO YEAR 3-5 TENNIS CLUB TODAY

Wednesday 3 May

14.00 Cricket Mixed-U13A vs Pennthorpe School @ Lancing College. **Return 17.15**

14.00 Cricket Mixed-U13C vs Pennthorpe School (A). **Return 17.15**

14.00 Cricket Boys-U11A vs Shoreham College Boys-U12A (A). **Return 17.15**

14.00 Cricket Boys-U11B vs Shoreham College Boys-U12B (H). **Pick up 16.00**

14.00 Cricket Girls-U11A vs Sompting Abbots (A). **Return 16.15**

14.30 Cricket Mixed-U13B vs Pennthorpe School @ Lancing College. **Return 17.15**

Thursday 4 May

Year 7 Progress Tests

14.30 Cricket Mixed-U9A vs Farlington School Girls-U9A (A). **Return 17.15**

14.30 Cricket Mixed-U8A vs Farlington School (A). **Return 17.15**

14.30 Cricket Mixed-U9B vs Farlington School Girls-U9B (A). **Return 17.15**

14.30 Cricket Mixed-U8B vs Farlington School Girls-U8B (A). **Return 17.15**

Friday 5 May

Coronation Celebration Day: Wear red, white and blue

LPWA Notices

Thank you to those who attended our meeting on Wednesday night at the Cricketers. It was very productive.

ALL of the following events can only run with your help. Please could you check your diaries and see if you could spare half an hour for one event. If you are able to offer more time that would be great.

Uniform Sale – Friday 12th May – from 3pm until 4.30pm in the playground, weather permitting.

Bring a Bottle in return for **Mufti Day** – Friday 19th May – Please bring a bottle for our Summer Fair and the children may wear their own clothes in return.

Summer Fair – Friday 26th May – 2.30pm until 4.30pm.

We are in need of a sponsor for the Summer Fair. Please get in touch if you are interested. For £300 your business will be advertised on all flyers, raffle tickets, posters and social media.

Children will need to be collected at 2.30pm to attend the fair with their parents.

External stall holders welcome, please contact us for more details

(lpwassoc@gmail.com)

More details to follow.

Other dates for your diary

Bannister Mile – Tuesday 6th June – Afternoon

Sports Day Picnic – Friday 23rd June – 4pm until 6pm

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.facebook.com/LancingPrepWthg)



Instrumental Lesson Timetable

Brass		Keyboard Room	Piano		Music Room
Sarah Leeves			Jenny Goodson		
Tuesday 2nd May			Tuesday 2nd May		
8.55am			12.30pm	Alex B	
9.15am	Freddie B	3.45pm	Peaches C		
9.45am	Oscar E				
10.15am	Lucas C				
10.45am	Vivian B Trial Lesson				
11.00am	Elliott G				
11.30am	Oscar W				
12.00pm	Autumn S				
12.30pm					
1.00pm	Brass Group				
1.30pm	Jasper D				
2.00pm	Daniel B				
2.30pm	Damian B				
3.00pm	Millie P				
3.30pm	Henry H				

	Cello	Practice Room		Violin & Piano	
	Sarah Davison			Rob Campkin	
	Tuesday 2nd May			Wednesday 3rd May	
9.15am	Helena P			8.00am	Skantha N R
9.45am	Eva M			8.30am	Amina K
10.15am	India G			9.00am	Clemmy D
10.45am	Jasper S			9.30am	Harry C
				10.00am	William J
				10.30am	Bertie F
				11.00am	Ata K
			11.30am	Damian B	
			12.00pm		
			12.30pm	Skantha N R	
			1.00pm	Year 2 Group A Strings	
			1.30pm	Hunter L	
			2.00pm	Miles C	
			2.30pm	Rory B	
			3.00pm	Madhavan R	
			3.30pm	Ben F	

Keyboard Room		Piano & Double Bass	Drama Studio		Piano
		Liz Hosford			Jenny Goodson
		Wednesday 3rd May			Wednesday 3rd May
	8.00am	Orson W		2.00pm	Clementine C-D
	8.30am	Elliot G		2.30pm	Maisie C
	9.00am	Jasper D		3.00pm	Isla L
	9.30am	Millie P		3.45pm	Trixie G
	10.00am	Lucas K			
	10.30am				
	10.45am	Theo K			
	11.15am	Jonathan C			
	11.45am	Oscar W			
	12.15pm	Francesca G			Year 1 Group A - Adiella I, William J, Toby C, Grace T Year 1 Group B - Rupert W, Romey F, Aniket D
	12.45pm	Autumn S			
	1.15pm				Year 2 Group A - Primrose G, Chloe B, Jessica W Year 2 Group B - Miles C & Madhavan R
	1.45pm	Eileen C			
	2.15pm	Rosie E			
2.45pm	Tilly R-C				
3.15pm					

Music Room		Violin and Piano	Music Room		Clarinet & Sax	Keyboard Room
		Rob Campkin			Lucy Ballard	
		Thursday 4th May			Thursday 4th May	
	8.00am	Joshua C		7.55am	Janani R	
	8.30am	Martha M		8.25am	Ruby H	
				8.55am	George R	
	11.00am	Anvita D		9.25am	Harrison W	
	11.30am	Vivian B		9.55am	Jonathan C	
	12.00pm	Hamish B		10.25am		
	12.30pm	Max C		11.00am	Esmee M	
	1.00pm					
	1.30pm	Year 1 Group A Strings				
	2.00pm	Year 1 Group B Strings				
	2.30pm	Frankie M				
	3.00pm	Jessica W				
	3.30pm	Sienna B-W				
4.00pm	Ata K					
4.30pm						

	Piano & Double Bass	Drama Studio		Piano	Music Room
	Liz Hosford			Jenny Goodson	
	Thursday 4th May			Thursday 4th May	
8.00am	Sofia S		10.00am	Emily T	
8.30am	Lana G		10.30am	William J	
9.00am	Lexi P				
9.30am	Orlando B				
10.00am	Primrose G				
10.30am					
10.45am	Harry C				
11.15am	Rex R				
11.45am	Max B				
12.15pm	Freddie B				
12.45pm	Rupert W				
1.15pm					
1.45pm	Cleo S				
2.15pm					
2.45pm					

	Voice		Flute	
	Natalie Mason		Dom Smith	Keyboard Room
	Thursday 4th May		Friday 5th May	
8.10am	Francesca G	8.15am	Freddie B	
8.40am	Ameera M	8.45am	Kimberley L	
9.10am	Sia S	9.15am	Bertie C	
9.40am	Tilly R-C	9.45am	Francesca G	
10.10am	Sofia S			
10.40am				
11.00am	Abigail M			
11.30am	Zoya G			
12.00pm	Peaches C and Amalie S			
12.30pm	Eithne N-W			
1.00pm	Rex R			
1.30pm	Hunter L			
2.00pm	Misha M			
2.30pm	Constance D F			
3.00pm	Sienna B-W			
3.30pm				
4.00pm				
4.30pm				

Practice Room

	Guitar			Drums	
	Barry Worley			Paul Gunter	
	Friday 5th May			Friday 5th May	
8.00am	Lochie S	Practice Room	8.30am	Solomon W-Y	Music Room
8.30am	Devon S		9.00am	Rex R	
9.00am	Jessica B		9.30am	Elliott S	
9.30am	Max M		10.00am	Harry A	
10.00am	Daniel B		10.30am		
10.30am	Henry B		10.45am	Reuben D	
11.00am	Barney T		11.15am	Theo K	
11.30am	Tom E-B		11.45am	Raffery D	
12.00pm	Freddie B		12.15pm	Harry C	
12.30pm	Orlando B		12.45pm		
1.00pm			2.15pm	Lucas K	
1.30pm	Rock Band		2.45pm	Constance D F	
2.00pm	Misha M		3.15pm	Vivian B	
2.30pm	Ethan S		3.45pm	Henry H	
3.00pm	Amalie S		4.15pm	Tilly R-C	
3.30pm	Rory G				
4.00pm	Orson W				
4.30pm	Imogen W				

MAY CAMPS 2023

May Camps

- ✓ Brighton College, Jubilee Ground (30 May – 2 Jun)
Ages 5-13 / 10am-3pm (early drop-off 9am available)
- ✓ Bede's Senior, Upper Dicker (30 May – 1 Jun)
Ages 5-13 / 10am-3pm
- ✓ Cradle Hill, Seaford (1 Jun – 2 Jun)
Ages 7-13 / 10am-3pm

USE DISCOUNT **EARLY-BIRD-15** AT CHECKOUT FOR **15% OFF**. ENDS 16TH MAY 2023. CANNOT BE USED IN CONJUNCTION WITH ANY OTHER PROMOTION.

Summer Camps (save the dates – bookings available soon)

- ✓ Bede's Senior, Upper Dicker | Jul 3 – Jul 7 | Ages 11-17 | Day & Res Course | LaLiga Specialised Camp
- ✓ Brighton College, Jubilee | Jul 3 – Jul 7 | Ages 5-13 | Day Course
- ✓ Bede's Senior, Upper Dicker | Jul 10 – Jul 14 | Ages 11-17 | Day & Res Course | LaLiga Specialised Camp
- ✓ Brighton College, Jubilee | Jul 10 – Jul 14 | Ages 5-13 | Day Course
- ✓ Bede's Senior, Upper Dicker | Jul 17 – Jul 21 | Ages 11-17 | Day & Res Course | LaLiga Specialised Camp
- ✓ Brighton College, Jubilee | Jul 17 – Jul 21 | Ages 5-13 | Day Course
- ✓ Bede's Senior, Upper Dicker | Jul 24 – Jul 28 | Ages 11-17 | Day & Res Course | LaLiga Specialised Camp
- ✓ BHASVIC College, Hove | Jul 24 – Jul 28 | Ages 5-13 | Day Course
- ✓ BHASVIC College, Hove | Jul 31 – Aug 4 | Ages 5-13 | Day Course
- ✓ BHASVIC College, Hove | Aug 7 – Aug 11 | Ages 5-13 | Day Course
- ✓ Bede's Senior, Upper Dicker | Aug 7 – Aug 9 | Ages 8-14 | Day & Res Course | Specialised Residential Camp
- ✓ BHASVIC College, Hove | Aug 14 – Aug 18 | Ages 5-13 | Day Course
- ✓ Cradle Hill School, Seaford | Aug 14 – Aug 16 | Ages 7-13 | Day Course
- ✓ BHASVIC College, Hove | Aug 21 – Aug 2 | Ages 5-13 | Day Course
- ✓ Manor 3g, Brighton | 29 Aug – 1 Sep | Ages 5-13 | Day Course

Lancing Prep Worthing Lunch Menu

WEEK:3

Monday

Tuesday

Wednesday

Thursday

Friday

Coronation picnic

Main Course

Macaroni cheese with a crunchy breadcrumb top

Traditional lasagne

Butchers' pork sausages with proper gravy

Cheese wholemeal roll & Coronation chicken wrap
Sausage and parmesan roll

Main Course Vegetarian

Macaroni cheese with slow roasted tomatoes and a crunchy breadcrumb top

Spinach and ricotta lasagne

Vegan sausages with veggie gravy

Coronation cream cheese and iceberg wrap
Butternut squash, feta and spinach roll
Pot of hummus

Main Course Vegan

Vegan macaroni cheese with slow roasted tomatoes and a crunchy breadcrumb top

Mediterranean vegetable lasagne

Vegan sausages with vegan gravy

Coronation (vegan) cream cheese and iceberg wrap
Butternut squash and spinach roll
Pot of hummus

Side Orders

Green beans
Mixed garden salad

Garlic and herb bread
Sweetcorn

Mashed potato
Peas and carrots

Ready salted crisps

Seasonal Salad Bar

Greek salad
Chargrilled chicken
Homemade baked ham

Baby spinach, avocado, crouton and parmesan salad
Chargrilled chicken

Sundried tomato, and olive pasta
Tuna mayo

Carrot, cucumber and red pepper sticks

Dessert of the Day

Selection of melon wedges
Fresh fruit

Fresh fruit salad
Fresh fruit

Freshly made yoghurt and strawberry sauce
Fresh fruit

Cupcake with union jack coloured butter cream icing
Mini fresh fruit kebab

Afternoon Snack

Chocolate puff pastry twists
Fresh fruit

Cranberry and sunflower seed flapjack
Fresh fruit

Pain au raisins
Fresh fruit

Tomato and cheese pin wheels
Fresh fruit