



## The Week Ahead ...

### Monday 15 May

Year 7 Humanities Assessments in class begin.  
End 18 May.

LAMDA Exams begin. End 17 May.

15.00 Boys Cricket: U12 v Warden Park - Sussex  
Cup (A). **Return 6.00pm**

### Tuesday 16 May

Year 6 Progress Tests

Year 7 Humanities Assessments in class begin.  
End 18 May.

### Wednesday 17 May

14.00 Girls Cricket: U11A (hardball pairs) v  
Pennthorpe (H). **Pick up 16.15**

14.30 Cricket Mixed-U10A vs Great Ballard  
School (A). **Return 17.15**

14.30 Cricket Mixed-U11A vs Great Ballard  
School. **Return 17.15**

14.30 Cricket Mixed-U12A vs Great Ballard  
School @ Lancing College. **Return 17.15**

14.30 Cricket Mixed-U13A vs Great Ballard  
School @ Lancing College. **Return 17.15**

### Thursday 18 May

Year 6 Progress Tests

14.00 U9 Athletics Meeting @ Dorset House (A).  
**Return 17.15**

14.30 Cricket Mixed-U9A vs The Prebendal  
School (A). **Return 17.15**

14.30 Cricket Girls-U9A vs Lancing Prep at Hove  
(H). **Pick up 16.00**

14.30 Cricket Girls-U8A vs Lancing Prep at Hove  
(H). **Pick up 16.00**

### Friday 19 May

Mufti Day in return for teddy/bottle donation

## LPWA Notices

Friday 19<sup>th</sup> May – **Bring a Bottle & Teddy in return for Mufti Day.** Please bring a bottle and a teddy to donate to our Summer Fair and in return you may wear your own clothes for the day.

Friday 26<sup>th</sup> May – **Summer Fair** from 2.30pm to 4.30pm. Flyers and Raffle tickets will be coming home with your children soon.

We need volunteers to help set up in the morning and to run stalls from 2pm till 3pm, then the teachers will take over. Then help clearing away at the end.

A big thank you to 'One Woman Health' for kindly sponsoring our Fair this year.

We are still in need of raffle prizes, please get in touch if you have any items you can donate.

We have some tables still available for external stall holders at the Summer Fair. Let the LPWA know if you are interested.

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



# Lancing Prep Worthing

A Lancing College Preparatory School

## Instrumental Lesson Timetable

Drums		Keyboard Room	Voice & Piano		Practice Room
Paul Gunter			Simi Fyles		
Monday 15th May			Monday 15th May		
8.30am	Solomon W-Y		8.15am	Phoebe B	
9.00am	Lucas K		8.45am	Lexi P	
9.30am	Rafferty D		9.15am	Ryley G	
10.00am	Harry C		9.45am	Tilly W	
10.30am			10.15am	Leila F	
10.45am	Elliott S		10.45am		
11.15am	Constance D F		11.00am	Beatrice D	
11.45am	Damian B		11.30am	Elodie G	
12.15pm	Harry A		12.00pm	Charlotte M	
12.45pm			12.30pm	William B	
2.15pm	Reuben D				
2.45pm	Theo K				
3.15pm	Rex R				
3.45pm	Henry H				
4.15pm	Tilly R-C				

	Piano	Music Room		Brass	Keyboard Room
	Jenny Goodson			Sarah Leeves	
	Monday 15th May			Tuesday 16th May	
8.30am	Alex B		8.55am		
		9.15am	Freddie B		
		9.45am	Oscar W		
		10.15am	Lucas C		
		10.45am			
		11.00am	Elliot G		
		11.30am	Oscar E		
		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		

	Piano	Music Room		Cello	Practice Room
	Jenny Goodson			Sarah Davison	
	Tuesday 16th May			Tuesday 16th May	
3.45pm	Peaches C		9.15am	Jasper S	
			9.45am	India G	
			10.15am	Helena P	
			10.45am		

	Violin & Piano		Piano & Double Bass		
	Rob Campkin		Liz Hosford		
	Wednesday 17th May		Wednesday 17th May		
8.00am	Skantha N R	Keyboard Room	8.00am	Orson W	Drama Studio
8.30am	Amina K		8.30am	Elliot G	
9.00am	Max C		9.00am	Eileen C	
9.30am	Harry C		9.30am	Rosie E	
10.00am	William J		10.00am	Tilly R-C	
10.30am	Bertie F		10.30am		
11.00am	Ata K		10.45am	Jasper D	
11.30am	Madhavan R		11.15am	Millie P	
12.00pm	Vivian B		11.45am	Lucas K	
12.30pm	Skantha N R		12.15pm	Theo K	
1.00pm	Year 2 Group A Strings		12.45pm	Jonathan C	
1.30pm	Hunter L		1.15pm		
2.00pm	Miles C		1.45pm	Oscar W	
2.30pm	Rory B		2.15pm	Autumn S	
3.00pm	Damian B		2.45pm	Francesca G	
3.30pm	Ben F		3.15pm		

	Piano	Music Room		Violin and Piano	Music Room
	Jenny Goodson			Rob Campkin	
	Wednesday 17th May			Thursday 18th May	
2.00pm	William J		8.00am	Joshua C	
2.30pm	Emily T		8.30am	Martha M	
3.00pm	Maisie C				
3.45pm	Trixie G		11.00am	Clemmy D	
		11.30am	Vivian B		
		12.00pm	Anvita D		
		12.30pm	Hamish B		
		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			

Year 1 Group A - Adiella I, Toby C, Grace T

Year 1 Group B - Rupert W, Aniket D

Year 2 Group A - Primrose G, Chloe B, Jessica W

	Clarinet & Sax	Keyboard Room		Piano & Double Bass	Drama Studio
	Lucy Ballard			Liz Hosford	
	Thursday 18th May			Thursday 18th May	
7.55am	Janani R		8.00am	Sofia S	
8.25am	Jonathan C		8.30am	Lana G	
8.55am	Ruby H		9.00am	Freddie B	
9.25am	Esmee M		9.30am	Rex R	
9.55am	George R		10.00am	Primrose G	
10.25am			10.30am		
11.00am	Harrison W		10.45am	Harry C	
		11.15am	Orlando B		
		11.45am	Max B		
		12.15pm	Cleo S		
		12.45pm	Rupert W		
		1.15pm			
		1.45pm			
		2.15pm			
		2.45pm			

	Piano		Voice		
	Jenny Goodson	Music Room	Natalie Mason	Practice Room	
	Thursday 4th May		Thursday 18th May		
10.00am	Isla L		8.10am		Abigail M
10.30am	Clementine C-D		8.40am		Francesca G
			9.10am		Peaches C and Amalie S
		9.40am	Zoya G		
		10.10am	Sofia S		
		10.40am			
		11.00am	Tilly R-C		
		11.30am	Sia S		
		12.00pm	Eithne N-G		
		12.30pm	Cleo S		
		1.00pm			
		1.30pm	Hunter L		
		2.00pm	Reuben D		
		2.30pm	Constance D F		
		3.00pm	Misha M		
		3.30pm	Sienna B-W		
		4.00pm	Barney T		
		4.30pm	Rex R		



	Flute	Keyboard Room		Guitar	Practice Room	
	Dom Smith			Barry Worley		
	Friday 19th May			Friday 19th May		
8.15am	Freddie B			8.00am		Lochie S
8.45am	Kimberley L			8.30am		Devon S
9.15am	Bertie C			9.00am		Jessica B
9.45am	Francesca G		9.30am	Tom E-B		
			10.00am	Misha M		
			10.30am	Henry B		
			11.00am	Freddie B		
			11.30am	Orlando B		
			12.00pm	Amalie S		
			12.30pm	Ethan S		
			1.00pm			
			1.30pm	Rock Band		
			2.00pm	Barney T		
			2.30pm	Daniel B		
			3.00pm	Max M		
			3.30pm	Rory G		
			4.00pm	Orson W		
			4.30pm	Imogen W		

WORKSHOPS FOR PARENTS/CARERS  
SUPPORTING CHILDREN AND YOUNG PEOPLE  
WITH THEIR  
MENTAL HEALTH



FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

16<sup>TH</sup> MAY

5 WORKSHOPS AVAILABLE COVERING:

- > Anxiety
- > Sleep
- > Managing self-harm and suicidal thoughts
- > Autism and challenging behaviour
- > Eating disorders

Workshops will be delivered on

16<sup>TH</sup> MAY AT 9:30AM, 12:30PM AND 7PM

Workshops last 90 minutes and have a 15 minute  
Q&A session (pre-sent questions only)

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

<https://bit.ly/3LvABw5>

FREE DIGITAL GOODY  
BAG OF RESOURCES  
AND INFORMATION FOR  
EACH ATTENDEE

NEED TO GET IN TOUCH?

If you have any questions, please email: [Melissa.Baitmansour@spft.nhs.uk](mailto:Melissa.Baitmansour@spft.nhs.uk)

Delivered by [Sussex Child & Adolescent Mental Health Services \(CAMHS\)](#)

# Lancing Prep Worthing Lunch Menu

WEEK:2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Selection of flatbread pizzas: Margherita Ham and pineapple	Mini roast chicken dinner, served with proper gravy	Menu diversity day – Italian feast Pasta bar with assorted sauces and pastas	Mild chilli beef served with chunky guacamole, soured cream, salsa and nachos	Homemade chicken nuggets with tomato ketchup
<b>Main Course Vegetarian</b>	Margherita pizza	Lentil and vegetable loaf	Pasta bar with assorted sauces and pastas	Vegetable and butter bean chilli with chunky guacamole, soured cream, salsa and nachos	Homemade vegetable nuggets with tomato ketchup
<b>Main Course Vegan</b>	Roasted vegetable pizza with vegan cheese	Lentil and vegetable loaf	Pasta bar with assorted sauces and pastas	Vegetable and butter bean chilli with chunky guacamole, soured cream, salsa and nachos	Homemade vegetable nuggets with tomato ketchup
<b>Side Orders</b>	New potatoes Carrot, Celery and red pepper sticks Cucumber	Roasted new potatoes Carrot and swede mash Cauliflower	Steamed broccoli	Steamed rice  Sweetcorn	Diced new potatoes  Carrot batons, cucumber & red pepper sticks
<b>Seasonal Salad Bar</b>	Chargrilled chicken and avocado salad  Tuna mayo	Couscous with green herbs and chickpeas  Sussex brie	Smokey bacon and lentil salad  Egg mayo	Tuna niçoise salad  Chicken mayo	Bulgar wheat, roasted vegetables and fresh herbs
<b>Dessert of the Day</b>	Apple pie and cream	Pot of grapes or blueberries  Whole fruit	Lemon and mascarpone trifle	Freshly made yoghurt with a granola crunch topping  Fresh fruit	Chocolate sponge with chocolate sauce (reduced sugar)  Fresh fruit
<b>Afternoon Snack</b>	Veggie sausage rolls  Fresh fruit	Orange and cardamom biscuit  Fresh fruit	Toasted bagel pizzas  Fresh fruit	Cheese and tomato straws  Fresh fruit	Fruit ice pop  Fresh fruit