



The Week Ahead ...

Tuesday 26 September

Year 1 Beach Trip

European Day of Languages

16.00 Swimming Gala - U13A vs Various,
Lancing College. **Pick up from Lancing College
17.00**

Wednesday 27 September

12.15-16.30 Year 5 Maths Challenge at Christ
Hospital

14.30 Football Boys-U11A Tournament (H). **Pick
up 16.00**

14.30 Football Boys-U13A vs Shoreham College
(A). **Return 16.45**

13.30 Hockey Sevens Girls-U11A and U13A
Tournament @ Lancing College. **Return 17.15**

14.30 Netball Girls-U13A vs St Edmund's School
(A). **Return 17.30**

Thursday 28 September

14.00 Netball Mixed-U9A vs Shoreham College,
Great Ballard, Windlesham, Sompting Abbots (A
– Shoreham College). **Return 17.15**

14.00 Football Mixed-U9A vs Shoreham College,
Great Ballard, Windlesham, Sompting Abbots (A
– Shoreham College). **Return 17.15**

Friday 29 September

15.00-16.30 LPWA Pre-loved Uniform Sale,
Playground

15.45 Football Boys-U13A vs Great Walstead (A).
Return 18.00

LPWA Notices

Uniform Sale – Friday 29th September – 3pm till
4.30pm in the playground. Helpers needed from
2pm please. Come and grab a bargain.

Children's Parties – Friday 13th October – Times
to be confirmed. Helpers needed from 2pm.

Parents/Guardians – We need your help – Are
you able to design tickets for the children's
parties? Would you be able to design our
Christmas Fair Flyer and Posters? Please get in
touch if you think you could help.

Helping the LPWA can be done in many different
ways. Please contact us by either email
(lpwassoc@gmail.com) or catch one of us at
school.

Your help is very much appreciated.

Word of the Week

Neatnik (*noun*)

A person who is extremely neat
about surroundings, appearance etc

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

And our sports calendar

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)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LITTLE STARS

Wholemeal pasta bar - tomato & basil, homemade pesto (with spinach) or cheese sauce

Seasoned beef & 5 bean with guacamole, sour cream and salsa

Roast turkey with cranberry sauce

Mild chicken Korma, with mini poppadoms, mango chutney and minted yogurt

Fish fingers or baked white fish with homemade tartare sauce and lemon wedge

MAIN

Wholemeal pasta bar - tomato & basil, homemade pesto (with spinach) or cheese sauce

Chilli beef & 5 bean with guacamole, sour cream and salsa

Roast turkey with cranberry sauce

Chicken Korma, with mini poppadoms, mango chutney and minted yogurt

Fish fingers or baked white fish with homemade tartare sauce and lemon wedge

MAIN (VEGAN & VEG)

Wholemeal pasta bar - tomato & basil, homemade pesto (with spinach) or cheese sauce

5 bean chilli with guacamole, sour cream and salsa

Roasted vegetable stack with pesto

Butternut squash, chickpea and spinach curry

Stuffed mushrooms

SIDE ORDERS

Steamed greens

Basmati rice

Roast potatoes

Steamed mixed brown and white rice

Chips

Seasonal garden salad

Steamed broccoli

Carrots and peas

Sweetcorn

Peas or baked beans

PROTEIN SALAD BAR

Tuna, mature cheddar, free range eggs

Home baked ham, free range eggs, mozzarella

Sliced beef, tuna mayo, cheddar cheese

Home baked ham, mozzarella, mackerel pate

Coronation chicken, free range eggs, cheddar cheese

PUDDING

Pear crumble & custard

Selection of fruit jellies

Oaty blueberry muffin

Trio of melon

Friday Treat

Rocky road

AFTERNOON SNACK

Homemade sausage roll

Lancing Prep flapjack with goji berries and sunflower seeds

Cheese or ham filled croissant

Margherita pizza bites

Crudites

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Instrumental Lesson Timetable

Monday

Paul Gunter		Music Rom	Barry Worley		Practice Room
Drums			Guitar		
Monday 25th September			Monday 25th September		
8.30am	Lucas K		11.30am	Oscar K	
9.00am	Elliott S		12.00pm	Elliott S	
9.30am	Pippa W		12.30pm	Tom E-B	
10.00am	Rex R		1.00pm	Pasha D	
10.30am			1.20pm		
10.45am	Mae C		1.30pm	Max B	
11.15am	Theo K		2.00pm	Tom E-B	
11.45am			2.00pm	Lucas B	
2.00pm					
2.30pm	Dylan C				
3.00pm	Harry A				
3.45pm	Harry C				
4.15pm	Tilly R-C				

Simi Fyles	
Voice & Piano	
Monday 25th September	
8.10am	Orson W
8.30am	Eva M
9.00am	Charlotte M
9.20am	Emily A
9.50am	Tilly W
10.20am	Peaches C
10.50am	
11.00am	Elodie G (piano)
11.30am	William B
12.00pm	Max B
12.30pm	Lucas B
1.05pm	Phoebe B
1.35pm	

Practice Room

Sarah Leeves	
Brass	
Tuesday 26th September	
8.45am	Lana G
9.15am	Max B
9.45am	Daniel B
10.15am	Damian B
10.45am	
11.00am	Freddie B
11.30am	Oscar E
12.00pm	Millie P
12.30pm	
1.00pm	Brass Band
1.30pm	Elias L
2.00pm	Oscar W
2.30pm	Helena P
3.00pm	Autumn S
3.30pm	Jasper D
4.00pm	

Music Room

Tuesday

Sarah Davison		Keyboard Room	Natalie Mason		Practice Room
Cello			Voice		
Tuesday 26th September			Tuesday 26th September		
9.15am	Jasper S		8.30am	Rex R	
9.45am	Sebastian F		9.00am	Constance D-F	
10.15am	India G		9.30am	Barney T	
10.45am	Sam W-B		10.00am		
10.45am	Helena P		10.30am		
11.15am			11.00am	Eithne N-W	
			11.30am	Francesca G	
			12.00pm	Tilly R-C	
			12.30pm		
			1.00pm	Ameera M	
			1.30pm	Hunter L	
			2.00pm	Amalie S	
			2.30pm	Sia S	
			3.00pm	Zoya G-H	
			3.30pm	Unaysah K	
			4.00pm	Jessica B	

Wednesday

Simi Fyles		Elizabeth Hosford	
Voice & Piano		Piano	
Wednesday 27th September		Wednesday 27th September	
8.15am	Leila F	8.00am	
8.45am	Ruby H	8.30am	Orlando B
9.15am	Sophia S	9.00am	Isla L
9.45am	Beatrice D	9.30am	Max M
10.15am	Lexi P	10.00am	Rosie E
10.45am		10.30am	
11.00am	Ryley G	10.45am	Tilly R-C
11.30am	Jessica W	11.15am	Jonathan C
12.00pm	Maisie C	11.45am	Theo K
12.30pm	Elodie G	12.15pm	Eileen C
1.00pm		12.45pm	
1.30pm	Clementine C-D	1.15pm	Rupert W
2.00pm	Pasha S	1.45pm	Cleo S
2.30pm	William J	2.15pm	Sia S
3.00pm	Asher G	2.45pm	Sofia S
3.30pm		3.15pm	

Practice Room

Drama Studio

Thursday

Elizabeth Hosford		Drama Studio	Lucy Ballard		Keyboard Room
Piano			Clarinet & Saxophone		
Thursday 28th September			Thursday 28th September		
8.00am	Lana G		8.25am	Esmee M	
8.30am	Lucas K		8.55am	Ruby H	
9.00am	Oscar W		9.25am	Jonathan C	
9.30am	Freddie B		9.55am	George R	
10.00am	Harry C		10.25am	Trial Lessons	
10.30am					
10.45am	Primrose G				
11.15am	Francesca G				
11.45am	Millie P				
12.15pm	Jasper D				
12.45pm	Rex R				
1.15pm					
1.45pm	Autumn S				
2.15pm	Rex R				
3.15pm					

	Rob Campkin
	Violin & Piano
	Thursday 28th September
8.00am	Joshua C
8.30am	Skantha N
9.00am	Sia S
9.30am	Harry C
10.00am	Max M
10.30am	Chloe B
11.00am	Miles C
11.30am	Madhavan R
12.00pm	Peaches C
12.30pm	Sienna B-W
1.00pm	
1.30pm	Hunter L
2.00pm	Grace T
2.30pm	William J
3.00pm	Rory B
3.45pm	Peaches C
4.15pm	

Practice Room

	Dom Smith
	Flute
	Friday 29th September
8.15am	Freddie B
8.45am	Kimberley L
9.15am	Francesca G
9.45am	Bertie C
10.15am	

Drama Studio

Friday

Rob Campkin		Barry Worley	
Violin & Piano		Guitar	
Friday 29th September		Friday 29th September	
8.00am	Skantha N-R	8.00am	Lochie S
8.30am	Ata K (violin)	8.30am	Devon S
9.00am	Frankie M	9.00am	Jessica B
9.30am	Amina K	9.30am	Barney T
10.00am	Rishita M	10.00am	Freddie B
10.30am	Max C	10.30am	Ethan S
11.00am	Delilah P	11.00am	Ralph E
11.30am	Ata K (piano)	11.30am	Max M
12.00pm	Hamish B	12.00pm	Amalie S
12.30pm	Anvita D	12.30pm	
1.00pm		1.00pm	Rock Band
1.30pm	Bertie F	1.30pm	Guitar Rock Prep Band
2.00pm	Emily T	2.00pm	Misha M
2.30pm	Florence W	2.30pm	Dillon C
3.00pm		3.00pm	Daniel B
		3.30pm	Rory G
		4.00pm	Orson W

Keyboard Room

Practice Room



Cycle to School Week

25 - 29 September 2023

Cycle to School Week

I PLEDGE TO
SWAP ONE CAR JOURNEY FOR CYCLING



Cycle to School Week

I PLEDGE TO
GO ON A CYCLE RIDE WITH MY FAMILY



Cycle to School Week

I PLEDGE TO
DISCOVER SOMEWHERE NEW ON MY CYCLE



Cycle to School Week

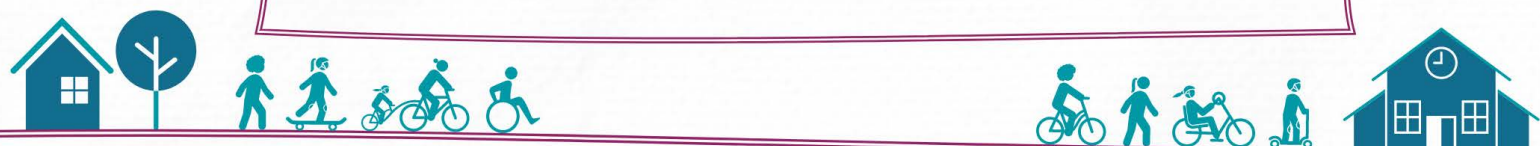
I PLEDGE TO
CYCLE TO SCHOOL EVERY DAY



MAKE YOUR PLEDGE!



Share your Cycle to School Week pledge on social media for the chance to win huge prizes!
Visit bikeability.org.uk/cycletoschoolweek



What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

in UK and Europe;
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245/?helpref=hc_fnav | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>