



The Week Ahead ...

Saturday 7 October

09.30-10.45 Lancing College Prep Football and Hockey Academy at LPW

10.00-12.00 Open Morning for Prospective Families

Tuesday 10 October

Wear something yellow for Young Minds Mental Health Awareness Day

08.45-12.00 4F CATs

16.30-18.30 Year 7 Online Form Tutor Check Ins

Wednesday 11 October

08:45-12.00 4K CATs

14.00 Football Boys-U13 'From the Ground up' Tournament @ Lancing College. **Return 17.15**

14.30 Football Boys-U10A and U11A vs Windlesham (H). **Pick up 16.00**

14.30 Netball Girls-U11A vs Windlesham School and Sompting Abbots (H). **Pick up 16.00**

14.30 Netball Girls-U10A vs Windlesham (H). **Pick up 16.00**

14.30 Netball Girls-U13 'From the Ground up' Tournament @ Lancing College. **Return 17.15**

Thursday 12 October

14.30 Football Boys-U9A and B vs The Prebendal School (A). **Return 17.15**

14.30 Hockey Sevens Girls-U9A vs Dorset House (A). **Return 17.15**

14.30 Hockey Sevens Girls-U8A vs Dorset House (A). **Return 17.15**

16.30-18.30 Year 6 Online Parents' Meetings

Friday 13 October

All children to wear PE kit

10.45-13.30 4K Trip to the Apple Store

15.00-17.15 LPWA Parties, Hall & Gym

LPWA Notices

Friday 13th October - Party Night. Please return your invite or a piece of paper with name year and party to the office by Tuesday 10th. See posters for info.

Thank you to all who helped and purchased from the uniform sale. These funds go towards academic and non-academic treats for the children.

Word of the Week

Forgetive (*adj*)

To be imaginative and creative

[fawr-ji-tiv]

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

And our 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://twitter.com/LancingPrepWthg)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LITTLE STARS

Cheese omelette

Chicken & noodles

Roast beef, with mini Yorkshire puddings

Mild seasoned chicken fajitas

Breaded white fish

MAIN

Roasted vegetable and mozzarella filo tart

Chicken and vegetable chow mein

Roast beef with Yorkshire pudding and horseradish

Chicken fajitas with peamole, sour cream and salsa

Breaded white fish with tartar sauce and lemon

MAIN (VEGAN & VEG)

Courgette and red pepper quiche with fresh oregano or Roasted vegetable filo tart

Tofu and vegetable chow mein

Butternut squash, vegetable & butterbean wellington

Mixed pepper, courgette, and carrot fajitas, with peamole, sour cream and salsa

Chickpea and sweetcorn burger

SIDE ORDERS

Minted potatoes
Steamed green beans

Vegetable spring rolls
Prawn crackers
Broccoli stir-fry

Roast potatoes
Carrots and peas
Proper gravy

Herby diced potatoes

Chips

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

Pineapple upside down cake with custard

Chia, chocolate & coconut pudding (made with coconut milk)

Strawberry cheesecake

Selection of fruit jelly

Friday Treat
Raspberry sorbet

AFTERNOON SNACK

Pain aux raisin

Carrot and pineapple tray bake

Cheese or ham filled petit pain

Grapes and cheese portion

Breadsticks & 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 9th October			Monday 9th October		
8.30am	Lucas K		11.00am	Roman B-C	
9.00am	Pippa W		11.30am	Lucas B	
9.30am	Mae C		12.00pm	Oscar K	
10.00am	Theo K		12.30pm	Jasper D	
10.30am			1.00pm	Pasha D	
10.45am	Dylan C		1.20pm		
11.15am	Harry A		1.30pm	Max B	
11.45am			2.00pm	Tom E-B	
2.00pm			2.30pm	Elliott S	
2.30pm	Elliott S				
3.00pm	Rex R				
3.45pm	Harry C				
4.15pm	Tilly R-C				

	Simi Fyles
	Voice & Piano
	Monday 9th October
8.30am	Phoebe B
9.00am	Charlotte M
9.20am	Max B
9.50am	Lucas B
10.20am	Peaches C
10.50am	
11.00am	Emily A
11.30am	Elodie G (piano)
12.00pm	William B
12.30pm	
1.05pm	Eva M
1.35pm	

Practice Room

	Sarah Leeves
	Brass
	Tuesday 10th October
8.45am	Elias L
9.15am	Oscar W
9.45am	Oscar E
10.15am	Autumn S
10.45am	
11.00am	Lana G
11.30am	Helena P
12.00pm	Jasper D
12.30pm	
1.00pm	Brass Band
1.30pm	Max B
2.00pm	Daniel B
2.30pm	Millie P
3.00pm	Damian B
3.30pm	Freddie B
4.00pm	

Music Room

Tuesday

Sarah Davison		Keyboard Room	Natalie Mason		Practice Room
Cello			Voice		
Tuesday 10th October			Tuesday 10th October		
9.15am	Sam W-B		8.30am	Rex R	
9.45am	India G		9.00am	Francesca G	
10.15am	Jasper S		9.30am	Barney T	
10.45am	Sebastian F		10.00am	Eithne N-W	
11.15am	Helena P		10.30am		
11.15am			11.00am	Amalie S	
			11.30am	Sia S	
			12.00pm	Zoya G-H	
			12.30pm		
			1.00pm	Ameera M	
			1.30pm	Hunter L	
			2.00pm	Constance D F	
			2.30pm		
			3.00pm	Tilly R-C	
			3.40pm	Unaysah K	
			4.10pm	Jessica B	

Wednesday

Simi Fyles		Practice Room	Elizabeth Hosford	
Voice & Piano			Piano	
Wednesday 11th October			Wednesday 11th October	
8.15am	Ruby H		8.00am	
8.45am	Lexi P		8.30am	Tilly R-C
9.15am	Beatrice D		9.00am	Sofia S
9.45am	Ryley G		9.30am	Orlando B
10.15am	Leila F		10.00am	Sia S
10.45am			10.30am	
11.00am	Elodie G		10.45am	Theo K
11.30am	Sophia S		11.15am	Isla L
12.00pm	Clementine C-D		11.45am	Jonathan C
12.30pm	Pasha S		12.15pm	Max B
1.00pm			12.45pm	Eileen C
1.30pm	William J		1.15pm	
2.00pm	Asher G		1.45pm	Cleo S
2.30pm	Maisie C		2.15pm	Rupert W
3.00pm	Jessica W		2.45pm	Rosie E
3.30pm			3.15pm	

Drama Studio

Thursday

Elizabeth Hosford		Drama Studio	Lucy Ballard		Keyboard Room
Piano			Clarinet & Saxophone		
Thursday 12th October			Thursday 12th October		
8.00am	Lana G		8.15am	Ruby H	
8.30am	Lucas K		8.45am	Esmee M	
9.00am	Autumn S		9.15am	Jonathan C	
9.30am	Rex R		9.45am	George R	
10.00am	Oscar W		10.15am		
10.30am			10.45am	Vivian B	
10.45am	Freddie B				
11.15am	Harry C				
11.45am	Primrose G				
12.15pm	Francesca G				
12.45pm	Millie P				
1.15pm					
1.45pm	Jasper D				
2.15pm	Alex B				
3.15pm					

	Rob Campkin
	Violin & Piano
	Thursday 12th October
8.00am	Joshua C
8.30am	Skantha N
9.00am	Sienna B-W
9.30am	Sia S
10.00am	Harry C
10.30am	Max M
11.00am	Chloe B
11.30am	Miles C
12.00pm	Madhavan R
12.30pm	
1.00pm	
1.30pm	Hunter L
2.00pm	Rory B
2.30pm	Grace T
3.00pm	William J
3.45pm	Peaches C
4.15pm	

Practice Room

	Dom Smith
	Flute
	Friday 13th October
8.15am	Freddie B
8.45am	Kimberley L
9.15am	Francesca G
9.45am	Bertie C
10.15am	

Drama Studio

Friday

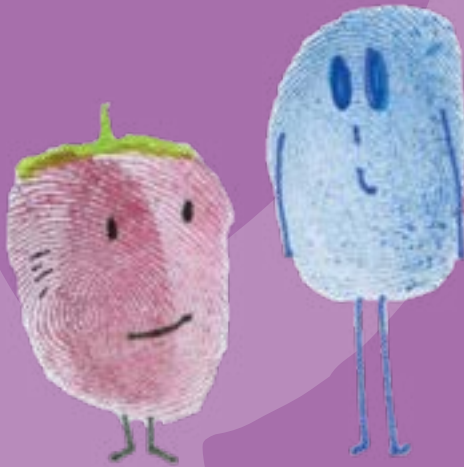
Rob Campkin		Keyboard Room	Barry Worley		Practice Room
Violin & Piano			Guitar		
Friday 13th October			Friday 13th October		
8.00am	Skantha N-R		8.00am	Lochie S	
8.30am	Ata K (violin)		8.30am	Devon S	
9.00am	Florence W		9.00am	Jessica B	
9.30am	Frankie M		9.30am	Barney T	
10.00am	Amina K		10.00am	Freddie B	
10.30am	Rishita M		10.30am	Max M	
11.00am	Max C		11.00am	Ethan S	
11.30am	Delilah P		11.30am	Daniel B	
12.00pm	Ata K (piano)		12.00pm	Misha M	
12.30pm	Hamish B		12.30pm		
1.00pm			1.00pm	Rock Band	
1.30pm	Bertie F		1.30pm	Guitar Rock Prep Band	
2.00pm	Anvita D		2.00pm	Amalie S	
2.30pm	Emily T		2.30pm	Dillon C	
3.00pm			3.00pm	Ralph E	
			3.30pm	Rory G	
			4.00pm	Orson W	



Anna Freud
National Centre for
Children and Families



You're never too young to talk mental health



**Tips for talking for
parents and carers**

An introduction from our Patron, HRH The Duchess of Cambridge

// As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the *You're never too young to talk mental health* campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



1 Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.

3 Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.

4 Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.



6 Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

7 Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

8 Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

9 Look for clues about feelings: Listen to the child's words, tone of voice and body language.

10 Some ways to start a conversation about feelings might be:

- "How are you feeling at the moment?"
- "You don't seem your usual self. Do you want to talk about it?"
- "Do you fancy a chat?"
- "I'm happy to listen if you need a chat."



Talking Mental Health Animation

TALKING
MENTAL
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Our Patron: Her Royal Highness
The Duchess of Cambridge
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L O N D O N

Dear Pupils,

I am writing to encourage you all to consider entering a story to the BBC 500 words competition. There are 2 categories this year: one for pupils aged 5-7 and one for pupils aged 8-11 years.

There are a number of rules that you must follow, which are listed below. However, the most important thing to remember is that this must be **YOUR story - not written, marked or assisted by anyone else**. On this one occasion, your teacher cannot mark it – it would not be fair to do so.

Simply type up your story at home and ask a parent to enter it to the competition on your behalf. They have to give their permission for you to enter, so entering from home is the best method.

It is a simple process, and the instructions are self-explanatory: just click on the link below and follow the instructions to enter from home.

[Information page: 500 Words 2023 - BBC Teach](#)

The deadline for your entries is 10th November, which means you could do this over the half term holiday. I will set an optional task on the VLE as a reminder at the end of term.

Although this enrichment opportunity is optional, I hope many of you might consider entering.

Wouldn't it be fun to be a winner, win your 'height in books' and meet Queen Camilla!

The link above has top tips for writing and even Dua Lipa reading a golden winning entry from 2020 to give you inspiration.

Good luck and happy writing.

Mrs Casey



Here at 500 Words we want children to have fun writing their stories, be as creative as they can and make us laugh, cry or just be blown away by what we are reading. Over the years there have been incredible stories submitted. There are very few rules on 500 Words but a few points to remember:

All the stories **must**:

- **Be 500 words or less** (title is not included in the number)
- Be written by an individual and not a group
- Be a child's own original idea
- Be prose, not rap or poem





















Stories **must not**:

- Give any personal details of the child, including their name
- Recount an historical event (but they can use a real person or historical character as a source of inspiration)

All stories will be judged on the following criteria:

- Characterisation
- Plot
- Originality
- Language

The Zones of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Running slow 	Good to go 	Caution 	Stop 
   	   	   	   
Sad Poorly Sleepy Bored Moving slowly Tired	Happy Calm Feeling okay Focused Relaxed Ready to learn.	Frustrated Worried Silly/wiggly Embarrassed Nervous Enthusiastic / Excited Distracted	Angry Energetic Excited Scared Grumpy



House Art Challenge

Create a visually appealing collage using recycled materials.

The theme is :
Autumn days

Collect a variety of recyclable materials such as magazines, newspapers, cardboard, bottle caps, etc.

On a large piece of paper or card, cut and arrange your materials into your picture, making sure it relates to the theme of Autumn Days.

Use glue or double sided tape to secure your materials in place.

Once you have completed your collage, write your name, class and house on the back of your work.

Write a sentence explaining what your collage is about and what was your inspiration.

Bring your work in to school after half term by Monday 6th November.

House points will be awarded for entering and 1st 2nd and 3rd place winners over all.

GOOD LUCK AND HAVE FUN

What Parents & Carers Need to Know about

AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



WHAT ARE THE RISKS?

SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.



Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday