



The Week Ahead ...

Monday 6 November

Term begins

Tuesday 7 November

Year 8 Set 1 Mock Exams begin. End 10th November.

11.20-12.00 Years 5-7 Menstrual Cycle Talk

Wednesday 8 November

14.30 Football Boys – U13A, B and C v Pennthorpe @ Lancing College. **Return 17.15**

14.30 Football Boys – U11A and B v Pennthorpe (H). **Pick up 16.00**

14.30 Netball Girls-U12 A and U13A vs Sompting Abbots (H). **Pick up 16.00**

14.30 Netball Girls-U10A and U11A vs Brighton Girls School (A). **Return 17.15**

16.30-19.30 Online Parents' Meeting: Year 5

Thursday 9 November

14.30 Netball Girls-U9A and U9B vs Windlesham Hove (A). **Return 17.15**

14.30 Football Boys-U9 and U8 vs Windlesham Hove (A). **Return 17.15**

Friday 10 November

17.30-19.30 LPWA Fireworks Night, Field

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://www.facebook.com/LancingPrepWthg)

LPWA Notices

Classlist app

Please sign up to this new LPWA app. We will be using this for communication and sign up for events such as future parties and fireworks night. To find out even more, and to join, please follow this link: <https://help.classlist.com/hc/en-us/articles/360017089978-2-minute-video-tour-for-parents>

Book Sale

Year 2 are holding a Book Sale on Monday 13th November. Please support them by donating books between 6th - 10th November, and by popping in to the event which will be held in the school gym between 3.30-5.30pm.

Fireworks Night - Friday 10th November, 5.30-7pm

Don't forget to purchase your Fireworks tickets on the Class List App.

Please could we ask for helpers to set up (2-4pm) and with the stalls on Fireworks Night. If you can offer half an hour at some point on that day that would be great. Please either let your class rep know you are available to help or email us on lpwassoc@gmail.com

Dates for your diary

Friday 17th November – Bring a bottle for Mufti Day and donations of outgrown or unwanted Christmas Jumpers will be collected on this day for the Christmas Fair.

Friday 1st December – Christmas Fair. 5pm to 7pm. Santa will be visiting us along with his elves.

If you know of anyone who would like a stall at our Christmas market, please get in touch.

Word of the Week

Meliorism (*noun*)

The belief that the world can be made better by human effort



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)

Potato gnocchi with a tomato 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

Garlic bread
Steamed greens
Seasonal garden salad

Basmati rice
Steamed broccoli

Roast potatoes
Carrots and peas

Steamed mixed brown and white rice

Chips
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

Join our school on Classlist

Classlist is the parent app that brings you into the heart of our school community.

- ✓ Get in touch with parents in our school
- ✓ Ask questions to the parents in your child's class
- ✓ See what's coming up for you and your child
- ✓ Find like-minded friends in our community
- ✓ Organise meet-ups and birthday parties
- ✓ Buy event tickets & RSVP to invitations

I can ask the parents in my child's class questions

It helps me to see who's who at my school and see who lives nearby

I can organise my child's birthday party and see who's coming

I can stay in the loop with important school info & PTA events coming up

Now I know who my child is friends with, I can get in touch with their parents

Round-up emails help me keep up with what's going on even when I'm busy



Is Classlist moderated?

Yes! This keeps our community friendly, welcoming and useful.

How much information do I need to share?

You're in control! You decide how much information to share and what notifications you want.

Is Classlist safe?

Yes! It's fully GDPR-compliant, private and secure.

Sign up today! It's easy and completely free

1 Download the Classlist app on iOS or Android

2 Select our school and sign up



Classlist

Smarter together.

www.classlist.com

Award-winning
GDPR-compliant

Visit start.classlist.com
OR scan the QR code



Classlist

The parent to parent
school community app



Quickstart for parents



Announcements

Notices and reminders from your PTA, Class Rep or school relevant to your child's class.



My group chats

Post, questions, chat and useful info organised into topic threads: scan for what interests you.

Join or set up an interest group.



Parent finder

Look up a name of a parent or child in your child's class and year.

See the who's who of reps and admins. Volunteer to become class rep!



School run map

Opt in to the parent map to find a lift, a cycle buddy, or make friends nearby.



Notifications

Adjust settings to your liking. View latest activity.



Private messages

Chat 1:1 with parents or small groups.



Listings

A marketplace for your school to buy, sell and donate, and list lost & found items.



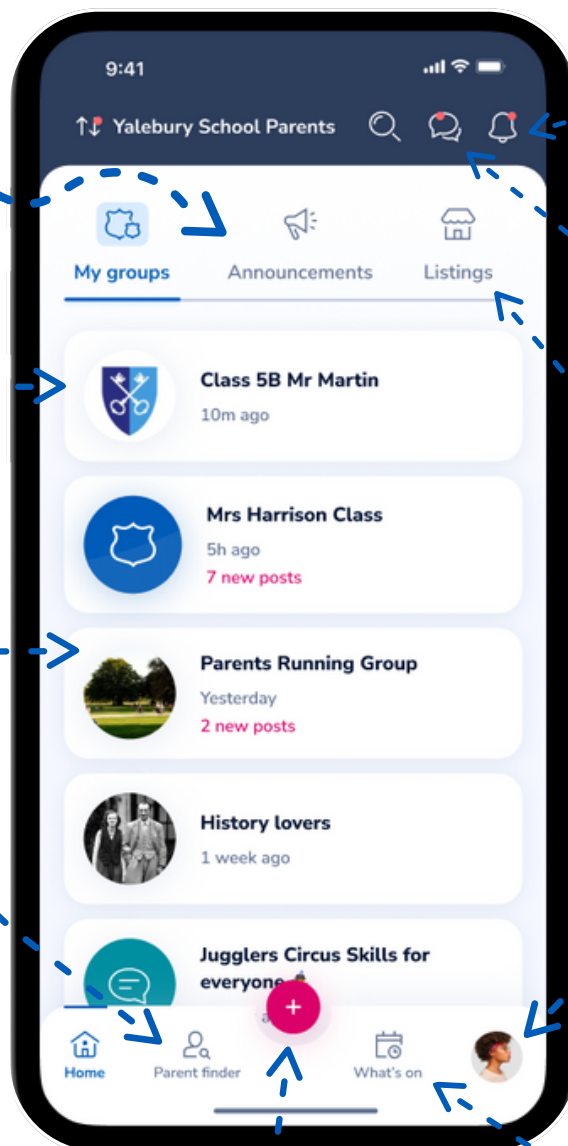
Profile & privacy

Add a profile and / or a family pic, and icebreaker. Set your privacy preferences.



What's On

PTA events: get and view your tickets in the app.
Organise or view private get-togethers and birthday parties.



The magic + button

Start here to create anything:
Post to your class, organise a private event, set up an interest group, or list a preloved or wanted item.



Build amazing parent communities

Connect - Celebrate - Collaborate

Join the Year 2 & the LPWA

BOOK SALE

Monday 13th November

3:30-5:30

In the school gym

All proceeds towards the
 NEW TRIM TRAIL 

- CHILDRENS • ADULTS •
- NON FICTION • NEW •

Please bring a bag and plenty of change!

Lancing Prep Worthing
Association
presents

FIREWORKS NIGHT

Friday 10th November

Gates 5:30pm - Fireworks 6:15pm

Broadwater Road, Worthing, BN14 8HU

Hot Food - Mulled Cider - Beer - Hot Chocolate - Tea - Coffee

Tuck Shop - Glow Products - Lanterns - Face Paints



Prices	Advance	On Gate
Adult	£8	£10
Child	£4	£5

Purchase your tickets on our new Classlist app now to secure the lower prices!

LPWA ARE HOLDING A
PUMPKIN
CARVING
COMPETITION

HOW CREATIVE CAN YOU BE?

NO NEED TO BRING PUMPKINS IN TO SCHOOL - JUST SEND IN A
PHOTO OF YOU WITH YOUR PUMPKIN. PRIZES & HOUSEPOINTS
WILL BE AWARDED AFTER HALF TERM FOR THE BEST!

SEE THE CLASSLIST APP FOR MORE INFO
AND TO ENTER

CLOSING DATE
31ST OCT

£2 ENTRY FEE



DESIGN OUR NEW TRIM TRAIL

WHILST WE ARE BUSY WORKING ON FUND RAISING,
WE WOULD LIKE YOU TO DESIGN THE TRAIL.

ATTACHED ARE VARIOUS PIECES OF EQUIPMENT THAT CAN BE USED IN THE TRAIL.
YOU NEED TO CHOSE YOUR FAVOURITES, PUT THEM TOGETHER EITHER BY CUTTING THESE OUT OR BY
DRAWING THEM YOURSELF.

THE BEST DESIGNS WILL RECEIVE HOUSEPOINTS AND THE WINNING DESIGN
WILL BE ANNOUNCED ON 11TH DECEMBER.

**YOUR BUDGET IS
£8,000**





Incline Climbing Wall Traverse

Full Height: <1m
Size: (L x W x H): 2750mm x 200mm x 2700mm
Surfacing Required: 16m²

£1,575



Drop Rope Tightrope Crossing

Full Height: <0.8m
Size: (L x W x H): 2910mm x 150mm x 2265mm
Minimum Area Required: 16m²

£825



Forest Roll Over Bars

Full Height: 1.1m
Size: (L x W x H): 3000mm x 150mm x 1200mm
Surfacing Required: 15.5m²

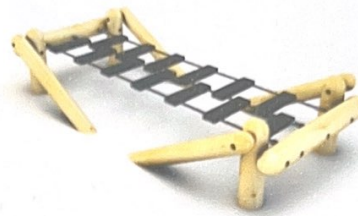
£995



Walk and Stretch Step (set of 4)

Full Height: <0.6m
Size: (L x W x H): 1430mm x 930mm x 1520mm
Minimum Area Required: 14m²

£1,095



Rickety Balance Bridge Crossing

Full Height: <0.6m
Size: (L x W x H): 2750mm x 1240mm x 570mm
Minimum Area Required: 21.9m²

£1,645



Mini Balance Beam - Incline

Full Height: <0.6m
Size: (L x W): 1530mm x 2150mm
Minimum Area Required: 12m²

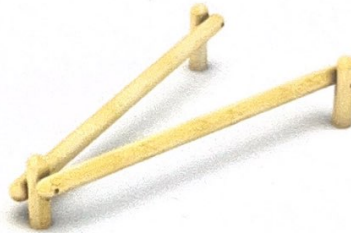
£225



Horizontal Swinging Log Crossing

Full Height: <0.5m
Size: (L x W x H): 2910mm x 500mm x 2465mm
Minimum Area Required: 16.8m²

£1,245



Twin Incline Balance Beams

Full Height: <0.6m
Size: (L x W x H): 2850mm x 1710mm x 560mm
Minimum Area Required: 21.5m²

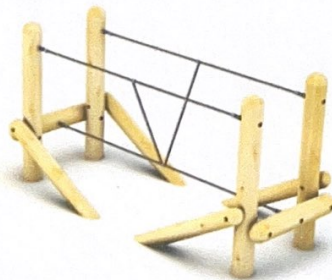
£825



Forest Monkey Bars

Full Height: <2.1m
Size: (L x W x H): 2935mm x 530mm x 2270mm
Surfacing Required: 24m²

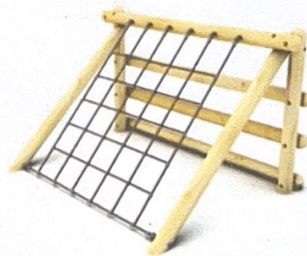
£875



Tightrope Bridge with Rope Handrails

Full Height: <0.6m
Size: (L x W x H): 2750mm x 1050mm x 1330mm
Minimum Area Required: 20.7m²

£1,645



Vertical Sided Log & Net Climber

Full Height: 1.4m
Size: (L x W x H): 1690mm x 2400mm x 1400mm
Minimum Area Required: 22.3m²

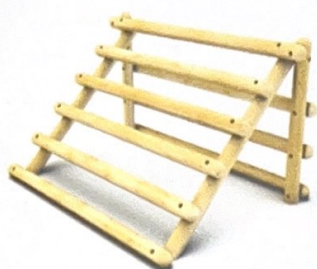
£2,195



Stepping Logs (set of 5)

Full Height: <0.6m
Size: (L x W x H): 2000mm x 640mm x 400mm
Minimum Area Required: 14.6m²

£745



Vertical Sided Log Climber

Full Height: 1.4m
Size: (L x W x H): 1775mm x 2400mm x 1400mm
Surfacing Required: 23.2m²

£1,745



Platform to Platform Tightrope Crossing

Full Height: <0.6m
Size: (L x W x H): 3325mm x 840mm x 2265mm
Minimum Area Required: 20.4m²

£1,445



Incline Balance Beam Crossing

Full Height: <0.6m
Size: (L x W x H): 2830mm x 450mm x 580mm
Minimum Area Required: 16.7m²

£495



Slalom Weave Traverse

Full Height: <0.4m
Size: (L x W x H): 2910mm x 150mm x 2265mm
Minimum Area Required: 16m²

£1,195



Swinging Log Bridge with Rope Handrails

Full Height: <0.6m
Size: (L x W x H): 2750mm x 1050mm x 1330mm
Minimum Area Required: 20.7m²

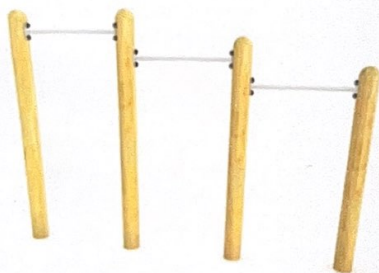
£1,895



Crisscross Forest Monkey Bars

Full Height: <2.1m
Size: (L x W x H): 2930mm x 1230mm x 2270mm
Surfacing Required: 26.5m²

£1,495



Forest Pull Up Bars

Full Height: <2.1m
Size: (L x W x H): 3042mm x 150mm x 2050mm
Surfacing Required: 20.3m²

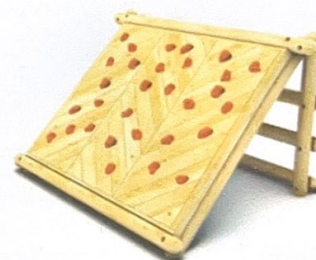
£995



Wobbly Log Traverse

Full Height: <0.5m
Size: (L x W x H): 2910mm x 150mm x 2630mm
Minimum Area Required: 16m²

£1,095



Vertical Sided Log Climber with Climbing Panels

Full Height: 1.4m
Size: (L x W x H): 1730mm x 2400mm x 1400mm
Minimum Area Required: 22.9m²

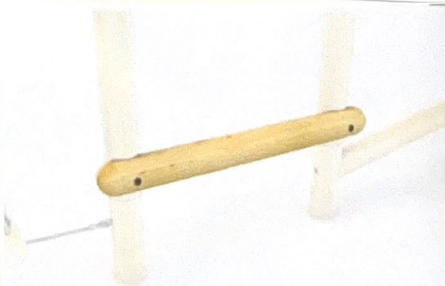
£2,345



Crisscross Net Traverse

Full Height: <1.2m
Size: (L x W x H): 2910mm x 150mm x 2805mm
Surfacing Required: 16m²

£995



Mini Balance Beam - Horizontal

Full Height: <0.6m
Size: (L x W): 1500mm x Ø150mm
Minimum Area Required: 12m²

£225



Zigzag Log Bridge Crossing

Full Height: <0.6m
Size: (L x W x H): 2965mm x 580mm x 2805mm
Minimum Area Required: 18.9m²

£1,545



The Rotary Club of Worthing is working with the Worthing Food Bank to launch a new appeal to:

Feed a family this Christmas



Can you help to fill a plate?

We want to feed 120 local families this Christmas. We need £4000. Can you help us?

Just fill your paper plate with as many coins as you can (use Sellotape to fix them on). Then return the plate to the school office by November 20th or donate online to:

<https://www.totalgiving.co.uk/appeal/Fill-a-plate-to-feed-a-family>

The foodbank will use the money to buy the food to fill the plate!

Thank you so much for your help