



The Week Ahead ...

Monday 4 December

14.00-16.00 Chess Mixed-U13A vs Various (H).

Tuesday 5 December

16.30-18.30 Year 8 Set 1 Online Parents' Evening

Wednesday 6 December

14.00 Hockey Sevens Boys-U13A, U12A, U11A, U10A Pre-Season Training, Lancing College.

Return 16.00

14.15 Netball Girls-U13 and U12 vs Handcross Park (A). **Return 17.15**

14.30 Netball Girls-U11A and U10A vs Sompting Abbots (H). **Pick up 16.00**

18.00-22.00 Year 5-8 Brighton Match Trip

Thursday 7 December

09.30 Pre-Prep Christmas Play, Hall (09.15 gates open)

14.30 Football Boys-U9A and U9B vs Sompting Abbots (A). **Return 16.00**

14.30 Netball Girls-U9 and U8 vs Our Lady of Sion (H). **Pick up 16.00**

16.30-19.30 Year 7 Online Parents' Evening

Friday 8 December

09.15 Nursery/Pre-School Christmas Play, Hall (08.45 refreshments served)

14.00-15.00 Year 7 and 8 visit from Chris Marsden, Police Community Support Officer / Neighbourhood Youth Officer

LPWA Notices

Thank you to everyone for helping at the fair and those who attended. We would also like to say a big thank you to all the teachers for their help and support.

LPWA Spring Term events will include:
Children's parties
Uniform sale
Hot chocolate and doughnut Friday

Word of the Week

Emacity (*noun*)

A desire or fondness for buying things

House Point Totals this week:

1st:	BRITONS:	291
2nd:	CELTS:	288
3rd:	SAXONS:	284
4th:	NORMANS:	256

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.instagram.com/LancingPrepWthg)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LITTLE STARS

Tomato and mozzarella or goats cheese flatbread pizza

Butcher's chipolata sausages with homemade ketchup. (Chicken sausages available)

Mini roast chicken lunch!

Beef pasta bake (with hidden veggies)

Roasted cod with a mornay sauce on the side

MAIN

Tomato and mozzarella or goats cheese and red onion marmalade flatbread pizzas

Butcher's pork sausages with homemade ketchup. (Chicken sausages available)

Roast chicken tray bake with new potatoes and roasted peppers

Traditional lasagne

Cod mornay

MAIN (VEGAN & VEG)

Sliced peppers, mushroom and olive flatbread pizzas

Vegan sausages with homemade ketchup

Lentil and vegetable bake

Spinach and ricotta (or vegan cheese) lasagne

Vegetable and bean potato cake with a mornay sauce

SIDE ORDERS

Coleslaw, Cucumber and carrot sticks, cherry tomatoes and mangetout

Mashed potato

Roasted new potatoes

Garlic and herb bread bites

Baby new potatoes

SALAD BAR

Five bean salad, tuna mayo and cheddar cheese

Sliced beef, watermelon, mint & feta salad, free range eggs

Home baked ham, mackerel pate and mozzarella

Tuna and lemon mayo, coronation chicken and cheddar cheese

Home baked ham, free range eggs, spinach and lentil salad

PUDDING

Rice pudding made with coconut milk and topped with fresh mango

Yoghurt pots and toppings

Pineapple fingers

Tropical fresh fruit salad

Friday Treat
White chocolate crispy cake

AFTERNOON SNACK

Cheese and crackers

Bread sticks & crudites

Courgette & cheese wholemeal muffin

Sweet potato and feta sausage roll

Oat and blueberry flapjack

Fresh fruit

Fresh fruit

Fresh fruit

Fresh fruit

Instrumental Lesson Timetable

Paul Gunter		Music Rom	Barry Worley		Practice Room
Drums			Guitar		
Monday 4th December			Monday 4th December		
8.30am	Lucas K		11.00am	Roman B-C	
9.00am	Dylan C		11.30am	Oscar K	
9.30am	Harry A		12.00pm	Lucas B	
10.00am	Elliott S		12.30pm	Elliott S	
10.30am			1.00pm	Pasha D	
10.45am	Rex R		1.00pm		
11.15am	Pippa W		1.30pm	Max B	
11.45am			2.00pm	Tom E-B	
2.00pm			2.30pm	Jasper D	
2.30pm	Mae C				
3.00pm	Theo K				
3.45pm	Harry C				
4.15pm	Tilly R-C				

Monday

	Simi Fyles	Practice Room	
	Voice & Piano		
	Monday 4th December		
8.30am	Phoebe B		1.00pm
9.00am	William B		1.30pm
9.30am	Max B		2.00pm
10.00am	Charlotte M		2.30pm
10.20am	Peaches C		3.00pm
10.50am	Lucas B		
11.20am	Emily A		
11.40am	Elodie G (piano)		
11.50am			
12.20pm			

Tuesday

Liz Hosford	Music Room		Sarah Leeves	Music Room	
Piano			Brass		
Monday 4th December			Tuesday 5th December		
Rex R		8.45am	Elias L		8.30am
Millie P		9.15am	Lana G		9.00am
Francesca G		9.45am	Max B		9.30am
Primrose		10.15am	Emily E		10.00am
Oscar W	Hall	10.45am		10.15am	
		11.00am	Oscar W	10.45am	
		11.30am	Freddie B	11.15am	
		12.00pm	Jasper D	11.45am	
		12.30pm	Oscar E	12.15pm	
		1.00pm	Autumn S	12.45pm	
		1.30pm	Brass Band		
		2.00pm	Max B		
		2.30pm	Daniel B		
		3.00pm	Damian B		
		3.30pm			
		4.00pm			

Wednesday

Natalie Mason		Simi Fyles	
Voice		Voice & Piano	
Tuesday 5th December		Wednesday 6th December	
Tilly R-C	8.15am	Lexi P	8.00am
Amalie S	8.45am	Eva M	8.30am
Zoya G-H	9.15am	Leila F	9.00am
	9.45am	Pasha S	9.30am
Rex R	10.15am	Ruby H	10.00am
Barney T	10.45am		10.30am
Constance D-F	11.00am	Ryley G	10.45am
Eithne N-W	11.30am	Jessica W	11.15am
Francesca G	12.00pm	Beatrice D	11.45am
Ameera M	12.30pm	Elodie G	
	1.00pm	Maisie C	
	1.30pm		
	2.00pm	William J	
	2.30pm	Clementine C-D	
	3.00pm		
	3.30pm		

Elizabeth Hosford			Elizabeth Hosford		
Piano			Piano		
Wednesday 6th December			Thursday 7th December		
	Drama Studio	8.00am	Lana G	Drama Studio	8.15am
Jonathan C		8.30am	Lucas K		8.45am
Eileen C		9.00am	Alex B		9.15am
Rupert W		9.30am	Cleo S		9.45am
Theo K		10.00am	Orlando B		10.15am
		10.30am			10.45am
Max M		10.45am	Sia S		
Harry C		11.15am	Jasper D		
Isla L		11.45am	Freddie B		
		12.15pm			
		12.45pm	Rosie E		
		1.15pm	Tilly R-C		
		1.45pm	Autumn S		
		2.15pm	Sofia S		
	3.15pm				

Thursday

Lucy Ballard	Keyboard Room		Rob Campkin	Practice Room
Clarinet & Saxophone			Violin & Piano	
Thursday 7th December			Thursday 7th December	
Ruby H		8.00am	Joshua C	
Jonathan C		8.30am	Skantha N	
Esmee M		9.00am	Madhavan R	
Clementine C-D		9.30am	Chloe B	
Vivian B		10.00am	Miles C	
	10.30am	Sia S		
	11.00am	Max M		
	11.30am	Sienna B-W		
	12.00pm	Sofia B-B		
	12.30pm	Harry C		
	1.00pm			
	1.30pm	Hunter L		
	2.00pm	Rory B		
	2.30pm	Grace T		
	3.00pm	William J		
	3.45pm			
	4.15pm			

Friday

Rob Campkin		Barry Worley	
Violin & Piano		Guitar	
Friday 8th December		Friday 8th December	
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	Rishita M	9.30am	Barney T
10.00am	Max C	10.00am	Freddie B
10.30am	Delilah P	10.30am	Max M
11.00am	Amina K	11.00am	Ethan S
11.30am	Hamish B	11.30am	
12.00pm	Emily T	12.00pm	Misha M
12.30pm	Florence W	12.30pm	
1.00pm		1.00pm	Rock Band
1.30pm	Bertie F	1.30pm	Guitar Rock Prep Band
2.00pm	Ata K (Piano)	2.00pm	Amalie S
2.30pm		2.30pm	Dillon C
3.00pm		3.00pm	Ralph E
		3.30pm	Rory G
		4.00pm	Orson W

Keyboard Room

Practice Room

PLEASE HELP

URGENT APPEAL FOR THE CHILDREN OF GAZA

In the past few weeks, thousands of children have been killed, orphaned, or seriously wounded. Nearly half a million children are living in tents in the cold, without food, water, or medicine for their pain. Only a short while ago, they lead normal lives like yours and mine, and now it's gone.

Leila and Devon from Year 8 are teaming up with UNICEF to send emergency aid for the survivors. Please, *please* donate at our page at <https://www.justgiving.com/page/year-8-kids-worthing-1700141317459>

Or please scan this QR code to go directly to the donations page



ANY AMOUNT HELPS

Thank you, from Leila and Devon – Year 8



Bake Sale

FUNDRAISER FOR UNICEF

To support our fundraising efforts, **Sugar High Cakes** (bakery in Worthing – www.sugarhighcakes.co.uk) is donating freshly baked delicious goodies that are available to order at special prices using the form below.

Please complete this form and place it in an envelope with payment to give to the form teacher or school office by the **8th of December, 2023**.

Orders will be distributed at school on the **14th of December**.

Fresh Bake	Ingredients / Description	Price	Amount	Total
Christmas Gingerbread Men Cookies with royal icing x 2 	Wheat flour, butter, golden syrup, sugar, eggs, cinnamon, ginger, cloves, nutmeg, baking powder, salt, vanilla <i>Mildly spiced for kids, tender and crumbly cookies with royal icing decorations.</i>	£4 for two		
New York Style Chunky Chewy Chocolate Chip Cookies x 2 	Wheat flour, sugar, butter, eggs, milk, chocolate, vanilla, baking powder, salt <i>Rich, crispy on the outside, soft on the inside, with Belgian milk chocolate chips lending a slight caramel flavour to these giant cookies.</i>	£4 for two		
Thank you for your order! (From Leila and Devon – Year 8)			TOTAL:	

Child's name: _____

Year: _____

Form: _____

AFTER SCHOOL CLUB

SPRING TERM '24 BOOK NOW



"MY DAUGHTER ASKED IF SHE CAN ATTEND THE CLUB UNTIL SHE LEAVES SCHOOL"



"I'VE SEEN MY SON'S CONFIDENCE GROW DURING HIS TIME SPENT AT THE CLUB."

FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

ROMAN GIANT CATAPULT BUILD
ANIMAL AMBASSADORS "SEA TURTLES"
BUSHCRAFT & FIRE LIGHTING SKILLS
FORTNITE SPECIAL NERF
THE RANDOMISER
VIKING KUBB & WHITTLING
FLIP THE FLAG NERF
TEAM GAME & BUILD CHALLENGES
THE KEY INGREDIENT: LOTS OF FUN!

WATCHING CHILDREN'S CONFIDENCE GROW & NEW FRIENDSHIPS FORM AT OUR CLUBS IS ONE OF THE MOST REWARDING THINGS WE DO.

Lancing College Prep
Worthing

MONDAYS 4:15PM - 5:15PM
YEARS 3-8

CLUB RUNS 15TH JAN - 11TH MARCH 2024
TOTAL COST: £60 / 8-WEEK TERM

The
Outdoors
Project

MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK

HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAPLINGS PARENT & TODDLER GROUP

OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED

The
Outdoors
Project

OFSTED
REGISTERED

"NO SCREENS,
JUST GOOD FUN
IN NATURE"

XMAS HOLIDAY CLUBS

"Childcare during the holidays they want to go to"

Fresh air. Fresh activities. Fresh attitude.

LANCING PREP, WORTHING.

MONDAY 18 DEC

Mega Games, Snow Making, S'mores & Paint Mural

We love to play! A day of mega games, woodland adventure & a wild time as we toast s'mores around the campfire to recharge between mega games. There'll be a 'snow' ball-making session before we come together to design a massive Paint Gun Mural!

TUESDAY 19 DEC

Bad Santa & Snowball Nerf - Christmas Special

Join us for an energetic day of Nerf dart dodging, with tactical & team-based Nerf games. There's an imposter dressed as Santa & he's out to steal Christmas - we need help to save our stockings! Come along for battling Bad Santa & a game of Snowball Assault. (Due to the more competitive nature of this day, age 6+ is recommended)

WEDNESDAY 20 DEC

NEW Minecraft Day with Weapons & Model Workshop

The kids will be building & maintaining their village using bushcraft equipment while earning reward pixels & protecting their village from the Creeper! They will have to collect their elements & using the crafting table build their weapons, before our Minecraft paper pixel character modeling workshop.

THURSDAY 21 DEC

Drop Pancakes, S'mores, Pine Needle Tea & Fire Lighting

Drop Pancakes, S'mores, Pine Needle Tea & Fire Lighting: Gather around the campfire for Campfire Cookout: Christmas Edition! We will make our own drop pancakes, master the art of brewing pine needle tea, & hone your bushcraft fire lighting skills. Oh yeah - then head to the campfire once again for some tasty s'mores!

FRIDAY 22 DEC

Xmas Crafts - Bird Feeders, Embroidery Art & Candy Cane Hunt

Today we'll be enjoying a wintery Christmas craft day appreciating the beautiful season of winter. We'll be helping our feathered friends out as we craft some bird feeders. We'll create our own floss embroidery art & there'll be a hunt for the candy canes Santa's elves have left out for us!



For more info on dates, locations and how the clubs run & to book: www.theoutdoorsproject.co.uk