



The Week Ahead ...

Friday 5 January 2024

Inset Day

Monday 8 January

Term begins

Tuesday 9 January

11.30-13.00 Rearranged Mouthguard Fittings

Wednesday 10 January

14.00 Hockey Sevens Boys-U13A, U12A, U11A, U10A Training at Lancing College. **Return 16.00**

14.00 Netball Girls- U11A, U10A vs Lancing Prep at Hove @ Lancing College. **Return 17.00**

16.15-17.15 Scholars' Evening of Drama, Drama Studio

Thursday 11 January

14.15 Netball Girls-U9A and B, U8A and B vs Lancing Prep at Hove (A). **Return 17.00**

14.30 Cross Country Mixed-U9A and U8A vs Various @ Shoreham College. **Return 17.15**

Friday 12 January

14.00-15.00 Townsend Warner History Competition

LPWA Notices

Thank you to all parents for your support this year and have a Happy Christmas.

Reminder of the next LPWA meeting on Wednesday 17th January - do come along, everybody is welcome.

We made £2,830 at the Christmas Fair this year - well done to all involved. Thank you to Joshua (Y7) and William (Y6) for their fantastic stall at the Christmas Fair, raising money for the Trim Trail.

Word of the Week

Halcyon (*adj*)

Calm, quiet, peaceful or undisturbed

[hal-see-uhn]

REMINDER

There are no LPW or external clubs the first week of term with the exception of Homework Room.

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

Winter MENU
Week 1



Lancing Prep Worthing

A Lancing College Preparatory School

	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 chicken with proper gravy	Beef and vegetable shortcrust pie	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 chicken with proper gravy	Beef and vegetable shortcrust pie	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	Quorn chicken fillet with veggie gravy	Potato, spinach and leek pie	Vegetable goujons
SIDE ORDERS	Garlic bread Steamed greens Seasonal garden salad	Basmati rice Steamed broccoli	Roast potatoes Carrots and peas	Sweet potato mash Steamed carrots	Chips Peas or baked beans
PROTEIN SALAD BAR	Tuna Mayo, potato and chive salad with crème fraiche, free range eggs	Home baked ham, free range eggs, mozzarella	Sliced beef, spinach, tomato bacon, parmesan and crouton salad	Home baked ham, Caesar salad, mackerel pate	Coronation chicken, free range eggs, Greek salad
PUDDING	Apple crumble & custard	Selection of fruit jellies	Jam and coconut sponge with custard	Yogurt pots with toppings	Friday Treat Rocky road

Relaxation

4



What sort of things can you do to relax and recharge your battery?

- ✓ You could read a new book or a favourite book and enjoy being part of a different world for a while.



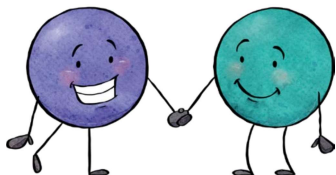
- ✓ You could get active and do some exercise. This really boosts the happy chemicals in your brain.



- ✓ You could be creative and do some crafting or drawing.



- ✓ You could meet up with friends and have fun together.



You can do these things, or you can do whatever relaxes YOU!

Self-Care

5



You can pamper yourself and do things to take care of YOU. You are important and deserve lots of self-love.

- ✓ You could do some mindful breathing exercises.
- ✓ Make a cosy corner in your house with pillows, cushions, blankets and lots of things that you enjoy.
- ✓ Take a bubble bath or relaxing shower.
- ✓ Listen to a playlist of your favourite music.
- ✓ Watch something you love on the TV.

When it is time to return to school make sure you start getting back into a school routine a little before you are due back. This will help you adjust gradually.

Most importantly you will be going back to school with a FULL BATTERY.



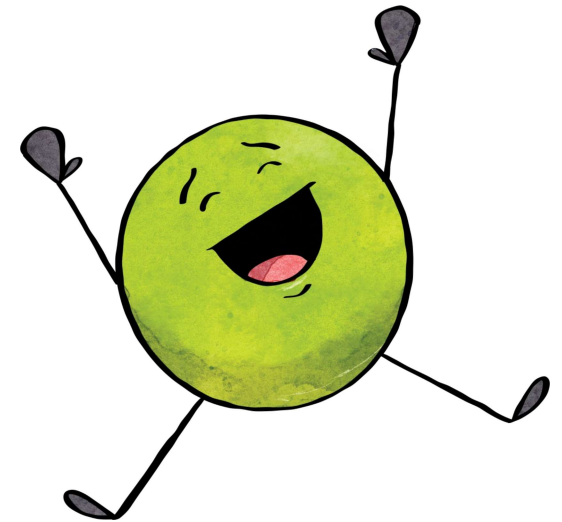
I am fully charged for a new term at school

If you need more help...

Mrs Brown Wellbeing Lead
Lancing Prep Worthing
ebrown@lancing.org.uk



School Holiday Wellbeing



How to look after your wellbeing during school holidays

Battery Levels

1



School holidays are great for helping you to recharge your batteries.

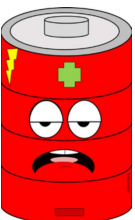
If you imagine a battery that is used all of the time it starts to run down. That might be you when you are working hard at school. Your battery might run down. You start to feel tired as the holidays approach.



I am FULL OF ENERGY



I FEEL DRAINED



I AM COMPLETELY DRAINED OF ENERGY

Bedtime Routines

2



Bedtime routines are just as important during the school holidays as they are during school time. Of course, you will want to stay up a bit later and sleep for longer on a morning but it's best not to change things too much. Remember your battery. You want it fully charged so that you can do lots of exciting things.

Some ideas for you

- Go to bed at the same time each night. This helps your body to know it is bedtime.
- Turn off computers, phones, tablets and TVs at least 1 hour before you go to bed. Did you know that screens interfere with your sleep?
- Read a story to help your mind relax. Make sure it is a happy story, nothing scary.
- Try some relaxation exercises before bed to get your mind into a calm state.
- Drink only water before bed, not caffeinated drinks. Caffeine can interfere with sleep.
- Have a warm bubbly bath or shower to feel cosy and warm.
- Pop on some warm socks and comfy pyjamas. Our bodies like to be at a comfortable temperature to sleep well. When you wear warm socks, it helps keep your feet just the right amount of warm. This sends a signal to your brain that everything is comfy and perfect for sleep.



Monitor your Mood

3



It's good to monitor your mood during the school holidays. How do you feel today? If you feel happy and relaxed that is great but if you aren't feeling so good, you can do something about it.

You could make your own little mood monitor for during the holidays. All you need is a book to write in. You could set it up like this...

Date:	I can make myself feel better by...
Today I feel...	
Because...	

This will help you see if there is something you can do to improve your mood. If you are feeling tired, you can try and get more sleep. If you are feeling sad, you can do more things to make you feel happy. If you are feeling worried, you can share your feelings with an adult and ask them to help you. If you are feeling angry you can try using some of your coping skills.

It's Christmas Time!



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



scan the QR code with your phone's camera to see the guides on our website



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive



You are invited to the Lancing Parents Association Burns Night
on Saturday 27 January 2024



For more information and to book tickets, click here:

<https://www.lancingcollege.co.uk/event/lpa-burns-night-2024>

SOUTHERN MARTIAL ARTS KIDS KARATE

Confidence
Self Defence
Discipline
Respect
Etiquette
Behaviour
Control
Awareness
Anti Bullying
Co-ordination



努力報酬

**STARTING
BACK**

**16th
January**

NO
monthly
costs or
Direct Debits

£ 5
pay as you
go

All non
contact

**Lancing College Prep
Worthing**

Tuesday

4.15- 5.15pm

**Call or email to book
your place**

01903 537 272

E: southernmartialarts@outlook.com

**For Years
R & up**

New beginners welcome along anytime

Wear your PE kit or similar for the first few weeks