



The Week Ahead ...

Monday 15 January

Year 8 HPV Vaccinations

Tuesday 16 January

Year 3 Ancient Egypt trip to Brighton Museum

Lancing College Advance Programme
Experience Day for 2026 Entry

14.00 Swimming Boys-U13A vs Various @
Lancing College.

Wednesday 17 January

08.30-13.00 Selected Year 7 and 8 pupils at
Opera Rehearsal, Weald School

14.15 Netball Girls-U13A and U12A vs
Pennthorpe School (H). **Pick up 16.00**

14.15 Netball Girls-U11A and U10A vs
Pennthorpe School (A). **Return 17.15**

14.30 Hockey Sevens Boys-U13A and B, U11A
and B vs Sompting Abbots @ Lancing College.
Return 17.15

16.10 Lancing College Advance Programme
Parent Session, Hall

19.30 LPWA Committee Meeting, The Cricketers
Pub, Broadwater Road

Thursday 18 January

Year 6 Back to the Future Theatre Trip

14.15 Netball Girls-U9A and U8A vs Dorset
House School (H). **Pick up 16.00**

14.30 Hockey Sevens Boys-U9A and U8A vs
Sompting Abbots (A). **Return 16.15**

LPWA Notices

Wednesday 17th January from 7.30pm at the cricketers pub - Committee Meeting and Event Organising.

Please come along with your ideas for fundraising or just to hear what we are planning for your children. Everyone is welcome and it would be lovely to see new and old faces.

Word of the Week

Fiddle-footed (*adj*)

Restlessly wandering

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)

Winter MENU
Week 2



Lancing Prep Worthing

A Lancing College Preparatory School

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|--|---|--|--|---|
| LITTLE STARS | Tomato and mozzarella or goats cheese wholemeal pizza | Pork or chicken meatballs with a tomato sauce (with hidden veg) | Pork or chicken chipolatas with Yorkshire puddings | Beef pasta bake (with hidden veggies) | Homemade fishcakes |
| MAIN | Tomato and mozzarella or goats cheese and red onion marmalade wholemeal pizzas | Pork or chicken meatballs with a tomato sauce (with hidden veg) | Pork or chicken toad in the hole | Traditional lasagne | Homemade fishcakes |
| MAIN (VEGAN & VEG) | Sliced peppers, sweetcorn and olive wholemeal pizzas | Veggie balls with a tomato sauce (with hidden veg) | Veggie sausage toad in the hole | Vegetable and red lentil lasagne | Vegetable spring roll with chilli dipping sauce |
| SIDE ORDERS | Coleslaw Crudites: Cucumber and carrot sticks, cherry tomatoes and mangetout | Fragrant couscous Peas and courgettes | Mashed potato Steamed broccoli Gravy | Garlic and herb bread bites Sweetcorn | Baby new potatoes Steamed green vegetables |
| PROTEIN SALAD BAR | Five bean salad, tuna mayo and Thai style coleslaw | Sliced beef, watermelon, mint & feta salad, free range eggs | Home baked ham, mackerel pate and mozzarella balls | Tuna and lemon mayo, coronation chicken and crudites | 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 Homemade white chocolate cookie |
| AFTERNOON SNACK | Cheese and grapes | Bread sticks & crudites | Courgette & cheese wholemeal muffin | Hot Dogs or Veggie dogs | Oat and blueberry flapjack |

Instrumental Lesson Timetable

Monday

| Paul Gunter | | Music Rom | Barry Worley | | Practice Room |
|---------------------|-----------|-----------|---------------------|-----------|---------------|
| Drums | | | Guitar | | |
| Monday 15th January | | | Monday 15th January | | |
| 8.30am | Harry C | | 11.00am | Oscar K | |
| 9.00am | Rex R | | 11.30am | Roman B-C | |
| 9.30am | Ben Smart | | 12.00pm | Tom E-B | |
| 10.00am | Pippa W | | 12.30pm | Lucas B | |
| 10.30am | | | 1.00pm | Pasha D | |
| 10.45am | Mae C | | 1.20pm | | |
| 11.15am | Dylan C | | 1.30pm | Max B | |
| 11.45am | Harry A | | 2.00pm | Elliott S | |
| 12.15pm | Elliott S | | 2.30pm | Jasper D | |

Tuesday

| Sarah Leeves | | Music Room | Natalie Mason | | Practice Room |
|----------------------|------------|------------|----------------------|---------------|---------------|
| Brass | | | Voice | | |
| Tuesday 16th January | | | Tuesday 16th January | | |
| 8.45am | | | 8.15am | Tilly R-C | |
| 9.15am | Autumn S | | 8.45am | Eva M | |
| 9.45am | Jasper D | | 9.15am | Zoya G-H | |
| 10.15am | Oscar E | | 9.45am | | |
| 10.45am | | | 10.15am | Rex R | |
| 11.00am | Oscar W | | 10.45am | Sofia B-B | |
| 11.30am | Max B | | 11.15am | Eithne N-W | |
| 12.00pm | Daniel B | | 11.45am | Barney T | |
| 12.30pm | Damian B | | 12.15pm | | |
| 1.00pm | | | 12.40pm | Ameera M | |
| 1.30pm | Brass Band | | 1.10pm | Sia S | |
| 2.00pm | Emily E | | 1.40pm | Hunter L | |
| 2.30pm | Lana G | | 2.10pm | Francesca G | |
| 3.00pm | Freddie B | | 2.40pm | Amalie S | |
| 3.30pm | | | 3.10pm | Constance D-F | |
| | | | 3.30pm | | |
| | | | 3.40pm | Unaysah K | |
| | | | 4.10pm | Jessica B | |

Wednesday

| Simi Fyles | | Elizabeth Hosford | |
|------------------------|----------------|------------------------|------------|
| Voice & Piano | | Piano | |
| Wednesday 17th January | | Wednesday 17th January | |
| 8.00am | Ruby H | 8.00am | |
| 8.30am | Peaches C | 8.30am | Isla L |
| 9.00am | Jessica W | 9.00am | Max B |
| 9.30am | William J | 9.30am | Eileen C |
| 10.00am | William B | 10.00am | Theo K |
| 10.30am | Clementine C-D | 10.30am | |
| 11.00am | Maisie C | 10.45am | Jonathan C |
| 11.30am | Elodie G | 11.15am | Sofia S |
| 12.00pm | Lucas B | 11.45am | Harry C |
| 12.30pm | Max B | 12.15pm | Cleo S |
| 1.00pm | | 12.45pm | Rosie E |
| 1.30pm | | 1.15pm | |
| 2.00pm | | 1.45pm | Rupert W |
| 2.30pm | | 2.15pm | Orlando B |
| 3.00pm | | 2.45pm | Sia S |
| 3.30pm | | 3.15pm | |

Practice Room

Keyboard Room

Thursday

| Elizabeth Hosford | | Keyboard Room | Lucy Ballard | | Food Tech Room |
|-----------------------|-------------|---------------|-----------------------|--------|----------------|
| Piano | | | Clarinet & Saxophone | | |
| Thursday 18th January | | | Thursday 18th January | | |
| 8.00am | Lana G | | 8.15am | Ruby H | |
| 8.30am | Lucas K | 8.45am | Jonathan C | | |
| 9.00am | Primrose G | 9.15am | Vivian B | | |
| 9.30am | Autumn S | 9.45am | Esmee M | | |
| 10.00am | Millie P | 10.15am | | | |
| 10.30am | | | | | |
| 10.45am | Oscar W | | | | |
| 11.15am | Freddie B | | | | |
| 11.45am | Lucas K | | | | |
| 12.15pm | Alex B | | | | |
| 12.45pm | | | | | |
| 1.15pm | Tilly R-C | | | | |
| 1.45pm | Rex R | | | | |
| 2.15pm | Francesca G | | | | |
| 3.15pm | | | | | |



| | |
|---------|-----------------------|
| | Rob Campkin |
| | Violin & Piano |
| | Thursday 18th January |
| 8.00am | |
| 8.30am | Skantha N |
| 9.00am | Madhavan R |
| 9.30am | Chloe B |
| 10.00am | Miles C |
| 10.30am | |
| 11.00am | Max M |
| 11.30am | Harry C |
| 12.00pm | Sofia B-B |
| 12.30pm | |
| 1.00pm | Emily A |
| 1.30pm | Hunter L |
| 2.00pm | Rory B |
| 2.30pm | Grace T |
| 3.00pm | William J |
| 3.45pm | Peaches C |
| 4.15pm | Adiella E |

Practice Room

| | |
|--------|---------------------|
| | Dom Smith |
| | Flute |
| | Friday 19th January |
| 8.15am | Freddie B |
| 8.45am | Kimberley L |
| 9.15am | Francesca G |
| 9.45am | Bertie C |

IT Rm

Friday

| | Rob Campkin | | Barry Worley | | |
|---------|---------------------|---------------|---------------------|-----------------------|---------------|
| | Violin & Piano | | Guitar | | |
| | Friday 19th January | | Friday 19th January | | |
| 8.00am | | Keyboard Room | 8.00am | Lochie S | Practice Room |
| 8.30am | Ata K (violin) | | 8.30am | Devon S | |
| 9.00am | Max C | | 9.00am | Jessica B | |
| 9.30am | Reeve E | | 9.30am | Barney T | |
| 10.00am | Ata K (piano) | | 10.00am | Freddie B | |
| 10.30am | Florence W | | 10.30am | Max M | |
| 11.00am | Hamish B | | 11.00am | Ethan S | |
| 11.30am | Emily T | | 11.30am | Reeve E | |
| 12.00pm | Rishita M | | 12.00pm | Beau E | |
| 12.30pm | | | 12.30pm | | |
| 1.00pm | | | 1.00pm | Rock Band | |
| 1.30pm | Bertie F | | 1.30pm | Guitar Rock Prep Band | |
| 2.00pm | Frankie M | | 2.00pm | Amalie S | |
| 2.30pm | Matthew S | | 2.30pm | Toby S | |
| 3.00pm | | | 3.00pm | Ralph E | |
| | | | 3.30pm | Rory G | |
| | | | 4.00pm | Orson W | |

| | | |
|---------|---------------------|--------------|
| | Sarah Davison | Drama Studio |
| | Cello | |
| | Friday 19th January | |
| 9.15am | Sebastian F | |
| 9.45am | India G | |
| 10.15am | Helena P | |
| 10.45am | Jasper S | |
| 11.15am | Sam W-B | |
| 11.45am | | |



Lancing Prep
Worthing

A Lancing College Preparatory School



FACILITIES FOR HIRE

If you are looking for a regular indoor venue for your club or society or a space for a one off event, we are now hiring the facilities below.



Sports Hall- £25* per hour



Drama Studio -£35* per hour

If hiring both spaces together charge is £50 per hour, reducing to £45 per hour for more than three hours hire.



For more information contact worthing@lancing.org.uk

*Prices exclude VAT



Lancing College

Senior School & Sixth Form



I have made
friends for life.



Saturday Open Events For Year 9 entry

20 January and 24 February 2024

We would like to extend a warm welcome to families looking at senior school places across 2024, 2025 and 2026.

At our Open Events, you will have the opportunity to hear from the Senior Leadership Team and student leaders, followed by an extended tour of the school with pupils. During the tour, families will visit classrooms, Boarding and Day Houses, with the opportunity to participate in various activities. The event will conclude with refreshments and an opportunity to talk to other teaching, pastoral and admissions staff.

To register, please do so using the following link:

www.lancingcollege.co.uk/lancing-college/admissions/open-events-2024

FIND OUT MORE
LANCINGCOLLEGE.CO.UK



FEBRUARY

FOOTBALL CAMP

12-16 February, 2024 | BHASVIC College, Hove

Swerve Soccer provides a safe, enjoyable atmosphere over the course of each camp with focus fun for all abilities! Players can expect daily matches, World Cup Tournaments, Swerve challenges and lunchtime competitions! Each day there will be opportunities for children in each age group to win stickers for their 'Sticker Collector Card' for 'Player of the Day', 'Goal of the Day', 'Save of the Day' and various additional competitions! On the last day of camp, everyone leaves with a medal and a lucky few walk away with a trophy for 'Junior Player of the Week', 'Senior Player of the Week' and 'Coaches Award'.

- + AGES 5-13
- + TIME 10AM-3PM (EARLY DROP 9:00)
- + ADDRESS BHASVIC COLLEGE, OLD SHOREHAM RD, HOVE, BN3 6EG

TOURNAMENTS
MATCHES
STICKER CHALLENGES
LARGE SPORTS HALL
END OF CAMP CEREMONY

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EARLY-ASC BEFORE THE
16TH JAN 2024.

FEBRUARY 1/2 TERM HOLIDAY CLUBS

“Childcare during the holidays they want to go to”
Fresh air. Fresh activities. Fresh attitude.



Lancing College Prep, Worthing

MONDAY 12 FEB

Animal Ambassadors: Sea Wolves, Sea Turtles & Red Pandas

Learn about endangered animals, their habitats & how they survive & thrive. Get hands-on creating sea turtles, building dens for sea wolves & treehouses for the red pandas.

TUESDAY 13 FEB

Nature Ninja Craft & Adventure

A day of nature immersion & positive tech. Craft a pebble ninja & throwing star, contribute to a giant Japanese leaf print mural & work in a team using a camera to find hidden ninjas in our stealthy spy scavenger hunt.

WEDNESDAY 14 FEB

Robin Hood Day

Join Robin and his merry men on a brave adventure. Craft personalised bows & mini shields, take part in medieval games & join the stagecoach robbery - 'rob from the rich & give to the poor!'

THURSDAY 15 FEB

Nerfageddon – Nerf & Adventure Games

An action-packed day of high-energy, tactical, base-invasion Nerf & adventure games: Zombie Apocalypse, VIP, & Capture The Flag. We'll provide the blasters & fun, you provide the kids

FRIDAY 16 FEB

Winter Campfire Cookout

Join us around the campfire for bushcraft whittling a toasting fork, cooking delicious snacks of cinnamon rolls & marshmallow fluff biscotti bombs, plus plenty of adventure & games to keep warm & burn off the sugar.



“BEST HOLIDAY CLUB AROUND”



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