



The Week Ahead ...

Monday 19 February

Term resumes

Tuesday 20 February

Lancing College Academic Scholarship Assessment Days begin. End 22 February.

19.30 LPWA Committee Meeting, The Cricketers Pub, Broadwater

Wednesday 21 February

International Mother Language Day

09.00-11.00 Reception visit to Broadwater Library

13.30 Netball Girls-U11A Tournament @ Lancing College. **Return 17.00**

13.45 Netball Girls-U13A Tournament @ Lancing College. **Return 17.00**

14.00-16.00 U13 House Football (H).

14.00 Tag Rugby Mixed-U11A vs Various @ Windlesham, Hove. **Return 17.15**

14.30 Tag Rugby Mixed-U10A vs Various @ Windlesham, Hove. **Return 17.15**

16.30-18.30 Online Year 6 Academic Subjects Parents' Evening

Thursday 22 February

14.00 Tag Rugby Mixed-U8A vs Shoreham College (A). **Return 17.15**

14.00 Football Girls-U9A and U8A vs Sompting Abbots (H). **Pick up 16.00**

14.30 Tag Rugby Mixed-U9A vs Shoreham College (A). **Return 17.15**

Friday 23 February

15.00-17.00 LPWA Pre-loved Uniform and World Book Day Costume Sale, Playground

LPWA Notices

A HUGE thank you to the parents and children of Year 4 for laying on a fantastic cake sale last Friday. Not only were the cakes delicious, but they also raised an incredible £376 towards the Trim Trail.

World Book Day costumes - do you have any outgrown/unwanted costumes? If so, then please donate these at the school gates the week after half term. There will then be a costume sale along with the pre-loved uniform on Friday 23rd February.

Useful reminders:

Planning Meeting - Tuesday 20th February 7.30pm in The Cricketers Pub, Broadwater.

Pre-loved uniform and WBD costumes sale - Friday 23rd February 3-5pm in the playground.

Wishing everyone a lovely Half Term!

Word of the Week

Bunglesome (adj)

difficult to handle or manage

House Point Totals this week:

1 st :	NORMANS	264
2 nd :	CELTS:	237
3 rd :	BRITONS:	234
4 th :	SAXONS:	216

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

And our sports calendar

[\(schoolssports.com\)](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)

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

Instrumental Lesson Timetable

Monday

Paul Gunter		Music Rom	Barry Worley		Practice Room
Drums			Guitar		
Monday 19th February			Monday 19th February		
8.30am	Harry C		11.30am	Elliott S	
9.00am	Elliott S		12.00pm	Roman B-C	
9.30am	Ben S		12.30pm	Lucas B	
10.00am	Pippa W		1.00pm	Pasha D	
10.30am			1.20pm		
10.45am	Rex R		1.30pm	Max B	
11.15am	Mae C		2.00pm	Oscar K	
11.45am	Dylan C	2.30pm	Tom E-B		
12.15pm	Harry A	3.00pm	Jasper D		
		3.30pm	Orson W		

	Sophia Liu		Sarah Leeves
	Piano		Brass
	Monday 19th February		Tuesday 20th Febraury
8.15am	Ryley G	9.15am	
8.45am	Sophia S	9.45am	Daniel B
9.15am	Pasha S	10.15am	Lana G
9.45am	Elodie G	10.45am	
10.15am	Zara H	11.00am	Emily E
10.45am		11.30am	Oscar W
11.30am		12.00pm	Freddie B
		12.30pm	Damian B
		1.00pm	
		1.30pm	Autumn S
		2.00pm	Jasper D
		2.30pm	Oscar E
		3.00pm	Max B
		3.30pm	Brass Band

Practice Room

Music Room

Tuesday

Natalie Mason		Practice Room	Sarah Davison		Drama Studio
Voice			Cello		
Tuesday 20th Febraury			Tuesday 20th Febraury		
8.15am	Tilly R-C		10.15am	Sebastian F	
8.45am	Eva M		10.45am	India G	
9.15am	Sofia B-B		11.15am	Jasper S	
9.45am			11.45am	Helena P	
10.15am	Rex R		12.15pm	Sam W-B	
10.45am	Eithne N-W		12.45pm		
11.15am	Barney T				
11.45am	Francesca G				
12.15pm					
12.40pm	Ameera M				
1.10pm	Sia S				
1.40pm	Hunter L				
2.10pm	Amalie S				
2.40pm	Constance D-F				
3.10pm	Zoya G-H				
3.30pm					
3.40pm	Unaysah K				
4.10pm	Jessica B				

Wednesday

Simi Fyles		Elizabeth Hosford	
Voice		Piano	
Wednesday 21st February		Wednesday 21st February	
8.00am	Ruby H	8.00am	
8.30am	Leila F	8.30am	Orlando B
9.00am	Phoebe B	9.00am	Max B
9.30am	Max B	9.30am	Eileen C
10.00am	Beatrice D	10.00am	Harry C
10.30am	Lexi P	10.30am	
11.00am	Peaches C	10.45am	Sia S
11.30am	William B	11.15am	Rupert W
12.00pm	Lucas B	11.45am	Theo K
12.30pm	Elodie G	12.15pm	Jonathan C
1.00pm		12.45pm	Rosie E
1.30pm	Jessica W	1.15pm	
2.00pm	William J	1.45pm	Sofia S
2.30pm	Maisie C	2.15pm	Isla L
3.00pm	Clementine C-D	2.45pm	Cleo S
3.30pm		3.15pm	

Practice Room

Keyboard Room

Thursday

Elizabeth Hosford		Keyboard Room	Lucy Ballard		Food Tech Room
Piano			Clarinet & Saxophone		
Thursday 22nd February			Thursday 22nd February		
8.00am	Lana G		8.15am	Ruby H	
8.30am	Lucas K		8.45am	Jonathan C	
9.00am	Millie P		9.15am	Esmee M	
9.30am	Rex R		9.45am	Clementine C-D	
10.00am	Francesca G		10.15am	Vivian B	
10.30am					
10.45am	Oscar W				
11.15am	Freddie B				
11.45am	Primrose G				
12.15pm	Autumn S				
12.45pm					
1.15pm	Tilly R-C				
1.45pm	Alex B				
2.15pm	Jasper D				
3.15pm					



	Rob Campkin
	Violin & Piano
	Thursday 22nd February
8.00am	Joshua C
8.30am	Skantha N
9.00am	Max M
9.30am	Rory B
10.00am	William J
10.30am	
11.00am	Harry C
11.30am	Grace T
12.00pm	Madhavan R
12.30pm	
1.00pm	Emily A
1.30pm	Hunter L
2.00pm	Miles C
2.30pm	Chloe B
3.00pm	
3.45pm	Peaches C
4.15pm	Adiella I

Practice Room

	Dom Smith
	Flute
	Friday 23rd February
8.15am	Kimberley L
8.45am	Francesca G
9.15am	Bertie C

Drama Studio

Friday

Rob Campkin		Keyboard Room	Barry Worley		Practice Room
Violin & Piano			Guitar		
Friday 23rd February			Friday 23rd February		
8.00am	Skantha N		8.00am	Lochie S	
8.30am	Ata K (violin)		8.30am	Devon S	
9.00am	Emily T		9.00am	Jessica B	
9.30am	Rishita M		9.30am	Toby S	
10.00am	Frankie M		10.00am	Reeve E	
10.30am	Matthew S		10.30am	Beau B	
11.00am	Max C		11.00am	Barney T	
11.30am	Reeve E		11.30am	Amalie S	
12.00pm	Ata K (piano)		12.00pm	Max M	
12.30pm	Amina K		12.30pm		
1.00pm			1.00pm	Rock Band	
1.30pm	Bertie F		1.30pm	Guitar Rock Prep Band	
2.00pm	Florence W		2.00pm	Freddie B	
2.30pm	Hamish B		2.30pm	Ethan S	
3.00pm			3.00pm	Ralph E	
			3.30pm	Rory G	
			4.00pm	Orson W	

WORLD BOOK MONTH 2024

LIBRARY COMPETITION

We invite you to write a short story, using one of the opening lines below.

Write no more than one page of A4 paper.

Make your story as funny, scary or adventurous as possible!

Hand it into Mrs Waton or Mrs Marchant in the Library before Friday 1st March and you could win a prize!

Make sure you put your name and class at the top of your sheet of paper.

Choose from:

- 1. The mouse looked up as a shadow entered the room...**
- 2. All Joe wanted to eat was baked beans, but...**
- 3. The tree was swaying in the wind, when...**
- 4. Jessica danced across the stage wearing her best...**

Have fun and... good luck!

(There will be prizes for the best entries, according to age.)

WORLD BOOK MONTH 2024



WhatsApp safety guide for parents

internet
matters.org

16+

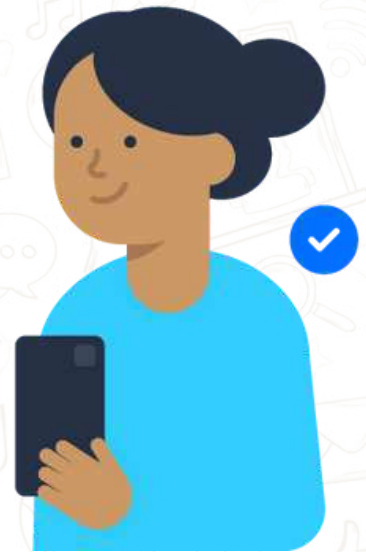
WhatsApp's
minimum age
in the UK

58%

Kids aged 3-17
who use
WhatsApp

37%

Kids under 13
who use
WhatsApp



5 tips to keep kids safe on WhatsApp



1

[Review privacy settings](#) WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.



2

[Customise contacts](#) Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.



3

[Talk about personal information](#) Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.



4

[Show them where to get support](#) If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.



5

[Check in regularly](#) Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

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Online Safety & Gaming

Gaming refers to playing electronic games, whether through consoles, computers, tablets, smartphones or other devices. Gaming remains one of the most popular forms of entertainment, attracting a wide range of age groups from all across the world. Gaming is always looking to develop, often improving on graphical features, accessibility and user engagement as years go by.



Unlike many other forms of media, gaming brings a sense of challenge to the player. Usually there is a degree of skill involved that players need to develop in order to progress. Depending on the type of game, it can also offer players a platform where they can be imaginative and explore their own creativity.

Some games have rich storylines and characters that are engaging and memorable. Many players also use it as an opportunity to compete and socialise with other users whether it be in person or online. More often than not though, people game, because it is fun!

Benefits of Gaming

- 1 Can develop critical and creative skills
- 2 Can bring educational benefit and awareness
- 3 Is available to most audiences and family members
- 4 Is an easy and accessible way to socialise with others



Considerations for Gaming

- 1 Have awareness of appropriate age restrictions
- 2 Parental awareness around purchasing
- 3 Active discussions around socialising safely
- 4 Reporting harmful or offensive content online

Socialising Online

A staple of gaming is the community that surrounds it. Groups and audiences can gather around a specific game, character or theme to build specific fan bases that can interact with each other. Young people may like to socialise online because:

- 1 It gives them a platform to be with friends outside of school
- 2 There is usually a competitive element at play, which can feel rewarding
- 3 It can build confidence and social skills which may not be attainable physically
- 4 It gives opportunity to young people who have difficulty socialising with friends and others



Reporting and Blocking

Gaming communities can range from supportive and educational, to toxic and harmful. In some instances, it can even lead towards more radical content being promoted. When faced with something or someone being harmful online, make sure young people know how to:

- 1 Report the player or piece of content
- 2 Mute or block the player
- 3 Manage their privacy settings or communication options
- 4 Speak with a trusted adult for support



To find out more about Gaming visit the SWGfL hub:
swgfl.org.uk/topics/gaming/

or scan the QR code



Further Support

Professionals Online Safety Helpline: saferinternet.org.uk/professionals-online-safety-helpline

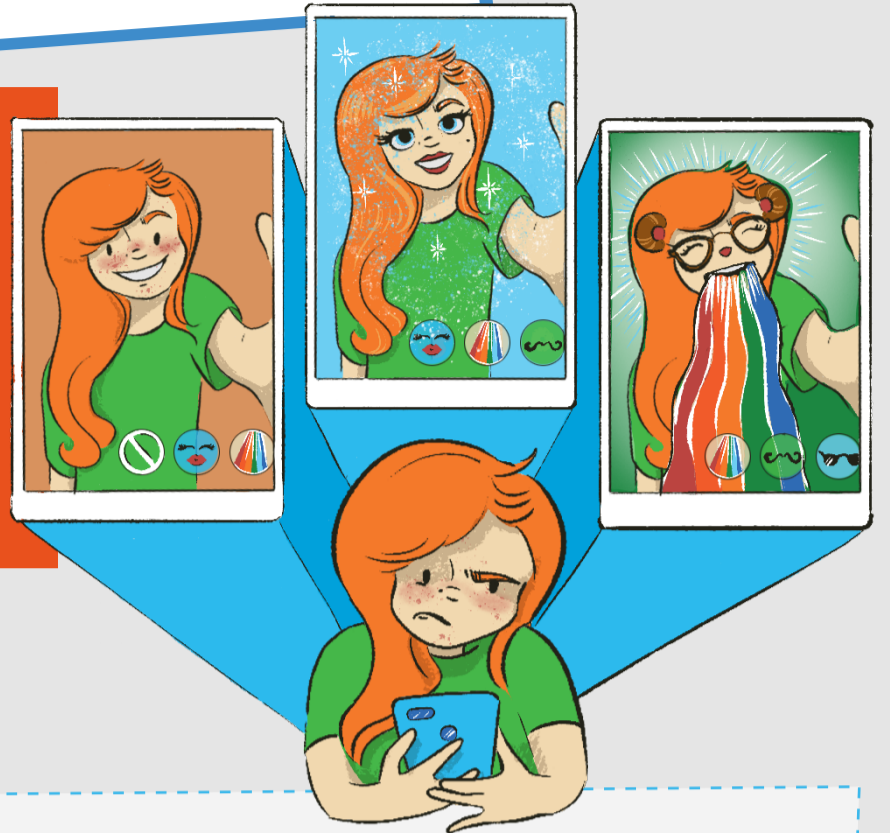
Harmful Sexual Behaviour Support Service: swgfl.org.uk/harmful-sexual-behaviour-support-service/

Report Harmful Content:
reportharmfulcontent.com



Online Safety and Social Media

Social media is an online platform that allows users to connect with others online. Depending on what platform you use, social media can allow you to communicate and share information with others with the intention to update or engage a specific audience. This can often include sharing videos, images, status updates or posts with a group of followers that can sometimes cover a global scale.



A lot of the time, social media is a positive place where users support each other. Despite this, it can also house toxic and harmful behaviours, which can be directed towards specific individuals or groups with the intention to harass, or cause upset.

Benefits of Social Media



- 1 Available and accommodating to most audiences
- 2 Can promote positivity and healthy expression
- 3 An accessible platform to connect with others
- 4 An instant platform for news and global awareness

Considerations for Social Media

- 1 Harmful and offensive content may be seen across platforms
- 2 Can be used to promote misleading information
- 3 Can promote unhealthy expectations and pressure for young people
- 4 Can impact digital wellbeing if not managed correctly



Harm on Social Media

Many social media platforms have adapted to include reporting features in order to tackle certain types of online harm. Some of these harms to watch out for include:

- 1 Fake online profiles
- 2 Misinformation or fake ads
- 3 Scamming or fraud attempts
- 4 Radical online content



Socialising Online

Social media provides a lot of freedom in how to connect with other users as well as how information and content is made available. This has provided certain platforms with worldwide appeal, giving anyone an opportunity to connect and engage with others. To promote keeping safe on social media, ensure that young people know how to:

- 1 Report harmful content online
- 2 Block and report users who are being offensive or harmful
- 3 Manage privacy settings to limit exposure to known friends and family members
- 4 Speak to a trusted adult if they are concerned about something online



To find out more about Social Media visit the SWGfL hub:
swgfl.org.uk/topics/social-media/

or scan the QR code



Further Support

Professionals Online Safety Helpline: saferinternet.org.uk/professionals-online-safety-helpline

Harmful Sexual Behaviour Support Service: swgfl.org.uk/harmful-sexual-behaviour-support-service/

Report Harmful Content:
reportharmfulcontent.com



EASTER RESIDENTIAL

3-5 Apr, 2024 | Bede's Senior School, Upper Dicker, BN27 3QH

SUMMARY

Our hugely enriching residential camp is hosted over a 3-day period and offers a balance of technical and fun training that is progressive and is adapted to the characteristics that are in attendance. Classes are hosted by a team of UEFA qualified coaches and advanced high-performance trainers who have a wealth of experience. The programme will include a variety of off-the-field workshops and an exciting excursion to Surrey's brand new football arena 'Kick X'. Visit us online for the full contents list.

PRICE

- + Day Camp **£229**
- + Residential Camp **£339**

Secure your child's place for **£50**

OTHER 2024 RESIDENTIAL CAMPS

- + 29-31 Jul, 2024 | Bede's Senior School
- + 29-31 Oct, 2024 | Worth School, Crawley (TBC)

SWERVESOCCER.COM



15%

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ENDS ON
THE 29 FEB
2024.

FOOTBALL - FOOTBALL - FOOTBALL - FOOTBALL



Lancing College

Preparatory School, Senior School & Sixth Form

Multi-Sport Camp: 2nd – 5th April 2024

Active Academies Multi-Sport Camps have been in operation for over 8 years and are a popular choice for children of all abilities, offering a good balance of fun competitions, targeted support, and advanced training.

For younger children, we typically focus on games and developing the fundamentals of speed, strength, endurance, coordination, balance, and flexibility. Each session is led by qualified sports teachers and/or coaches, who understand the physical development of children of all ages.

The Lancing College Multi-Sport Camp is for children aged 5 – 12 and takes place daily between 9am & 3pm. The cost is £32 per child per day, although discounts exist for booking an entire camp for one or more children.

We hope to see you soon – Emma & Martin Footman

book: www.activeacademies.co.uk

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Easter Holidays: 8th – 12th April

Lancing Prep School

Years: 2–8

9am–1pm

Email: comettheatreworkshops@gmail.com
for more information and to sign up.