



### The Week Ahead ...

#### Saturday 3 February

10.00-12.00 Open Morning for Prospective Pupils

#### CHILDREN'S MENTAL HEALTH WEEK

#### Tuesday 6 February

08.30-13.00 Selected Y7 & 8 pupils at Opera rehearsal at Weald School

16.30-18.30 8S1 Academic Subjects Parents' Evening (online)

#### Wednesday 7 February

14.30 Hockey Sevens Boys-U13A and U12A vs Hurstpierpoint College @ Lancing College.

**Return 17.15**

14.30 Hockey Sevens Boys-U11A and U10A vs Hurstpierpoint College (A). **Return 17.15**

17.30-18.30 Spring Soiree

#### Thursday 8 February

Chinese New Year

09.15 Jaws 'n' Claws Reception visit

14.30 Netball Girls-U9A and U8A vs Pennthorpe (H). **Pick up 16.00**

16.15-17.15 Parent PSHEE Workshop – Zones of Regulation, Hall

#### Friday 9 February

Year 1 trip to Tilgate Nature Centre, Crawley

Reception Polar Bear Fundraising Day

16.00 Half Term begins

### LPWA Notices

Thank you to all the parents and children in Year 4 for the fantastic cake sale this afternoon and thank you to everybody who bought cakes. All money raised will go towards the trim trail.

**Fundraising and Planning Meeting** - Tuesday 20th February 7.30pm in the Cricketers Pub, Broadwater. Everybody is welcome!

**Pre-loved uniform sale** - Friday 23rd February 3-5pm in the playground. If you have any unwanted uniform that is clean and in good condition, please place in the donation bin next to Daisy - thank you!

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

### Word of the Week

**Ambrosial** (*adj*)

Exceptionally pleasing to taste or smell



Keep up to date with our online calendar  
[www.lancingprepworthingcalendar.org.uk](http://www.lancingprepworthingcalendar.org.uk)

**And our sports calendar**

[\(schoolssports.com\)](http://Lancing Prep at Worthing | Sports Home (schoolssports.com))

(Team sheet password lpw123)

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# Lancing Prep Worthing

## A Lancing College Preparatory School

News Bulletin

02 February 2024

### Ice Skating treat

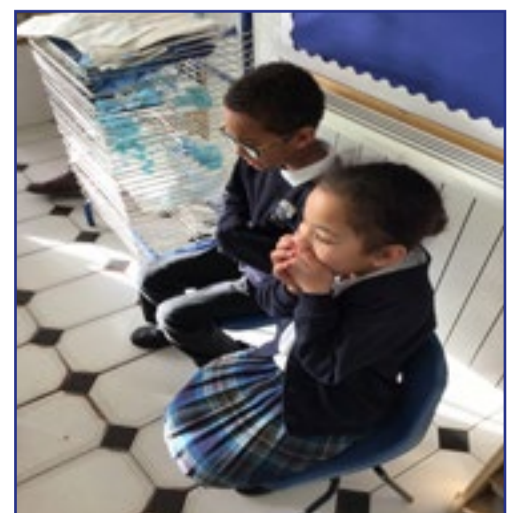
Our school is so fortunate to have its wonderfully supportive LPWA, who do so much to enhance the children's co-curricular activities. They enjoy so many super treats during the course of the school year and they loved every minute they had taking to the ice and having fun!



### Nursery, Pre-School, and Pre-Prep meet hedgehogs!

Nursery, Pre-School, and Pre-Prep children were delighted when some small, prickly visitors paid us a visit last week.

Graham Bowring, who accompanied them, runs the St Francis Animal Welfare Hedgehog Rescue Centre and has cared for the hedgehogs since they were hoglets. All of the children loved seeing the animals up close and asked many brilliant questions to progress their learning.



## School News

### Reception learn about Polar Bears

Reception children have been busy learning about polar bears and have even made a huge polar bear (nicknamed Snowy) out of card, paint, wool, and art straws.

Next Friday, 9 February, we are holding a 'Wear a Cosy Jumper to School' day and Reception are inviting pupils to wear a cosy jumper to school and bring a small donation to be given to the WWF to help the polar bears who are an endangered species.



### Year 1 Environmental Art!

Year 1 looked at the work of Andy Goldsworthy, they then enjoyed experimenting and creating their own Art from Nature in the Forest school area.



### Year 3 and 4 Celts House pupils lead Pre-Prep assembly

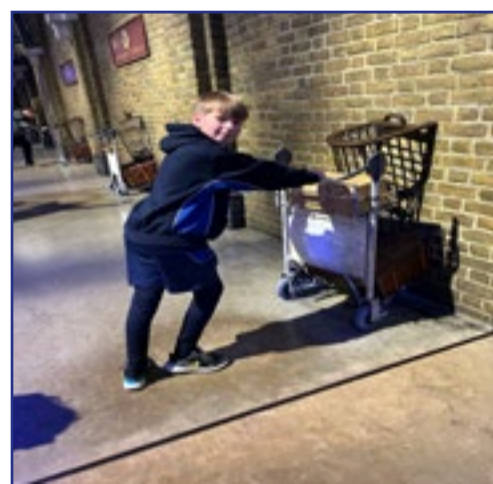
Last week, Year 3 and Year 4 Celts House pupils led Pre-Prep assembly to inform them about our exciting school initiative, The Big Battery Hunt.

We are excited that the whole school community is coming together, and we have collected a whopping 6470 batteries so far. We are currently TOP of the leaderboard!



### Year 5 visit the Warner Bros. Studio Tour London- The Making of Harry Potter!

Last Friday, Year 5 were lucky enough to visit the Warner Bros. Studio Tour London-The Making of Harry Potter! They explored many of the iconic sets, such as Platform 9 3/4, Diagon Alley, The Great Hall, and Forbidden Forest, and even got to ride on a broomstick! They also got to see some fabulous special effects and create memories that will last forever.



## School News

### Year 7 pupils took on the Galactic Challenge

On Saturday, a group of our Year 7 pupils took on the Galactic Challenge at Bede's Senior School. They all learned a great deal about working together, becoming a team, and crafting a living facility in space. LPW children were pitching to win a hypothetical engineering contract, and the competition was fierce. The two projects they crafted were terrific. We hope to be invited back next year because there were a host of skills acquired, not just scientific but also team-building and collaboration.



### Year 8 Team Building

This session was all about tower building. First, they took part in the "leaning tower of Footster", where all the children's shoes were piled up, and then, like Jenga, they had to remove one of their shoes one at a time without allowing any others to fall. They then went on to build a tower of index cards as tall as they could in 3 minutes. Only half the pile could be folded, and there were no other instructions. They had to work out the best method and strategy!



### National Storytelling Week

In our assembly this week, pupils celebrated National Storytelling Week by reading stories aloud to their friends.

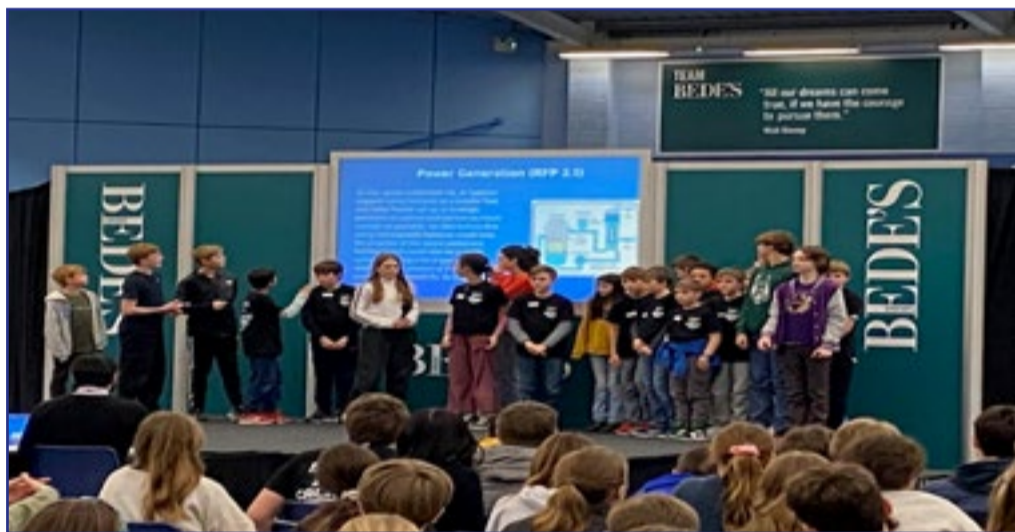
Ryley's was about a young writer who struggled to get started when writing a story; it was a tale of perseverance, resilience, and joy. (Ryley's story is attached to the bulletin).



### House Mentoring Scheme

We are excited to announce the launch of our new Mentoring Scheme. Throughout the term, Mrs. Milling will meet with pupils in the upper years to discuss the programme, which we have called 'Brothers and Sisters'. The aim of the scheme is to support the younger pupils and match them with a suitable older mentor.

Celts House were the first to share a hot chocolate with Mrs Milling. Watch this space!

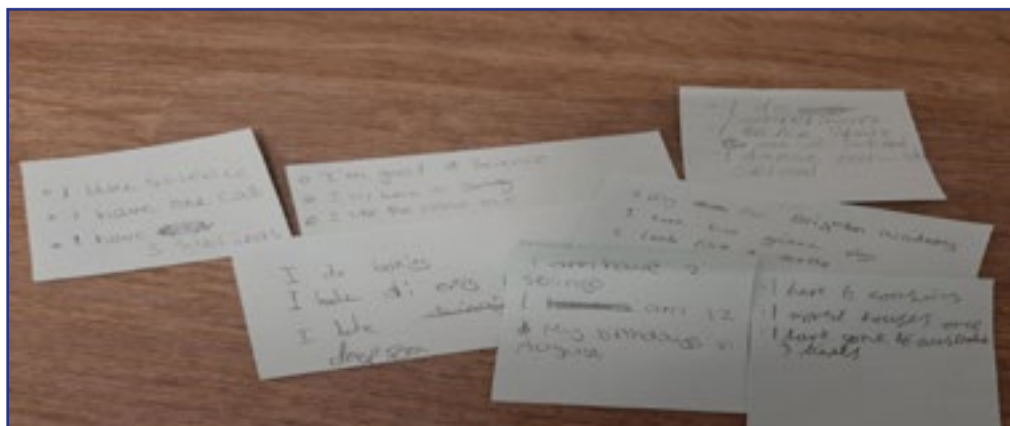


### Year 7 Team Building

In week one, the session was centered around getting to know each other, and pupils took part in two activities.

The first one was to write down two truths and one lie about yourself: something you do in school or outside school, something you have like brothers or sisters, or something extra ordinary!

They then took part in a silent game: could they, without speaking, line themselves up in birthday order by month and day? Super strategies were used to make themselves understood.



## School News

### Tim Loughton leads assembly

Pupils were delighted by the visit of Tim Loughton MP in assembly. After a general introduction about how politics works, Mr Loughton took questions from the children on a range of topics, including Brexit, his opinions on Liz Truss and Donald Trump, and whether he voted for Boris Johnson (he didn't). He was delighted by the range of questions and the children's clear energy and enthusiasm. He mentioned the general election later this year, and it looks like we have a budding number of children who would like to be Members of Parliament in the future!



## Sports News

### Fun Festival for netball and Football

Last week, we hosted our first U10 and U11 mixed Fun Festival for netball and football. We were joined by Great Ballard School, Shoreham College and Windlesham School. It was a fantastic afternoon, with lots of new skills learned. The emphasis was on fun, so no scores were kept. The afternoon provided a brilliant opportunity for girls and boys to mix together and experience a different sport alongside different players.



## Well Done

Well done to Hamish B who won player of the week last weekend for his excellent teamwork and playmaking in Rugby.



Well done to Cleo S, who has managed to collect a whopping 1075 batteries over the past two weeks for the Big Battery Hunt. She has been busy asking friends, family, and neighbours to save them for our recycling initiative.





As part of the Duracell Big Battery Hunt, a nationwide programme to help educate and inspire young people to recycle more used batteries, children have created these wonderful battery collection boxes! We think they look fantastic!



	<h2>Pre-Prep Head Teacher Awards</h2> <h3>from 19 01 24</h3>	
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<b>Reception</b>	
Beatrice C	for her beautiful detailed drawings.
Adelaide F	for always doing more and practising her new skills in Choosing Time.
Devaansh M	for using the resources at the Creative Table to make super models.
Charlotte W	for carefully putting resources away when she has finished working at the Creative Table.
<b>Year 1</b>	
Emily A	for her careful writing and super recount of after the storm.
Otto D	for being a resourceful ranger when working on her barn owl fact file.
Jacob M	for his recall and methodical approach to story writing.
Aria P-T	for her fantastic badger fact file writing.
Pasha S-N	for being a resilient ruler with subtraction in maths.
<b>Year 2</b>	
Harry C	for his super work on Neil Armstrong.
Pasha D	for his application to join the Endurance.
Aniket D	for researching frogs.
Joshua L-B	for his super past tense work.
Andre M	for his great start in dividing by 2.
Grace T	for her ten times table work.

	<h2>Prep Head Teacher Awards</h2> <h3>from 19 01 24</h3>	
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<b>Year 3</b>	
Asher G	for being methodical and inquisitive while learning about about plants, during our science lessons, by asking lots of scientific questions and for being observant during our class investigations.
Cleo S	for collecting a whopping 1,075 batteries as part of our battery recycling scheme.
<b>Year 4</b>	
Harry A	for fabulous perseverance and crafting of his spooky story using a story map.
Freddie B	for fabulous perseverance and crafting of his spooky story using a story map.
Hamish B	for fabulous perseverance and crafting of his spooky story using a story map.
Orlando B	for fabulous perseverance and crafting of his spooky story using a story map.
Maxwell C	for fabulous perseverance and crafting of his spooky story using a story map.
Fatima C	{for displaying excellent scientific knowledge about different types of teeth, tooth decay, and for completing a detailed diagram of the human mouth, labelling the different types of teeth accurately and methodically. {for fabulous perseverance and crafting of her spooky story using a story map.
Maisie C	for fabulous perseverance and crafting of her spooky story using a story map.
Clementine C-D	for fabulous perseverance and crafting of her spooky story using a story map.
Clement D	{for demonstrating excellent enthusiasm and excitement for our new history topic, all about the Romans. {for fabulous perseverance and crafting of her spooky story using a story map.
Roseanna E	for fabulous perseverance and crafting of her spooky story using a story map.

<b>House Points</b>	
The House Point totals are in!	
Congratulations Saxons for topping the leader board.	
<b>Saxons</b>	<b>264</b>
<b>Celts</b>	<b>256</b>
<b>Britons</b>	<b>204</b>
<b>Normans</b>	<b>193</b>

Reeve E	for fabulous perseverance and crafting of his spooky story using a story map.
Zoya G	for fabulous perseverance and crafting of her spooky story using a story map.
Isla L	for fabulous perseverance and crafting of her spooky story using a story map.
Rishita M	for fabulous perseverance and crafting of her spooky story using a story map.
Anneka M-D-C	for fabulous perseverance and crafting of her spooky story using a story map.
Adelaide P	for fabulous perseverance and crafting of her spooky story using a story map.
Chloe R	for fabulous perseverance and crafting of her spooky story using a story map.
Madhavan R	{for being focused and inquisitive while learning about different types of teeth, in addition to being methodical while completing a diagram to accurately position and label the incisors, canines, premolars and molars, within the human mouth. {for his spectacular progress in French, on Duolingo since the beginning of Christmas holidays showing persistence and love of learning. {for fabulous perseverance and crafting of his spooky story using a story map.
Zara R	for fabulous perseverance and crafting of her spooky story using a story map.
Lochlan S	for fabulous perseverance and crafting of his spooky story using a story map.
Sofia S	for fabulous perseverance and crafting of her spooky story using a story map.
Sia S	for fabulous perseverance and crafting of her spooky story using a story map.
<b>Year 5</b>	
Elodie G	for her detailed research on the Dead Sea for Science.
Rory G	{for being open-minded and adventurous by baking a superb 'galette des rois' at home following a french recipe. {for exhibiting extraordinary kindness when helping a child who was new to the school! A real relating Red Fox of empathy and collaboration. {for his super independent effort made on homework, identifying changes of state, finding out if they are reversible or irreversible.
Hunter L	{for his super independent descriptions written on how to separate mixtures in Science.
Esmee-Lily M	Fabulous sorting of solid, liquid and gas homework in Science.
Cody M	{for being open-minded and adventurous by baking a 'galette des rois' at home following a french recipe. {for his super independent effort made on homework, identifying changes of state, finding out if they are reversible or irreversible.
Hattie S	for her excellent linking of learning when subtracting fractions.
Autumn S	for her outstanding delving deeper research on Epiphany in France and for her persistence in practising her French on Duolingo every day reaching a 345 day streak.
Benjamin S	{for super independent effort made on homework, identifying changes of state, finding out if they are reversible or irreversible. {for his excellent answers given in Science homework in separating mixtures.
Ethan S	for his super well laid out work following the Science experiments investigating different waters.
Amalie S	for her outstanding persistence in practising her French on Duolingo every day, reaching a 353 day streak.
Oscar W	{for his super independent descriptions written on how to separate mixtures in Science. {for reading his imaginative story aloud to celebrate National Storytelling week.
<b>Year 6</b>	
Leah M	for her excellent focus and persistence in our maths lesson.
<b>Year 7</b>	
Harry C	for his very independent and resourceful revision efforts in preparation for the Forces test.
Constance DF	for loving learning French by baking an amazing 'bûche de Noël' and by independently delving deeper into Christmas in France.
Ryley G	for reading his imaginative story to celebrate National Storytelling week, which referenced the LPW learning powers.
Tobias G	for loving learning French by independently crafting an amazing poster about the celebration of 'la Saint-Nicolas' in France.
<b>Year 8</b>	
Bertie F	for his outstanding work ethic in French by completing all his homework and classwork at high standards and attending every session of the French club plus his scholarship exams' preparation.

Winter MENU  
Week 2



# Lancing Prep Worthing

A Lancing College Preparatory School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LITTLE STARS</b>	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
<b>MAIN</b>	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
<b>MAIN (VEGAN &amp; VEG)</b>	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
<b>SIDE ORDERS</b>	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
<b>PROTEIN SALAD BAR</b>	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
<b>PUDDING</b>	Rice pudding made with coconut milk and topped with fresh mango	Yoghurt pots and toppings	Pineapple fingers	Tropical fresh fruit salad	<b>Friday Treat</b> Homemade white chocolate cookie
<b>AFTERNOON SNACK</b>	Cheese and grapes  Fresh fruit	Bread sticks & crudites  Fresh fruit	Courgette & cheese wholemeal muffin  Fresh fruit	Hot Dogs or Veggie dogs  Fresh fruit	Oat and blueberry flapjack

# Instrumental Lesson Timetable

Paul Gunter		Music Rom	Barry Worley		Practice Room
Drums			Guitar		
Monday 5th February			Monday 5th February		
8.30am	Harry C		12.00pm	Elliott S	
9.00am	Ben S		12.30pm	Lucas B	
9.30am	Pippa W		1.00pm	Pasha D	
10.00am	Mae C		1.20pm		
10.30am			1.30pm	Max B	
10.45am	Dylan C		2.00pm	Tom E-B	
11.15am	Harry A		2.30pm	Roman B-C	
11.45am	Elliott S				
12.15pm	Rex R				



# Monday

	Sophia Liu	Practice Room		Simi Fyles
	Piano			Voice
	Monday 5th February			Monday 5th February
8.15am	Ryley G		1.30pm	William B
8.45am	Sophia S		2.00pm	Lucas B
9.15am	Elodie G		2.30pm	Clementine C-D
9.45am	Zara H		3.00pm	Peaches C
10.15am	Pasha S			
10.45am				
11.30am				

## Tuesday

Music Room		Music Room	Practice Room	
	Sarah Leeves		Natalie Mason	
	Brass		Voice	
	Tuesday 6th Febraury		Tuesday 6th Febraury	
8.45am		8.15am	Tilly R-C	
9.15am		8.45am	Eva M	
9.45am	Emily E	9.15am	Eithne N-W	
10.15am	Lana G	9.45am		
10.45am		10.15am	Rex R	
11.00am	Oscar W	10.45am	Barney T	
11.30am	Freddie B	11.15am	Francesca G	
12.00pm	Damian B	11.45am	Amalie S	
12.30pm	Autumn S	12.15pm		
1.00pm		12.40pm	Ameera M	
1.30pm	Brass Band	1.10pm	Sia S	
2.00pm	Jasper D	1.40pm	Hunter L	
2.30pm	Oscar E	2.10pm	Constance D-F	
3.00pm	Max B	2.40pm	Sofia B-B	
3.30pm	Daniel B	3.10pm	Zoya G-H	
		3.30pm		
		3.40pm	Unaysah K	
		4.10pm	Jessica B	

## Wednesday

Simi Fyles		Elizabeth Hosford	
Voice		Piano	
Wednesday 7th February		Wednesday 7th February	
8.00am	Phoebe B	8.00am	
8.30am	Lexi P	8.30am	Max B
9.00am	Leila F	9.00am	Eileen C
9.30am	Lucas B	9.30am	Harry C
10.00am	William B	10.00am	Rupert W
10.30am	Ruby H	10.30am	
11.00am	Beatrice D	10.45am	Cleo S
11.30am	Max B	11.15am	Jonathan C
12.00pm	Peaches C	11.45am	Sofia S
12.30pm	Elodie G	12.15pm	Theo K
1.00pm		12.45pm	Rosie E
1.30pm	William J	1.15pm	
2.00pm	Jessica W	1.45pm	Isla L
2.30pm	Clementine C-D	2.15pm	Sia S
3.00pm	Maisie C	2.45pm	Orlando B
3.30pm		3.15pm	

Practice Room

Keyboard Room

## Thursday

Elizabeth Hosford		Keyboard Room	Lucy Ballard		Food Tech Room
Piano			Clarinet & Saxophone		
Thursday 8th February			Thursday 8th February		
8.00am	Lana G		8.15am	Ruby H	
8.30am	Lucas K		8.45am	Jonathan C	
9.00am	Francesca G		9.15am	Vivian B	
9.30am	Rex R		9.45am	Esmee M	
10.00am	Freddie B		10.15am	Clementine C-D	
10.30am					
10.45am	Primrose G				
11.15am	Autumn S				
11.45am	Alex B				
12.15pm	Rex R				
12.45pm					
1.15pm	Tilly R-C				
1.45pm	Millie P				
2.15pm	Oscar W				
3.15pm					



	Rob Campkin
	Violin & Piano
	Thursday 8th February
8.00am	Joshua C
8.30am	Skantha N
9.00am	William J
9.30am	Harry C
10.00am	Grace T
10.30am	
11.00am	Madhavan R
11.30am	Chloe B
12.00pm	Miles C
12.30pm	
1.00pm	Emily A
1.30pm	Hunter L
2.00pm	Max M
2.30pm	Rory B
3.00pm	
3.45pm	Peaches C
4.15pm	Adiella I

Practice Room

	Dom Smith
	Flute
	Friday 9th February
8.15am	Kimberley L
8.45am	Francesca G
9.15am	Bertie C
9.30am	

Drama Studio

## Friday

Rob Campkin		Keyboard Room	Barry Worley		Practice Room
Violin & Piano			Guitar		
Friday 9th February			Friday 9th February		
8.00am	Skantha N	8.00am	Lochie S		
8.30am	Ata K (violin)	8.30am	Devon S		
9.00am	Rishita M	9.00am	Jessica B		
9.30am	Frankie M	9.30am	Ethan S		
10.00am	Matthew S	10.00am	Freddie B		
10.30am	Max C	10.30am	Max M		
11.00am	Reeve E	11.00am	Amalie S		
11.30am	Ata K (piano)	11.30am	Barney T		
12.00pm	Florence W	12.00pm	Ralph E		
12.30pm	Amina K	12.30pm			
1.00pm		1.00pm	Rock Band		
1.30pm	Bertie F	1.30pm	Guitar Rock Prep Band		
2.00pm	Hamish B	2.00pm	Toby S		
2.30pm	Emily T	2.30pm	Reeve E		
3.00pm		3.00pm	Beau E		
		3.30pm	Rory G		
		4.00pm	Orson W		

	Sarah Davison	Drama Studio
	Cello	
	Friday 9th February	
10.15am	Sebastian F	
10.45am	India G	
11.15am	Jasper S	
11.45am	Helena P	
12.15pm	Sam W-B	
12.45pm		

## The Author who couldn't write by Ryley G

Jack Thomson was like any other normal boy. He played with his friends, was empathetic and a hard-worker. Jack was always praised for his love of English at school. He loved reading, comprehension and writing; he was an aspiring author. Once he had to write a story about a lion who could not roar, and received high marks for his description and sympathy. His love for English was beginning to become a passion, and Jack was considering becoming a children's author when he grew up. Any topic you would give him, he could conjure something fabulous.

But Jack had a problem: he couldn't think of his **own ideas**.

When it was time for the school writing competition, the teachers were sure Jack would enter. The two rules were clearly stated:

- 1) Only use **your own idea**
- 2) All entries to be handwritten

Jack struggled to write creatively without an idea, so this would prove a problem. He was solid with handwriting, and the teachers always commended him on his clearness and legibility. He needed help, so went to the headteacher. She suggested that he visited some places for inspiration. It would soon be the Easter Holidays, and all entries had to be into school on the 20<sup>th</sup> April, the first day after the break, so he needed an idea, and fast.

He stormed through the front door of number 43, Winston Close, He had lived there all his life. As he sat at the kitchen table, he gasped in exasperation from running. He got a juice drink, and turned on his favourite radio station- Rockies FM. 'Just one idea,' he thought to himself, tapping his pen in time with the music. His mum wasn't to be back home until late, and with his twelfth birthday in just a few weeks, he was thought responsible enough to be at home alone.

He walked upstairs.

One step,

Two steps,

Three steps.

"If only one idea!" he exclaimed, and then it came to him; it was like his miracle. He was to write about a band who got their first debut album put on Rockies FM! Jack sprinted up the stairs: he was so excited to get started. His persistence had paid off, and soon enough he began. He wrote about a band that toured the world, before they released an album which was an earworm for everyone who listened to it. The creation took him eight days to complete, and consisted of over 5000 words. The book was judged incredibly, and for it he won 1<sup>st</sup> prize. The novel was put into a huge book with all the winners and was sold in bookshops across England.

This is a story of resilience and perseverance, and after this Jack got thousands of ideas about books, could write without an original idea, and loved the joy of creativity. Now Jack's aspiration of becoming an author is thriving, and he is looking forward to the incredible adventures he can explore in the future.



PRE-LOVED  
**UNIFORM SALE**

FRIDAY - 23RD FEBRUARY

3 - 5PM IN THE PLAYGROUND

WE HAVE A HUGE RANGE OF SIZES FOR MOST ITEMS OF PRE  
PREP AND PREP UNIFORM - ALL AT A FRACTION OF THE  
PRICE YOU PAY AT THE UNIFORM SHOP! COME AND GRAB A  
BARGAIN AND RAISE MORE MONEY FOR LPWA!

IF YOU HAVE UNWANTED UNIFORM THAT IS CLEAN AND IN GOOD  
CONDITION, PLEASE PLACE IN THE DONATION BIN NEXT TO DAISY -  
THANK YOU IN ADVANCE!



# Don't forget!

The LPWA are selling LPW branded umbrellas to keep you dry this season! Perfect for those rainy drop-offs and pick-ups!

£20 for a large golf umbrella  
£10 for a standard size umbrella

They can be purchased from the LPWA, Daisy or the School Office

**Get yours now!**

# Set Up Safe Checklist

internet  
matters.org

Set your child up for online safety with these simple tasks

## Manage broadband & mobile networks



At home, access your broadband network and set applicable controls.



On the go, set up controls on the relevant mobile network.

See [step-by-step guides](#) to help

## Prepare their device



Explore the [device controls and settings](#) to set limits on inappropriate content, screen time, spending and more.



Download and install the apps and games you're okay with your child using.



Set up controls in these apps and games to help keep your child safe while they play, browse or chat.



Install or set up additional [parental control apps](#) for further protection.

Explore [step-by-step guides for social media and video gaming](#)

## Talk & learn regularly

Together, learn about online safety issues that might impact your child.

Together, explore privacy and safety settings on their favourite platforms.

Ask them to teach you about their favourite online platforms to create an open environment for conversation.

Keep these conversations going for continuous support.



Visit [internetmatters.org](https://www.internetmatters.org) for more advice

[InternetMatters](https://www.facebook.com/InternetMatters)

[@im\\_org](https://twitter.com/im_org)

[@InternetMatters](https://www.youtube.com/InternetMatters)

[Internet Matters Ltd](https://www.linkedin.com/company/InternetMattersLtd)

[@internetmattersorg](https://www.instagram.com/internetmattersorg)

[@InternetMatters\\_org](https://www.pinterest.com/InternetMatters_org)

Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.

## Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



## Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.



## Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?



## Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

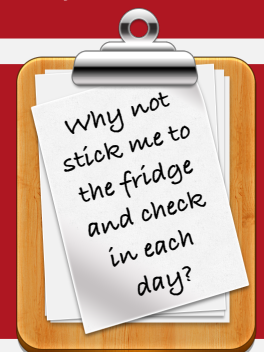


## Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

## If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at [reporting.lgfl.net](https://reporting.lgfl.net), including ones to tell your kids about (they might not want to talk to you in the first instance).



# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?

# THE GREATEST SHOWMAN

COMET  
THEATRE WORKSHOPS



## Musical Theatre Workshop

A fun filled week of singing, dancing  
and drama!

Easter Holidays: 8th – 12th April

Lancing Prep School

Years: 2–8

9am–1pm

Email: [comettheatreworkshops@gmail.com](mailto:comettheatreworkshops@gmail.com)  
for more information and to sign up.

# 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](http://SWERVESOCCER.COM)



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