



The Week Ahead ...

Sunday 17 March

Ski Trip departs. Returns 23 March.

Monday 18 March

Dogs Trust Assembly and Workshops

Tuesday 19 March

Year 6-8 Trip to Brighton

16.30-18.30 Year 5 Academic Subjects Online
Parents' Evening

Wednesday 20 March

09.00 Pre-Prep Spring Assembly, Hall

09.00-13.00 Year 6-8 Local Area Trip

Thursday 21 March

09.15-10.15 Teddy Bears' Picnic for Reception
2024 starters

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

Friday 22 March

15.00 Prep Spring Service, Hall

16.00 End of Term

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

And our sports calendar

Lancing Prep at Worthing | Sports Home
(schoolssports.com)

(Team sheet password lpw123)

Follow us on Twitter, Instagram and Facebook
[@LancingPrepWthg](https://www.facebook.com/LancingPrepWthg)

REMINDER

There are no LPW or external clubs next week with the exception of Homework Room which will run Monday to Thursday. There will be no wraparound or Homework Room on Friday, the last day of term.

LPWA Notices

We still have some **unclaimed Golden Ticket prizes** so please contact us on lpwassoc@gmail.com if you have a Golden Ticket and haven't yet claimed your prize. The event raised around £400 which will go towards the Trim Trail. Thanks again to those that helped out on the day.

Our next big event will be the **Summer Fair** and we would really like to pull together a small team of people to brainstorm ideas, make plans and perhaps even come up with something new. Please get in touch if you'd like to be involved. With the fair being a Saturday this year it could open up opportunities that aren't available on a weekday.

Pre-loved uniform stock is aplenty! Please get in touch if you need anything.

Word of the Week

Whiffler (noun)

A person who frequently shifts
opinion or course

House Point Totals this week:


1 st :	CELTS:	252
2 nd :	NORMANS	241
3 rd :	SAXONS:	219
4 th :	BRITONS:	186

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)	Chicken and Cheddar Cobbler Pie	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)	Chicken and Cheddar Cobbler Pie	Traditional lasagne	Homemade fishcakes
MAIN (VEGAN & VEG)	Sliced peppers, sweetcorn and olive wholemeal pizzas	Veggie balls with a tomato sauce (with hidden veg)	Chicken Cobbler Pie	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	Champ potatoes Steamed cabbage Irish Soda Bread	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	Irish Cream and Chocolate Cheesecake	Tropical fresh fruit salad	Friday Treat Homemade white chocolate cookie
AFTERNOON SNACK	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

Monday

Paul Gunter		Music Rom	Barry Worley		Practice Room
Drums			Guitar		
Monday 18th March			Monday 18th March		
8.30am			11.00am		
9.00am	Ben S		11.30am	Roman B-C	
9.30am	Elliott S		12.00pm	Oscar K	
10.00am	Harry A		12.30pm	Elliott S	
10.30am			1.00pm	Pasha D	
10.45am	Pippa W		1.20pm		
11.15am	Mae C		1.30pm	Max B	
11.45am	Dylan C	2.00pm	Lucas B		
12.15pm		2.30pm	Jasper D		



	Sophia Liu	Practice Room
	Piano	
	Monday 18th March	
8.15am	Ryley G	
8.45am	Sophia S	
9.15am	Zara H	
9.45am	Pasha S	
10.15am	Elodie G	
10.45am		
11.30am		

	Dom Smith	Drama Studio
	Flute	
	Friday 22nd March	
8.15am		
8.45am	Francesca G	
9.15am		

Tuesday

Sarah Leeves		Music Room	Natalie Mason		Practice Room
Brass			Voice		
Tuesday 19th March			Tuesday 19th March		
9.15am		8.15am	Sofia B-B		
9.45am	Damian B	8.45am	Tilly R-C		
10.15am	Autumn S	9.15am	Francesca G		
10.45am		9.45am	Hunter L		
11.00am	Jasper D	10.15am	Zoya G-H		
11.30am	Lana G	10.45am	Eithne N-W		
12.00pm	Oscar W	11.15am	Amalie S		
12.30pm	Max B	11.45am	Constance D-F		
1.00pm		12.15pm			
1.30pm	Brass Band	12.40pm	Ameera M		
2.00pm	Daniel B	1.10pm	Sia S		
2.30pm	Emily E	1.40pm			
3.00pm		2.10pm			
3.30pm		2.40pm			
		3.10pm			
		3.30pm			
		3.40pm			
		4.10pm			

				We	
	Sarah Davison	Drama Studio		Simi Fyles	Practice Room
	Cello			Voice	
	Tuesday 19th March			Wednesday 20th March	
10.15am	Sebastian F		8.00am		
10.45am	Helena P		8.30am		
11.15am	Jasper S		9.00am	William J	
11.45am	Sam W-B		9.30am	Jessica W	
12.15pm	India G		10.00am	Maisie C	
12.45pm		10.30am			
		11.00am	Elodie G		
		11.30am	Peaches C		
		12.00pm			
		12.30pm			
		1.00pm			
		1.30pm			
		2.00pm			
		2.30pm			
		3.00pm			
		3.30pm			

Wednesday

	Elizabeth Hosford
	Piano
	Wednesday 20th March
8.00am	
8.30am	Francesca G
9.00am	Sia S
9.30am	Cleo S
10.00am	Orlando B
10.30am	
10.45am	Eileen C
11.15am	Rupert W
11.45am	Autumn S
12.15pm	Alex B
12.45pm	Jasper D
1.15pm	
1.45pm	Primrose G
2.15pm	Isla L
2.45pm	
3.15pm	

Drama Studio

Thursday

	Elizabeth Hosford
	Piano
	Thursday 21st March
8.00am	Lana G
8.30am	Tilly R-C
9.00am	Millie P
9.30am	Oscar W
10.00am	Rosie E
10.30am	
10.45am	
11.15am	
11.45am	
12.15pm	
12.45pm	
1.15pm	
1.45pm	
2.15pm	
3.15pm	

Drama Studio

Thursday

Lucy Ballard		Keyboard Room	Rob Campkin		Practice Room
Clarinet & Saxophone			Violin & Piano		
Thursday 21st March			Thursday 21st March		
8.15am			8.00am		
8.45am		8.30am			
9.15am	NO LESSONS	9.00am			
9.45am		9.30am	Rory B		
10.15am		10.00am	Grace T		
		10.30am			
		11.00am	Harry C		
		11.30am	Chloe B		
		12.00pm	Madhavan R		
		12.30pm			
		1.00pm	Emily A		
		1.30pm	Hunter L		
		2.00pm	Miles C		
		2.30pm	William J		
		3.00pm			
		3.45pm	Peaches C		
		4.15pm	Adiella I		

Friday

Drama Studio		Keyboard Room	
	Dom Smith		Rob Campkin
	Flute		Violin & Piano
	Friday 22nd March		Friday 22nd March
8.15am		8.00am	
8.45am	Francesca G	8.30am	Max C
9.15am		9.00am	Matthew S
		9.30am	Reeve E
		10.00am	Florence W
		10.30am	Hamish B
		11.00am	Emily T
		11.30am	Rishita M
		12.00pm	Frances M
		12.30pm	Amina K
		1.00pm	
		1.30pm	
		2.00pm	
		2.30pm	
		3.00pm	

	Barry Worley	Practice Room
	Guitar	
	Friday 22nd March	
8.00am	Lochie S	
8.30am	Reeve E	
9.00am	Rock Band	
9.30am	Guitar Rock Prep Band	
10.00am	Ethan S	
10.30am	Ralph E	
11.00am	Amalie S	
11.30am	Toby S	
12.00pm	Beau E	
12.30pm	Freddie B	
1.00pm		
1.30pm	Orson W	
2.00pm	Rory G	
2.30pm		
3.00pm		
3.30pm		
4.00pm		



Wellbeing News

Spring Issue 2 23/24



Firstly, we would like to wish you all a happy Spring break. It's a fantastic time to spend with family, friends and loved ones, so make sure you take the opportunity to have fun and make memories together. With the weather getting sunnier, this break offers a brilliant chance to get involved in nature. Explore your local parks, go for walks, or even have a picnic - the possibilities are endless! Nature provides a wealth of benefits for our wellbeing, and we hope you can take advantage of this by enjoying outdoor activities together. We look forward to seeing you rested and ready for the Summer Term in a few weeks' time.

Jeff and Nugget



Ask yourself

What can I do to be kind today?

Peaceful picture



Look out for the colour of spring and summer – it's on its way!

Five ways to wellbeing



Connect: Play some games with your family or friends, have a go at 'Would you rather'.

Be active: Spend some time outside – at least 60 minutes of fresh air can make you feel alert and is good for your wellbeing.

Keep learning: Keep reading! We are constantly learning when we are reading, and it's fun.

Give: Smile at people. Giving a smile can make someone's day so much brighter.

Take notice: Notice if you are tired, take a break from homework, screen time and look after your wellbeing.

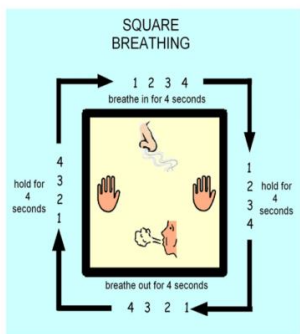
Affirmation

I always have choices

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

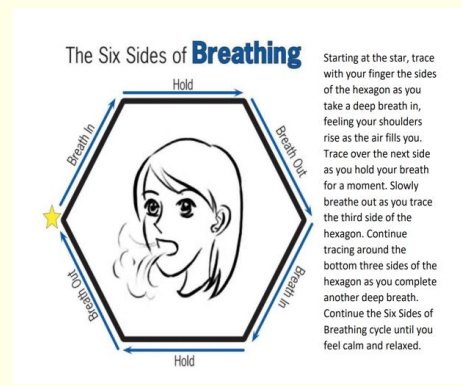
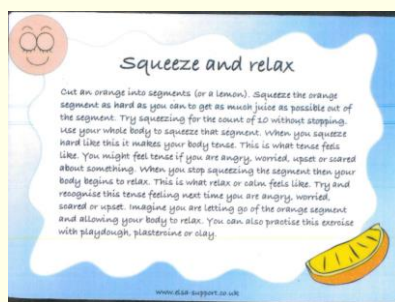
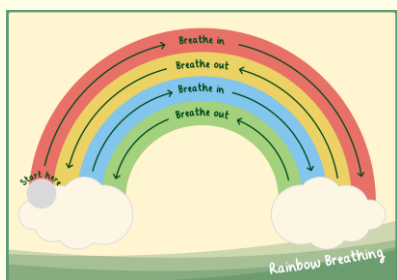
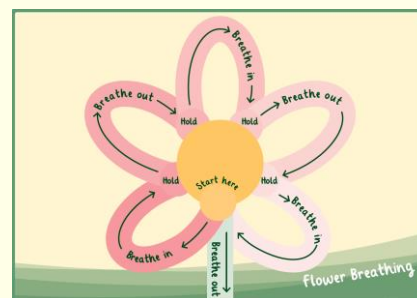
Zones of Regulation

The Zones can help you understand, recognise, validate and accept your emotions and learn skills to help you manage your feelings. By using regulation tools, you can attempt to calm yourselves independently. Here are some we have been learning, have a go at practicing over the holidays.



Tap Tap
Cross your arms over your shoulder or knees and tap them rhythmically whilst counting your breaths in and out

1 2 3



If you need to talk to someone, find a trusted adult or friend and be brave.

THE MIX

FREEPHONE 0808 808 4994

www.themix.org.uk

shout

85258

here for you 24/7



Local activities over Spring

With the weather turning warmer and hopefully sunshine on its way, what's better than time off school and some fun activities to do with family and friends. Here are a few that are going on in the local area.

Arundel castle is hosting its **Easter Medieval Festival** from Good Friday – Easter Sunday. Step back in time to 1216 and experience King John and his loyal followers battling to fend off an invasion from France.



Join an Easter Egg Trail around the **Weald and Downland Museum's** 40-acre site, running from Tuesday 2 - Sunday 14 April. Watch the bakers demonstrate their skills in the historic bakehouse over the Easter weekend and enjoy freshly baked traditional Hot Cross Buns. Try out the 'have a go' activities around the museum each day. <https://www.wealddown.co.uk/events/easter-holiday-activities/>



The National Trust provides lots family-friendly activities From Easter egg hunts to spring crafts, wildlife investigations and activities, you can join Bertram Bunny on a fantasy 'Easter Island' story trail at **Borde Hill**. Or head to **Wakehurst Place** and join Bluey and her family as they take over the gardens. With play zones across the landscape, and different activities inspired by the well-loved Bluey.

Puzzle time



SPRING

1. A spring month.
2. A spring flower.
3. The young of a chicken.
4. A colour of spring.
5. A young rabbit.
6. A flower especially of a fruit tree.
7. Plants that have narrow green leaves, that are eaten by cows, sheep, horses etc.
8. The fifth month of the year.
9. To come out of an egg.
10. See picture.
11. A rounded part of a plant that is under the ground and that grows into a new plant during the growing season.
12. A baby goat.
13. The place where a bird lays its eggs.
14. See picture.
15. Spring, winter, summer, fall
16. What snow does in spring.
17. When the sun shines.
18. A long, thin animal that has a soft body with no legs or bones. It lives in the ground.
19. An indoor or outdoor spring activity.
20. To stop being frozen.
21. A baby sheep.
22. A small part that grows on a plant and develops into a flower, leaf, or new branch.
23. A baby horse.



Spring Word Search

N	B	I	Z	D	A	F	F	O	D	I	L	M	E	L	T
M	Q	L	F	F	N	M	W	A	K	E	U	P	N	V	Q
L	J	D	O	L	V	C	O	Q	A	P	R	I	L	W	C
P	L	O	W	O	T	H	L	T	B	H	X	K	A	B	N
G	P	T	F	W	M	E	M	C	H	E	S	Y	D	T	V
R	I	U	B	E	A	R	N	P	B	E	A	H	K	V	V
O	A	L	U	R	H	R	C	K	V	D	R	S	Y	T	G
W	V	I	D	C	R	Y	H	A	S	L	L	S	T	P	V
G	F	P	I	T	E	B	E	L	S	B	F	M	D	E	D
R	Y	F	N	N	C	L	O	C	S	P	A	M	R	A	R
M	W	A	U	Z	W	O	R	L	I	O	R	S	F	N	Y
W	L	J	E	E	F	S	O	I	J	T	M	O	T	K	X
P	A	M	N	L	Z	S	G	Z	L	H	E	Q	U	X	E
F	K	R	I	C	R	O	P	S	J	A	R	R	T	I	
R	Q	R	M	S	O	M	F	R	D	W	S	A	J	A	N
C	P	Y	D	S	E	A	R	T	H	D	A	Y	H	R	H
A	B	U	D	D	H	A	S	B	I	R	T	H	D	A	Y
T	S	E	E	D	R	S	H	O	W	E	R	M	A	Y	N

Find the words below in the grid to the right:

April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm

And finally...

Whether big or small, showing acts of kindness can really make a difference in someone's day. So, let's make kindness a priority during this holiday time.

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown ebrown@lancing.org.uk



**YOU ARE INVITED TO OUR
NURSERY/PRE-SCHOOL AND PRE-PREP**

Spring Assembly

WEDNESDAY 20 MARCH

REFRESHMENTS: 9:00 AM

STARTS: 9.30AM

SCHOOL HALL



Lancing Prep Worthing

A Lancing College Preparatory School



YOU ARE INVITED TO OUR

Prep Spring Service

FRIDAY **22** MARCH

3 PM

SCHOOL HALL



Lancing Prep Worthing

A Lancing College Preparatory School