



## The Week Ahead ...

### Monday 29 April

09.00-11.00 Perform for Schools Workshops for Nursery - Year 2, Hall

### Tuesday 30 April

Whole Day High School Musical Rehearsal, Drama Studio

### Wednesday 1 May

10.00-13.00 Year 5 Trip to Worthing Library

14.15 Cricket Mixed-U13A and B vs Pennthorpe @ Lancing College. **Return 17.15**

14.15 Cricket Mixed-U13C and D vs Pennthorpe (A). **Return 17.15**

14.15 Cricket Mixed-U11A vs Windlesham School (H). **Pick up 16.15**

### Thursday 2 May

14.15 Cricket Mixed-U9A, B, C and D vs Pennthorpe (A). **Return 17.15**

### Friday 3 May

14.00-15.00 House Afternoon

## LPWA Notices

### Dates for the diary:

**Uniform Sale** – Friday 17<sup>th</sup> May

**Summer Fair** – Saturday 15<sup>th</sup> June

**Bannister Mile** – 4<sup>th</sup> June – If you are able to help at this event, please get in touch

## Word of the Week

### Cataclysm (noun)

A violent upheaval, especially one of a social or political nature

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

And our sports calendar

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

(Team sheet password lpw123)

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# Lancing Prep Worthing

## A Lancing College Preparatory School

News Bulletin

26 April 2024

### Jolf Day

Children in Years 2-7 had a fantastic time at our JOLF day on Monday. They learnt the basics of golf on a six-hole course set up on our school field for the day. They encountered obstacles shaped as sand, water and trees. One child from each year group received a 'Golden Golf Ball' for their valiant efforts and excellent behaviour. Thanks to our wonderful LPWA who funded the event and do so much to enhance our pupils' experience at school.





## School News

### National Shakespeare Day

On Tuesday 23rd April, pupils celebrated National Shakespeare Day by performing the great bard's work aloud. Pupils in Years 7 and 8 burst into classrooms (thank you to all our accommodating teachers) and read love sonnets to a wide variety of audiences, which included: siblings, best friends, teachers, and—even at one point—Jeff and Nugget!

Our drama scholars relished the opportunity to share their recent audition pieces with appreciative audiences. I will remember for a very long time the giggles in reception as Devon S explained that he had 'woken up as a donkey' and his character was called Nick Bottom!

Jessica and Unaysah's performances were wonderful; we all stopped for a moment to appreciate not only how talented our pupils are but also how their confidence and love of learning shine through at moments like these.

Lexi chose to support her friends by introducing their Shakespearean performances, such as the 'Shakespeare Smackdown' insult poem, read by Phoebe and Devon.

Shakespeare's witches (from the Scottish play) were performed by the boys in Year 8 and the girls in Year 7. It was a delight to hear their varying interpretations.

Our pupils performed a wide range of extracts from the master's most popular works: Alas, poor Yorick... to be, or not to be, The Seven Ages of Man, and 'if we shadows have offended.'

An optional enrichment challenge invited pupils to dress as William Shakespeare; special commendations must be made to Harry, William, Abhimanyu, Bertie, and Oscar. Harry's bald wig and William's ruff made from coffee filters were a joy!

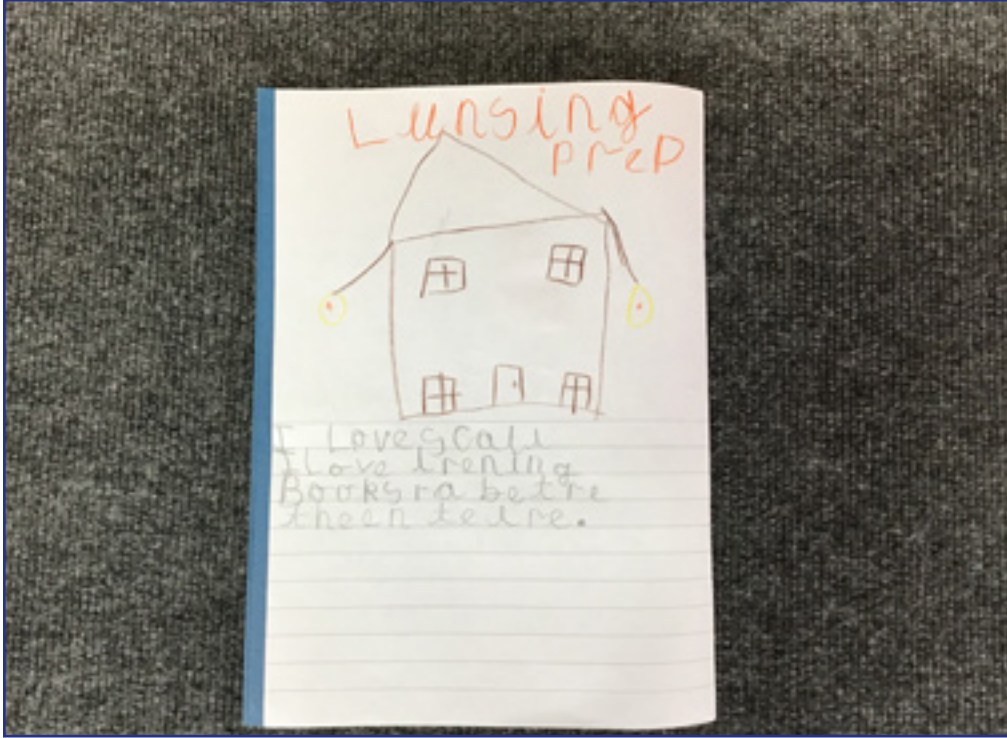
All pupils threw themselves into the day with gusto; we would like to think that the bard would be happy to see the enthusiasm from our performers and audiences.





### Reception pupil believes books are better than TV!

One of our Reception children has independently written about how much they love their school and how books are better than television!



### Times Tables Rock Stars Battle

Congratulations to Year 4, who won the Times Tables Rock Stars Battle that was set over Easter. They enjoyed a treat of Times Table biscuits to celebrate. Special congratulations to Madhavan R, who came in overall first place, Harry A in second place, and Cody M in third. Well done to everyone who took part.



### 4K caring for the school guinea pigs

4K have loved their first week back at school looking after the guinea pigs. They have taken great care to feed and water them, whilst ensuring they have copious amounts of cuddles too! Jeff and Nugget have been on many adventures now – staying with our families for weekends and holidays. If you would like to take them for the weekend or for some or all of a school holiday, please get in touch.



### Year 5 Space fun

Year 5 had fun designing a moon habitat collaboratively, thinking about what they would need to live in such a dwelling. Here are the end results.



### Year 6 Science Challenge

A group of randomly selected Year 6 pupils took part in the annual Lancing College Science Challenge on Tuesday 23rd April.

Our pupils were placed into working groups, with children from a number of other Prep schools, in order to investigate and explore a number of concepts across Biology, Chemistry and Physics.

The challenges set on the day involved microscopy, biological drawings, chemical reactions, titration, investigation of forces affecting structures and streamlining. The children also had to demonstrate sound knowledge and understanding of various topics, in order to answer written questions accurately.

Well done to all the pupils who took part.



### Year 7 Computing

In Computing lessons, our Year 7 pupils enjoyed their first introduction to the Micro:bit computers. They enjoyed creating some algorithms with messages and pictures on, then transferred the codes over to the Micro:bits.!





**Lancing Prep wins bronze award at the Pearson National Teaching Awards!**

We are thrilled to announce that Lancing Prep Worthing's fantastic EYFS team: Emma Stephens, Cynthia Flower, Emma Street, Maria Perryman, Rebecca van Zanten and Mia Coggin, have been awarded the Bronze Award in the Pearson National Teaching Awards for the 'Early Years Team of the Year'.

This award recognises the EYFS team's dedication and impact on learners and colleagues within our community, as well as on the profession as a whole.

At Lancing Prep Worthing, the dedicated and passionate team is committed to providing the best possible education and care for children in light and beautiful learning spaces designed to inspire curiosity, creativity, and exploration. The EYFS team knows that every child is unique and that they develop and learn in different ways. They develop positive relationships with every child to ensure that they bring out the very best in every pupil. The team should feel an enormous amount of pride in being acknowledged by their peers.



**Lancing College Annual Dance Show**

LPW's Dance Club took part in the annual Lancing College Dance Show this week. Children in Years 1 and 2 performed a fantastic routine using a piece of music from the film 'Trolls', and the Year 3 and 4 children produced two fantastic dance routines.

All the children at the show had worked very hard over the past few months, and we were delighted to be involved in such a wonderful show over two nights, which also showcased dance performances by the children at Lancing College.

It was an engaging and exciting experience for all the children involved.



**Current Affairs Club**

Each week in the Current Affairs Club, pupils read the broadsheet newspapers. This week, children read The Times. They discussed current affairs and sharpened up their critical thinking skills. Many enjoy listening to music as they read. This time it was Taylor Swift's Love Story in honour of National Shakespeare Day.



**Keeping Safe**

Children in Years 5 and 6 were fortunate to be visited by PSCO Chris Marsden, who shared with them tips for staying safe both online and in person. It was informative, and the children listened and interacted with maturity. Here is what some of the pupils thought.

"I had no idea what age restrictions were on the apps he showed on the board—it really made me think!" Elliott

"I can't believe you can be arrested at 10!" Ben and Charlotte

"It was a really good talk and made me think about being an upstander and reporting online!" Rudy



**Healthy eating assembly**

In our assembly on Monday, we welcomed Lauren Morley. She spoke to the children about the importance of healthy eating and how the foods that we eat can both positively and negatively impact our health and wellbeing. The children had lots of brilliant questions and our Food Committee had a special photograph with her.





## School News

### Bannister Mile

On Tuesday 4 June, our Year 3-8 pupils are heading to Broadwater Green for this year's Bannister Mile Run. They will be raising money for Worthing Mencap, and are aiming to raise £800 for this great cause. If you would like to show your support on the day, please join the Lancing Prep Worthing community at Broadwater Green from 2-3pm, or to donate, please visit: <https://buff.ly/442ILnx>



## Well Done

Well done to Lana G and Primrose G for creating some traditional French homemade snacks over Easter from a recipe book written entirely in French. They look delicious!



Over the Easter Holidays, Skantha N-R was invited to participate in the Girls U11 national final's EPSCA chess competition at Oxford.

Skantha participated and won one round out of three, and the overall Sussex team came in fifth this year. Well done!



Well done to Magnus D, who completed the 'Romero Rave Run', a 1-mile fun run held at Oscar Romero School in Goring for children aged 3-12.

Magnus did extremely well, ran the whole distance without stopping, and finished in the top third of runners.



Well done to Jonathan, Freddie, Harry, Oscar, and Ryley, who were selected for a team of 11 from Worthing Hockey Club to play in the boys U12 Ron Easton Final tournament on Sunday. The team placed third in Sussex. The LPW boys were instrumental in the team's success.



Congratulations to Adiella I, who recently achieved a certificate for swimming 100 metres in her swim class.



## Pre-Prep Head Teacher Awards from 16 04 24

Reception	
Hugo C	for his super writing about his holiday.
Daisy C	for her fabulous writing during a role play activity.
Rafferty D	for his excellent counting and number recognition above 10.
Nadine F	for her excellent counting and number recognition above 10.
Charlotte J	for her super writing about her holiday.
Jake L-B	for showing an excellent understanding of the Past and Present.
Savannah P	for her superb Batman model.
Amber S	for her super progress with her reading.
Year 1	
Hugo H	for making new friends and writing a super instruction text on how to plant a bean seed.
Daisy M	for her writing of descriptive instructions on how to plant a bean seed and making lots of new friends.
Jacob M	for being a resilient ruler writing a long list of rhyming words in English.
Aria P-T	for her outstanding effort with writing and attitude to learning.
Emily S-Y	for taking time and presenting her work beautifully.
Year 2	
Toby C	for his neat editing.
Aniket D	for his complete engagement in our Jolf session.
Andre M	for having a brilliant week and super spelling results!
Sienna S	for being a lovely addition to the class.
Grace T	for her hard work on plurals.
Rupert W	for knowing Kenya used to be a colony.



Year 4	
Hamish B	for crafting a fantastic and humorous detailed character description.
Maxwell C	for crafting a fantastically creative dragon character description.
Maisie C	for crafting a fantastic description of her dragon including lots of ambitious adjectives.
Clementine C-D	for being adventurous with her task and creating a new character supported by the use of AI.
Emily E	for being independent with her homework task and creating a humorous detailed character description.
Adelaide P	for independently creating a story starter which included lots of ambitious vocabulary.
Sofia S	for being adventurous with her English homework and creating a detailed character description.
Sia S	for being persistent and focused by creating an incredibly detailed character with a super description.
Year 5	
Peaches C	for her hard work on creating a rainforest in a shoebox which clearly shows the layers of a rainforest and the animals which would live there.
Esmee-Lily M	for her hard work on creating a rainforest in a shoebox which shows the different layers of a rainforest.
Pippa W	for her hard work on creating a rainforest in a shoebox which shows the layers of a rainforest and information about the animals which would live there.
Year 6	
Jack B	for being an adventurous learner and going to the opera in Worthing!
Year 7	
Maximilian B	for his outstanding performance on National Shakespeare Day: The Seven Stages of Man.
Harry C	for delving deeper on National Shakespeare Day and becoming the bard, bald wig and all.
Jonathan C	for delving deeper on National Shakespeare Day and being Yorick's Skull.
Beatrice D	for delving deeper on National Shakespeare Day and becoming Juliet.
Oscar E	for delving deeper on National Shakespeare Day and becoming the bard.
Ryley G	for his outstanding performance on National Shakespeare Day.
Tobias G	for his outstanding performance on National Shakespeare Day.
Abhimanyu K	for delving deeper on National Shakespeare Day and becoming the bard.
William P	for delving deeper on National Shakespeare Day and becoming the bard, with a ruff made from coffee filters!
Year 8	
Phoebe B	for her outstanding performance on National Shakespeare Day: Insult Poem.
Jessica B	for her outstanding performance on National Shakespeare Day.
Bertie F	for delving deeper on National Shakespeare Day and becoming the bard.

Unaysah K	for her outstanding performance on National Shakespeare Day.
Lexi P	for an outstanding performance on National Shakespeare Day.
Devon S	for his outstanding performance on National Shakespeare Day which made Reception giggle.
Yuvraj S	for his outstanding performance on National Shakespeare Day: reading sonnets to Jeff and Nugget.

### Warhammer: The Alliance!

Spring is in the air, and with it comes a raft of new and exciting extra-curricular activities and clubs for the children at LPW.

Mr Grimshaw's new club: WARHAMMER: THE ALLIANCE! had its first meeting, and it's safe to say the pupils loved learning about the history of the factions and putting their creative skills to work.

An exciting adventure begins.



### World Art Day

At Lancing Prep Worthing, we encourage all our pupils to enjoy and take pleasure in the creative process. Children develop confident and enthusiastic attitudes towards art by encouraging a sense of achievement, fostering a love for learning and creativity.



### House Points

The House Point totals are in.  
Congratulations Normans for topping the leaderboard!

<b>Normans</b>	<b>107</b>
<b>Saxons</b>	<b>85</b>
<b>Celts</b>	<b>66</b>
<b>Britons</b>	<b>48</b>

**Love Learning  
Be Kind**

**Go out into the World and Do Good**

SUMMER 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	Spaghetti bolognese (with hidden veggies)	Homemade spring onion and tuna 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 spaghetti bolognese	Homemade spring onion and tuna 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	Butternut squash and red lentil bolognese	Roasted vegetable and lentil burrito with chilli dipping sauce
<b>SIDE ORDERS</b>	Pizza toppings of sweetcorn, mixed peppers, mushrooms, carrot	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	Lemon cheesecake	Tropical fresh fruit salad	<b>Friday Treat</b> Homemade white chocolate cookie
<b>AFTERNOON SNACK</b>	Cheese and grapes Fresh fruit	Pitta bread pizza Fresh fruit	Carrot and sultana 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 29th April			Monday 29th April		
8.30am	Rex R		11.00am	Daisy M	
9.00am	Ben S		11.30am	Oscar K	
9.30am	Dylan C		12.00pm	Lucas B	
10.00am	Pippa W		12.30pm	Jasper D	
10.30am	Mae C		1.00pm	Pasha D	
11.00am	Amina K		1.20pm		
11.30am	Elliott S		1.30pm	Max B	
12.00pm			2.00pm	Tom E-B	
12.30pm	Harry A		2.30pm	Elliott S	
1.00pm	Theo K				





	Sophia Liu
	Piano
	Monday 29th April
8.15am	Ryley G
8.45am	Sophia S
9.15am	Clementine C-D
9.45am	Zara H
10.15am	Pasha S
10.45am	Elodie G
11.30am	

Practice Room

	Sarah Leeves
	Brass
	Tuesday 30th April
9.15am	
9.45am	Autumn S
10.15am	Jasper D
10.45am	
11.00am	Oscar E
11.30am	Lana G
12.00pm	Max B
12.30pm	Daniel B
1.00pm	
1.30pm	Emily E
2.00pm	Oscar W
2.30pm	Freddie B
3.00pm	Damian B
3.30pm	Brass Band

Music Room



## Tuesday

Natalie Mason		Practice Room	Sarah Davison		Drama Studio
Voice			Cello		
Tuesday 30th April			Tuesday 30th April		
8.15am	Tilly R-C		10.15am	Sebastian F	
8.45am	Eva M		10.45am	India G	
9.15am	Amalie S		11.15am	Jasper S	
9.45am			11.45am	Helena P	
10.15am	Rex R		12.15pm	Sam W-B	
10.45am	Constance D-F		12.45pm		
11.15am	Sofia B-B				
11.45am	Eithne N-W				
12.15pm					
12.40pm	Ameera M				
1.10pm	Sia S				
1.40pm	Hunter L				
2.10pm	Barney T				
2.40pm	Francesca G				
3.10pm	Zoya G-H				
3.30pm					
3.40pm	Unaysah K				
4.10pm	Jessica B				



## Wednesday

Simi Fyles		Elizabeth Hosford	
Voice		Piano	
Wednesday 1st May		Wednesday 1st May	
8.00am	Ruby H	8.00am	
8.30am	Lucas B	8.30am	Max B
9.00am	William B	9.00am	Harry C
9.30am	Peaches C	9.30am	Isla L
10.00am	Phoebe B	10.00am	Orlando B
10.30am	Leila F	10.30am	
11.00am	Lexi P	10.45am	Cleo S
11.30am	Beatrice D	11.15am	Eileen C
12.00pm	Max B	11.45am	Jonathan C
12.30pm	Elodie G	12.15pm	
1.00pm		12.45pm	Rosie E
1.30pm	Maisie C	1.15pm	Sia S
2.00pm	William J	1.45pm	Rupert W
2.30pm	Jessica W		
3.00pm			
3.30pm			

Practice Room

Drama Studio



## Thursday

Elizabeth Hosford		Drama Studio	Lucy Ballard		Keyboard Room
Piano			Clarinet & Saxophone		
Thursday 2nd May			Thursday 2nd May		
8.00am	Lana G		7.45am	Ruby H	
8.30am	Lucas K		8.15am	Jonathan C	
9.00am	Rex R		8.45am	Esmee M	
9.30am	Freddie B		9.15am	Vivian B	
10.00am	Primrose G		10.15am		
10.30am					
10.45am	Millie P				
11.15am	Francesca G				
11.45am	Autumn S				
12.15pm	Jasper D				
12.45pm					
1.15pm	Tilly R-C				
1.45pm	Oscar W				
2.15pm					





	Rob Campkin
	Violin & Piano
	Thursday 2nd May
8.00am	Joshua C
8.30am	Skantha N
9.00am	Chloe B
9.30am	Harry C
10.00am	Madhavan R
10.30am	Max M
11.00am	Max M
11.30am	Miles C
12.00pm	Max C
12.30pm	
1.015pm	Emily A
1.45pm	Hunter L
2.15pm	Rory B
2.45pm	Grace T
3.15pm	William J
3.45pm	
4.15pm	Adiella I

Practice Room

	Dom Smith
	Flute
	Friday 3rd May
8.15am	Kimberley L
8.45am	Francesca G
9.15am	

Drama Studio



## Friday

Rob Campkin		Keyboard Room	Barry Worley		Practice Room
Violin & Piano			Guitar		
Friday 3rd May			Friday 3rd May		
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	Hamish B	10.00am	Barney T		
10.30am	Reeve E	10.30am	Ralph E		
11.00am	Florence W	11.00am	Freddie B		
11.30am	Frances M	11.30am	Ethan S		
12.00pm	Amina K	12.00pm	Beau E		
12.30pm	Ata K	12.30pm			
1.00pm		1.00pm	Rock Band		
1.30pm	Bertie F	1.30pm	Guitar Rock Prep Band		
2.00pm	Matthew S D S	2.00pm	Amalie S		
2.30pm		2.30pm	Reeve E		
		3.00pm	Max M		
		3.30pm	Rory G		
		4.00pm	Orson W		





Lancing Prep  
Worthing

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# A Parent's Guide: Zones of Regulation

Emily Brown and Emma Street



# Our thoughts behind adopting this approach

PSHEE Curriculum



Elsa Support sessions



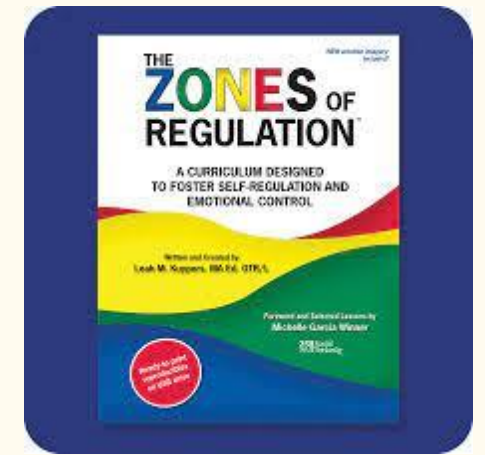
Assemblies and speakers promoting positive mental health

Form time check ins





# The Zones of Regulation – What is it?



- Internationally renowned intervention By Leah Kypers
- Self-regulation can go by many names such as ‘emotional regulation’, ‘self-control’, ‘impulse management’ and ‘self-management’.
- Self-regulation is best described as the best state of alertness for a situation,
- The Zones of Regulation aims to teach children strategies

# A whole school approach





# Zones of Regulation



Emotions



Energy Levels



Moods and alertness



Regulated state

Recognise

Validate

Accept

Manage



# The Four Zones

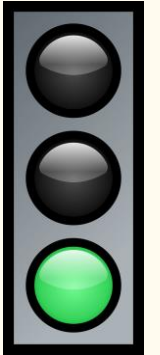
## Blue Zone

Your body is running slow, such as when your body is unwell, tired, bored, sad or depressed.



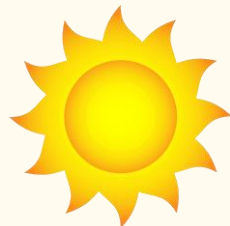
## Green Zone

Think of the green light, you're good to go. If you are in the green zone, you may feel happy, calm, focused and generally ok. The optimum level to learn.



## Yellow Zone

When entering the yellow zone proceed with caution and slow down. This zone describes when you start to lose control, with feelings such as frustration, silliness, worried, wriggly, anxious.























## Red Zone

The red zone is for extreme emotions; excitement, elation, terror, anger, aggression. When you are in the red zone you are out of control, will have trouble making good decisions and must stop and notice *Fight, flight, freeze.*





# LPW Zone Poster

<p><b>Blue Zone</b> Running slow</p> 	<p><b>Green Zone</b> Good to go</p> 	<p><b>Yellow Zone</b> Caution</p> 	<p><b>Red Zone</b> Stop</p> 
   	   	   	   
<p>Sad Poorly Sleepy Bored Moving slowly Tired</p>	<p>Happy Calm Feeling okay Focused Relaxed Ready to learn.</p>	<p>Frustrated Worried Silly/wiggly Embarrassed Nervous Enthusiastic / Excited Distracted</p>	<p>Angry Energetic Excited Scared Grumpy</p>

# What the children have learnt so far

- The 4 Zones
- Perception and perspective
- Expected and unexpected behaviours
- Reflecting on our own Zones and the impact it has on others
- Recognising signs and symptoms
- Identifying triggers
- Individuals may have different Zones that are their 'normal' and that's okay



**Blue zone-** low state of alertness and down feelings.

**Green zone-** calm, content, focused.

**Yellow zone-** heightened state of alertness

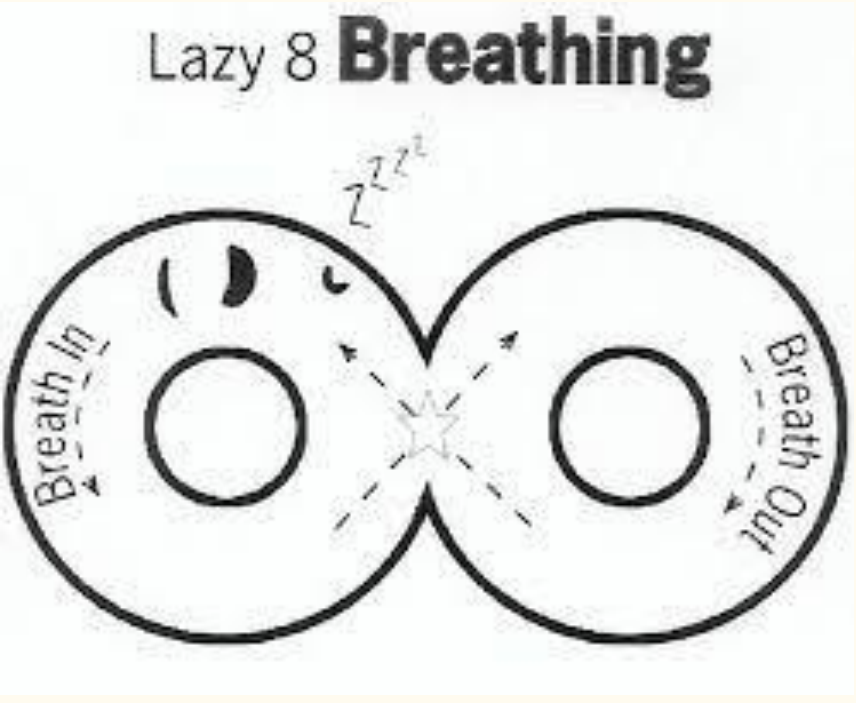
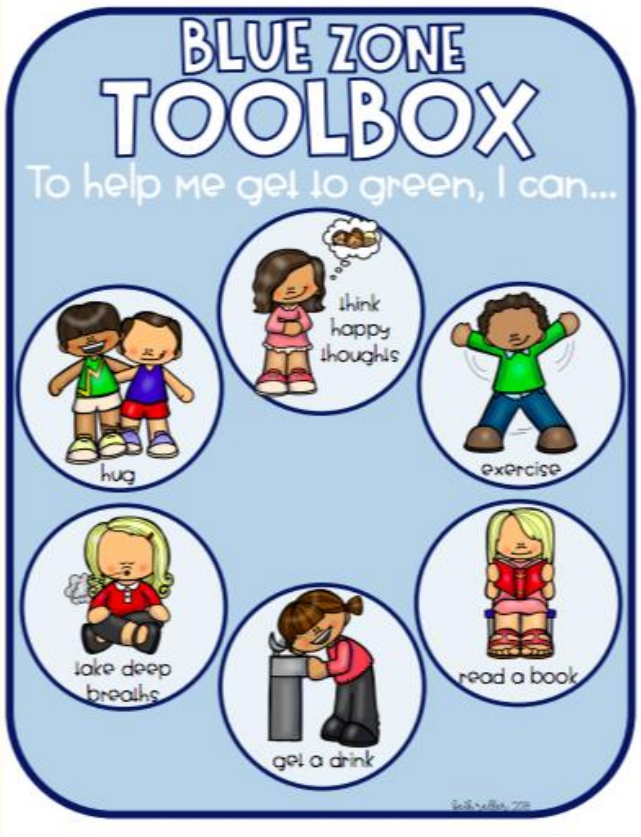
**Red zone-** extremely high energy and intense overwhelming feelings.



# Keyrings and Toolboxes



Check in keyrings



# How can you help your child use The Zones of Regulation at home?

Learn the vocabulary and the language surrounding the Zones of regulation

Try and be open to communication and talking about emotions with your children

Encourage your child to teach you some of the 'tools' they have learnt to manage their emotions.

Identify your own feelings using Zones language in front of your child.

Remembering we are all human and we all experience emotions and its natural and normal

Modelling the strategies is important to show the children how you use tools to regulate.



# Tips for practising the Zones of Regulation

- Learn the Zone language for better communication
- Know your child's triggers.
- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Be consistent in managing your child's behaviour – have clear boundaries/ routines and always follow through..
- If you are calm and relaxed, it is easier to communicate and support an angry or upset child
- Praise your child for using strategies.
- Display the Zones at home and create a 'calm' box full of things to help keep your child calm and relaxed.

# Any Questions?

If children can communicate the small worries –  
they will be more likely to come to you  
with their big worries