



Lancing Prep Hove

A Lancing College Preparatory School

Newsletter

Autumn Term | 18 November 2022

Message from Mrs Keep

November has thus far been a curious combination of looking backwards whilst also being forward-looking. No mean feat, but we love and respect our school traditions and constantly seek ways in which to improve and to innovate.

We launched our very first Mowden Cup tournament for co-ed sports teams this term and it was a joy to see these U11 footballers play with such great spirit and determination. It was lovely not only to name this brand-new competition after the original school on our site but also to have former owner and Head Master Chris Snell along to spectate and to award the cup to this term's winners from Copthorne Prep. He commented it was super to see all the teams competing with such feistiness and enthusiasm. We look forward to the U13 netball teams taking to the courts in the Spring term competition!

Our traditions continued apace with a fabulous firework display to mark bonfire night, organised by the LPH PTA and a fine time was had by all. There was even a brief break in the daily deluges that November has flung at us so everyone was able to enjoy the event without getting too wet in the process.

At our Remembrance service at the Church of the Good Shepherd prayers were led by our new Chaplain, Fr Justin. We were delighted that Mr Snell was able to join us there too and add his reflections to our commemoration, along with poems and stories read beautifully by the children and Mrs Ridge, our Head of History, speaking so powerfully about the ways that kindness, principles and bravery were so important during the second World War. As ever, the school turned out on 11 November to observe the two minute silence at 11am, with Mr Ellis Devitt, our peripatetic brass teacher, playing *The Last Post* and *Reveille* with great reverence and poignancy.

I cannot commend highly enough the resilience of pupils, and staff, who have withstood the elements for break times and sports fixtures (where these were possible) with cheerful, if a trifle damp, smiles. Those affected have adapted so well to the necessary room reallocations we have had to make as a result of recent high winds causing damage to a roof of one of our smaller buildings.

All in all, it's been an eventful three weeks and we can't wait to see what the second half of this term has in store for us!

Notices are on Page 15



Pre-Prep News

Pre-School

The children had a super autumnal trip to Stanmer Park. We were so lucky that the weather was for once kind to us and we were all able to enjoy our day outdoors.

The children created pictures with natural objects and used crayons to make bark rubbings. They also went for a short autumn walk and listened to a story in the fresh air. An added bonus was enjoying a picnic lunch back at forest school, which was a delight.



Pre-Prep News

Reception

From vertices to volcanos, yummy yoghurt to fires, life is never dull in Reception!

The children have not stopped for a moment. They wrote a letter to Goldilocks and created tallies for party food, but the highlight of their week was a surprise visit and party where they were able to help Goldilocks be kind, polite and a good friend.



Pre-Prep News

Year 1

The children had a stunning start to their Space topic with a trip to Herstmonceux. We braved the weather and fortunately the children were able to experience the water park without too much rain!

They learnt all about the telescopes and how they work and wowed the staff there with their planet facts, as well as soaking up more information. The children are now writing their own fact book!



The children were joined by Keeran Beeharee (Eva's dad and ex Lancing pupil) to talk to them about Diwali!

The children learnt all about the story of why and how we celebrate Diwali. The children asked some brilliant questions and learnt lots too!



Pre-Prep News

Year 2

During our English lessons we have been writing questions for Paddington Bear and then hot seating each other to find out the answers. For Elsa Pride Day, the children brought in their favourite books from home. Year Two snuggled up with some of the younger children to share their books with them.



Prep News

Year 3

The children have read the book '*Fair's Fair*' by Leon Garfield, which ties in well with our Victorians topic. It is about a street child called Jackson.

This week we waited for the awful weather on Tuesday and the children took off their jumpers, socks/tights and shoes and went into the rain to have their photos taken to have a glimmer of how Jackson might feel. We then used this as inspiration to write our own detailed accounts of 'Our life as a Street Child.'

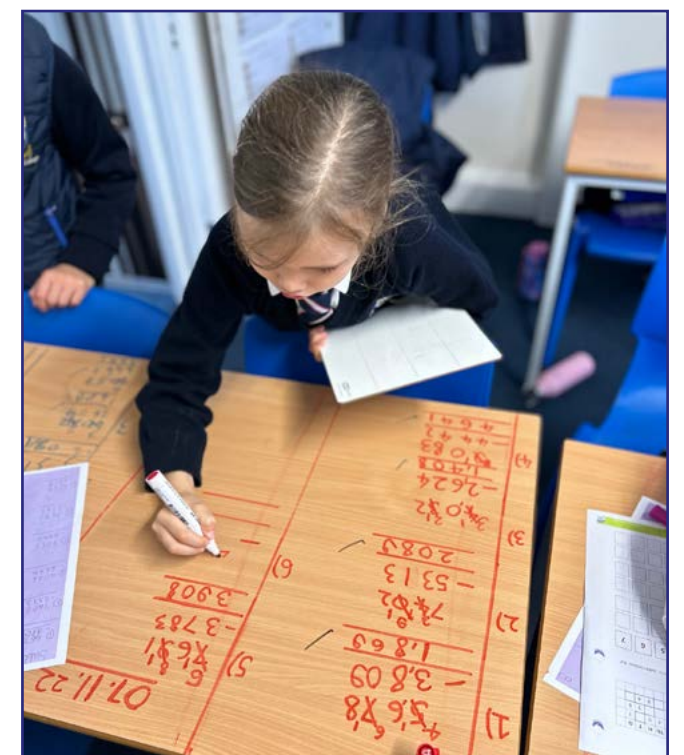
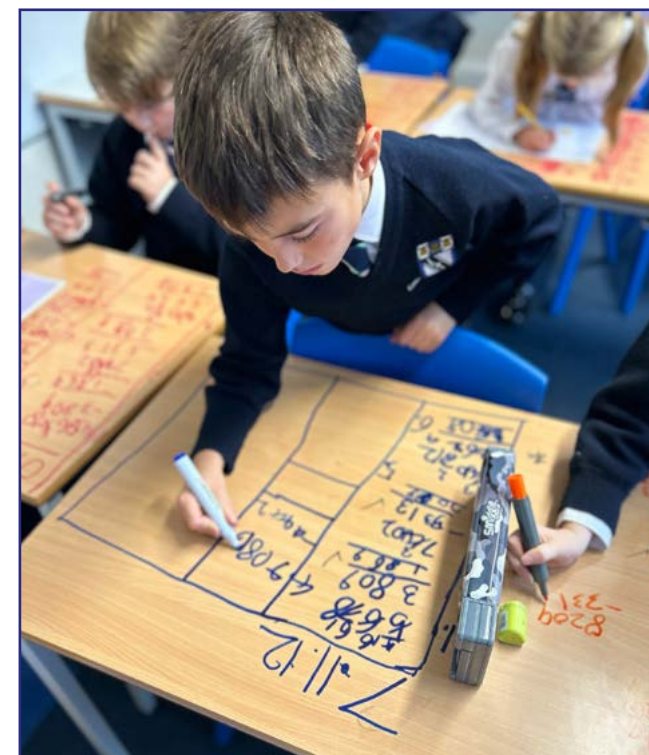
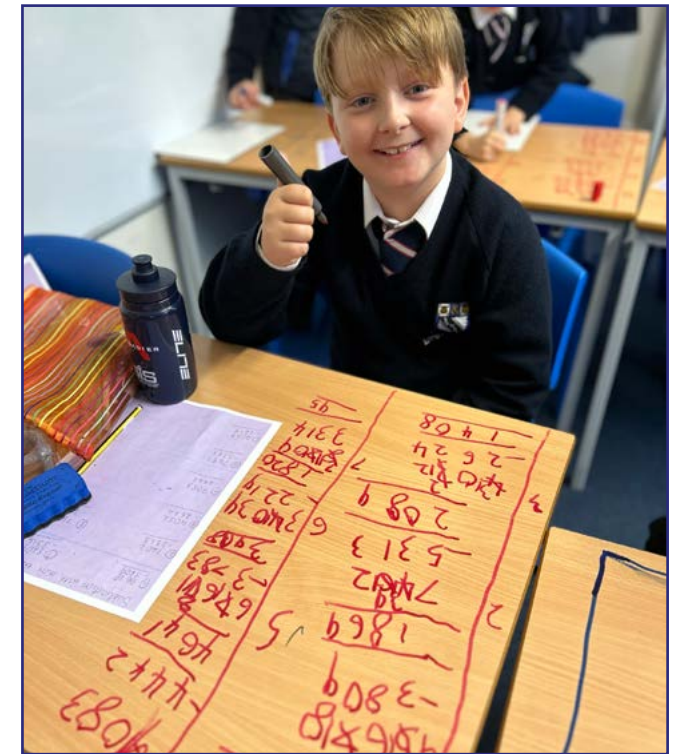


Prep News

Year 4

The children have enjoyed solving tricky subtraction calculations in a different way this week!

It's lovely to see their workings so clearly (and of course the desks in the classrooms have an easy wipe surface so it's not there permanently!).



Prep News

Year 7

The children in 7L were joined in a lesson on density this term by the Lancing College Science Ambassadors. These are all Sixth form students studying Science at A level who worked in small groups with our pupils. The Ambassadors were excellent role models for our budding scientists and helped them to carry out an experiment and stretch their knowledge.



Prep News

Year 8

Year 8 visited Wakehurst, which is run by Kew Gardens, for a science trip to support their learning in their Habitats topic this term. They found out all about the principles of coppicing in woodland management and carried out pond dipping too, recording their finds.



Gang up for Good!

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The school took a different approach towards Anti-Bullying Week this year, and instead we have rebranded our initiative 'Gang Up for Good'.

The premise was devised by students at our school, who rightly pointed out that every week should be anti-bullying. As a result, they decided that we should focus on kindness, and that is exactly what they have done!

The week started with some fun team building activities in Mrs Ridge's classroom and a fantastic debate assembly led by Mr Patterson and some Year 8 students. On Tuesday, pupils were able to make a pledge to always be kind to others, and they had their pinky fingers painted blue as a part of that.

Teachers offered a variety of activities throughout the rest of the week, from writing thank you postcards with Mrs Wheeler to seeing who can work in a team to build the biggest tower with Ms Snell, and a fantastic and memorable time was had by all.

The final initiative shared with the Prep school was based around a kindness coin. Mrs Ridge gave Mia in Year 3 a special coin to say thank you for Mia clearing all the leaves from outside the History Hut. Mia was asked to pass the coin on, and we are hopeful that by Monday of next week we will have lots of children standing up in assembly, sharing their stories of kindness and their own experiences of keeping hold of the kindness coin.

It's been a wonderful week, so well done to everyone involved!



Remembrance

Commemoration at CoGs

On Wednesday 9 November, we hosted our first independent Remembrance Service at the Church of the Good Shepherd.

Readers from Years 5 to 8 shared some thoughtful poems and book extracts, and we were specially pleased to be joined by Mr Chris Snell for a very special poem called 'Taking a Stand'. He read this alongside our Year 8 student, Issy, and they ended the service with respect and grace.

We are proud of everyone who was involved, and grateful for the time that we had together to reflect and remember at the end of a very busy week!

Taking a Stand

I ask you to stand with me
For both the injured and the lost
I ask you to keep count with me
Of all the wars and what they cost
I ask you to be silent with me
Quietly grateful for our lot
As I expect you're as thankful as me
For the health and life we've got
I ask that you wish them well with me
All those still risking their all
And I ask that you remember with me
The names of those that fall
I expect that you are proud like me
Of this great nation of ours too
So enjoying all its freedoms like me
Support those upholding them for you
I hope that you are hopeful like me
That we'll soon bring an end to wars
So you'll have to stand no more with me
And mourning families no different from yours
'Til then be thankful you can stand with me
Thinking of those who now cannot
For standing here today with me
At least we show they're not forgot

John Bailey



Extra-curricular News

Anything Goes

The pupils in Years 7 and 8 were treated to a fantastic matinée performance of **Anything Goes** by pupils at Lancing College. The pupils were amazed by the acting and singing talent, accompanied by a live band in the orchestra pit, not to mention the tap dancing routine at the end of Act 1! We were incredibly well looked after and the pupils enjoyed their refreshments in the interval!



Art & DT Day at Lancing College

A small group of our Year 7 pupils attended the Lancing College Art & DT Day along with pupils from several other prep schools.

They experienced the wonderful equipment and expertise in both the Art and Design Technology departments with Circles-themed workshops including painting, silkscreen printing onto T shirts, using wood, plastics and casting pewter to create discs.

They had an amazing time, made several new friends from other prep schools and came away feeling inspired!



Clay Workshop

Otto and Dino from Year 5 spent a creative morning working with clay as winners of the Summer Fete Silent Auction clay workshop.

Both boys showed their creativity, making totem poles and will be returning to glaze them at a later date.

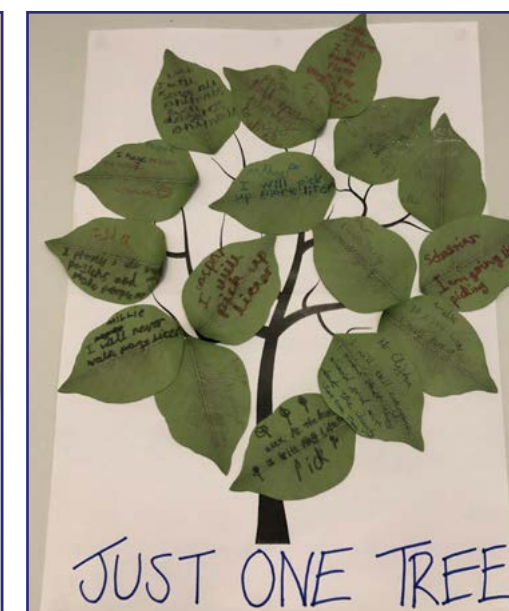
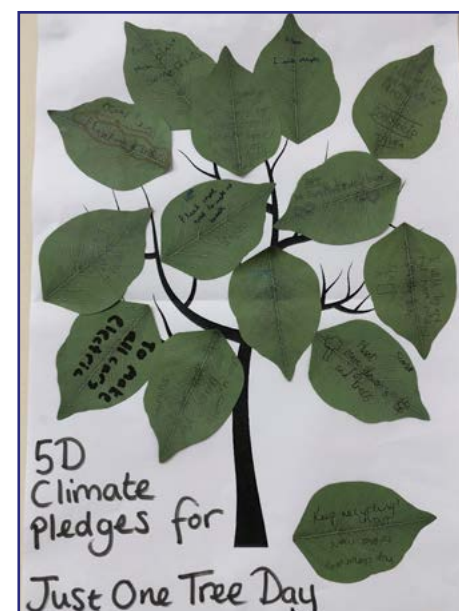


Extra-curricular News



PSHE for Parents - Naked Truth Education

We are grateful to Naked Truth Education who worked with our Year 7 and 8 pupils and delivered a talk to parents. They delivered some hugely thought-provoking discussions and activities as we continue to explore how we can stay safe online, navigate harmful content and make healthy choices in our digital lives. Our huge thanks go to those parents who attended.



Just One Tree Day

Just before the half term break, the whole school came together with children in schools across the country and around the globe to support **Just One Tree Day**.

This amazing charity works with initiatives in various countries to plant trees in parts of the world where deforestation and habitat loss have had a particularly negative effect.

The pupils donated money to help add more trees to our LPH 'forest'. The pupils all created a form tree to represent the trees planted because of them. Some classes added a wish/promise that they had for the environment. Year 3 also had fun making leaf animals.

We raised £252 this year. Which means that the total number of trees planted by our pupils through **Just One Tree** is 1,243. Thank you everyone for your support!



Sport News

Our first-ever Mowden Cup tournament took place on 4 November with co-ed U11 football teams taking part. Our Years 5 & 6 pupils (pictured below left) played well together as a team and were placed 2nd overall. We were able to play most of our fixtures against other schools, with only a few being cancelled due to the rain.

Boys' Football Results

Wednesday 2 November

		W/D/L
1 st XI	v HXP & BC & LPW	Ws & Ls
2 nd XI	v HXP & BC & LPW	Ws & Ls
3 rd XI	v V HXP & BC	Ws & Ls
Colts A	v Brighton College	D
Colts B	v Brighton College	W
Colts C	v Brighton College & HXP	W
Colts D	v Brighton College & HXP	W
Colts E	v Brighton College & HXP	W

Wednesday 9 November

1 st XI	v Brambletye	L
Colts C	v Brambletye	D
Colts D	v Brambletye	L

Thursday 10 November

U9A	v Cumnor (Festival)	D
U9B	v Cumnor (Festival)	D
U8A	v Cumnor (Festival)	D
U8B	v Cumnor (Festival)	D

Thursday 17 November

U9A	v Cophthorne	D
U9B	v Cophthorne	D
U8A	v Cophthorne	D
U8B	v Cophthorne	D



Girls' Results

Wednesday 2 November

		W/D/L
1 st XI	v Cottesmore (Hockey)	L
2 nd XI	v Cottesmore (Hockey)	L
Colts A	v Dorset House (Football)	W
Colts B	v Dorset House (Football)	W

Wednesday 9 November - Hockey

1 st XI	v Roedean	W
1 st XI	v St Christopher's	W
Colts A	v St Christopher's	L
Colts B	v St Christopher's	L
Colts C	v St Christopher's	L

Thursday 10 November

U9	v St Christopher's	D
U8	v St Christopher's	D

Wednesday 16 November

Colts A	v Burgess Hill	L
Colts B	v Burgess Hill	D
Colts C	v Burgess Hill	W

Thursday 17 November

U9	v Windlesham	D
U8	v Windlesham	D



Notice Board

Reading Books

Just a reminder that **all** Prep children should have a reading book in their school bags.

This can either be a book from home (please make sure it is marked with their name) or a book can be chosen from our school library.

Thank you!



Christmas Events

Nativity invitations to Pre-Prep parents will be coming soon but here are some dates to note in the meantime!

Monday 5 December

9.00 to 9.45am - Pre-School Nativity Performance
10.15 to 11.00am - Year 1 Nativity Performance

Tuesday 6 December

9.00 to 9.45am - Reception Nativity Performance
10.15 to 11.00am - Year 2 Nativity Performance

Wednesday 7 December

Christmas Jumper Day in aid of Save the Children
2.15 to 3pm - Years 3 & 4 Christingle Service @ COGS

Friday 9 December

2.15 to 3.00pm - Years 5 & 6 Carol Service @ COGS
3.15 to 4.00pm - Years 7 & 8 Carol Service @ COGS



Term Dates - Clarification

Our printed calendar shows the start of the Spring Term as Tuesday 5 January, which is an INSET day for staff. The children will return to school on Wednesday 4 January. For easy reference, the remaining term Dates for this academic year are shown below.

Autumn Term 2022

Term ends Friday 9 December 2022

Spring Term 2023

Inset Day Tuesday 5 January

Term starts Wednesday 4 January 2023

Half term from Friday 10 February 2023 usual collection times, re-starting Monday 20 February 2023

Term ends Friday 24 March 2023

Summer Term 2023

Inset Day Monday 7 January

Term starts Tuesday 18 April 2023

Bank Holidays Monday 1 May 2023 & Monday 8 May 2023

Half term from Friday 26 May 2023 usual collection times, re-starting Monday 5 June 2023

Term ends Thursday 6 July 2023

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS
National Online Safety®
#WakeUpWednesday

XMAS HOLIDAY CLUBS

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

The Outdoors Project
OFSTED REGISTERED

CAMPFIRE COOK
"THIS CLUB IS CONSISTENTLY BRILLIANT"

WEEK 1 @ LANCING COLLEGE PREP (HOVE)
INDEPENDENT SCHOOL HOLIDAY DATES

MON 12 DEC WINTER CAMPFIRE COOKOUT
TUES 13 DEC MEGA GAMES, MARSHMALLOW S'MORES TOASTING & SNOW MAKING
WEDS 14 DEC XMAS WOODLAND CRAFTS
THURS 15 DEC BAD SANTA NERF GAMES
FRI 16 DEC MINECRAFT MEETS WILDCRAFT

WEEK 2 @ COTTESMORE ST. MARY'S PRIMARY SCHOOL

MON 19 DEC MINECRAFT MEETS WILDCRAFT
TUES 20 DEC BAD SANTA NERF GAMES
WEDS 21 DEC MEGA GAMES, MARSHMALLOW S'MORES TOASTING & SNOW MAKING
THURS 22 DEC WINTER CAMPFIRE COOKOUT

BAD SANTA NERF GAMES
There's an imposter dressed as Santa and he's out to steal Christmas! Better load up & save our stockings! Join us for an energetic day of Nerf dart dodging, playing tactical & team-based Nerf games. (Due to the more competitive nature of this day, age 6+ is recommended).

CHRISTMAS WOODLAND CRAFTS
Christmas is around the corner! Today we'll be crafting woodland lanterns to light our winter way, candy cane hunting for our favourite treats & wax dipping natural bunting for your Christmas tree. Lots of outdoors fun & crafts!

MEGA GAMES, MARSHMALLOW S'MORES TOASTING & SNOW MAKING
We love to play! A mix of mega games, woodland adventure & campfire to recharge between mega play time, and make 'snow' balls to take home.

MINECRAFT MEETS WILDCRAFT
Minecraft Survivor challenge. Collect your elements, build and maintain your village, earn reward pixels and protect your land and villagers. Watch out for the Creeper!

WINTER CAMPFIRE COOKOUT
Gather around the campfire for some winter treats! Create your own drop pancake, master the art of brewing pine needle tea, & hone your bushcraft fire lighting skills

WILD THING
THE OUTDOORS PROJECT

For more info on dates, locations and how the clubs run & to book: WWW.THEOUTDOORSPROJECT.CO.UK

XMAS HOLIDAY CLUBS

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OFSTED REGISTERED

CAMPFIRE COOK
"THIS CLUB IS CONSISTENTLY BRILLIANT"

LANCING COLLEGE PREP (HOVE)

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Gather around the campfire for some winter treats! Create your own drop pancake, master the art of brewing pine needle tea, & hone your bushcraft fire lighting skills

TUE 13 DEC
MEGA GAMES, MARSHMALLOW S'MORES TOASTING & SNOW MAKING
We love to play! A mix of mega games, woodland adventure & wild time! It's what we're famous for! Toast s'mores around the campfire to recharge between mega play time, and make 'snow' balls to take home.

WED 14 DEC
CHRISTMAS WOODLAND CRAFTS
Christmas is around the corner! Today we'll be crafting woodland lanterns to light our winter way, candy cane hunting for our favourite treats & wax dipping natural bunting for your Christmas tree. Lots of outdoors fun & crafts!

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FRI 16 DEC
MINECRAFT MEETS WILDCRAFT
Minecraft Survivor challenge. Collect your elements, build and maintain your village, earn reward pixels and protect your land and villagers. Watch out for the Creeper!

NATURE NINJA
THE OUTDOORS PROJECT

OUTDOOR AMBASSADOR
THE OUTDOORS PROJECT

For more info on dates, locations and how the clubs run & to book: WWW.THEOUTDOORSPROJECT.CO.UK