



# Lancing Prep Hove

A Lancing College Preparatory School

## Newsletter

Spring Term | 10 March 2023

### Message from Mrs Keep

Dear Parents

As ever, school has been a hive of activity these past weeks with all manner of workshops, trips and activities taking place to support and enrich the curriculum. Last week, we celebrated World Book Day with a gentle but important emphasis on sustainability, something the children on the school council remind us regularly matters to them enormously. A large number of children (and staff!) clearly put effort into creating costumes using clothing they already had, and each child went shopping for a pre-loved book to bring home and enjoy. On top of this, while we are happy to encourage the children to keep going, I can confirm they have already exceeded their target of 10,000 pages by quite some way. Please do submit sponsorship monies for **Read for Good** (see right for details).

In the prep school, the children enjoyed an Art Day last week with workshops led by a number of local artists on the theme of surrealism. This was part of the school's Able, Gifted & Talented programme – a reminder that AGT in school reaches far beyond academia, and is there for every child to access. Inside this newsletter are examples of the children's work, and a great deal more has been put on the VLE. If you haven't yet done so, please do encourage your child to look through this with you. A Pre-Prep Art Day is already in the diary for next term.

This week, the inter-House debating competition drew to a close with impressive debating and public speaking skills on show from the Blundells and Youngs teams, who had previously each narrowly beaten Lavies and Stewarts to reach the final. The quality of debate was excellent, and the judges concluded that Youngs had been most persuasive in their arguments that school uniform should not be banned. Their words about equality resonated in particular as they won the debate on International Women's Day, which was later celebrated through co-ed football workshops with visiting professional footballers from both the men's and women's games.

The arts are, of course, essential in life. Artistic pursuits fuel the imagination, which in turn fuels creativity. Through the creative arts, our pupils develop a creative mindset when problem-solving and learning beyond that which is taught. Working with others in their interpretation of a creative task, be that art, dance, drama or music, develops the children's communication and team-working skills.

Next week, we have all manner of performances to look forward to. The week will begin with a poetry showcase, an informal evening designed to reflect the recent focus on poetry in the English department. The cast of Matilda begin rehearsing at the Lancing College theatre this weekend ahead of their performances to a full house in the week, and the Pre-Prep children are putting the finishing touches to their Mothers' Day tea and celebration.

Suffice to say, with all this going on, the children will inevitably find themselves tired. Whatever their age, I would encourage a few early nights to see us through to the end of term!

### Notices are on Page 12

**Read for Good**  
To pay sponsorship  
by BACS:

Account Name:  
Read for Good  
Sort Code:  
08-90-41  
Account Number:  
6566 7174

Please state Lancing Prep  
Hove as payment reference

Please email  
[reading@readforgood.org](mailto:reading@readforgood.org)  
with details of the date and  
amount paid



Well done to Theo in Year 1 and his little sister who baked delicious cookies, crispy cakes and helped make sourdough bread to sell on their street stall to raise funds for our Earthquake Appeal. It's not too late for families to contribute via the link below.



### LPH Fundraising Appeal

Please click the image above  
to access our  
Just Giving page



## Pre-Prep News

### Pre-School

The Pre School children have been reading the story of *The Little Red Hen*, as part of their farm topic. After learning about how the other characters in the story didn't help The Little Red Hen make her bread, she decided to ask the children to help her. They were all very willing to do so! Plus, they did well to remember the main ingredient, flour, and the process of making the flour. After preparing the dough, they left it to prove and then to be baked.

The children are hoping that The Little Red Hen will see how helpful they've been and that they get to eat some of the bread for snack!





## Pre-Prep News

### Reception

The children were very excited to go by minibus up to Lancing College for their swimming lessons this term.

They listened very carefully to their swim instructors and enjoyed their time in the Lancing College pool.





## Pre-Prep News

### Year 1

The children had the first class experience on their flight to Kenya. Passport checks complete, the children enjoyed their safety video and inflight refreshments. Once they arrived at their destination, the children performed Jambo Bwana, a Swahili song they learnt in just one afternoon. The children have been learning the art of weaving and are practising to make their own woven basket!

In Maths we have been measuring length and height; the children have thoroughly enjoyed working practically and collaboratively.





## Pre-Prep News

### Year 2

The children have been fully embracing their India topic this month. Some of the highlights so far include a Bollywood dance session where the children learnt how to move in a traditional way and our block printing art sessions where the children created stencils out of potatoes and designed their own prints.

We have also sampled lots of different Indian foods and flavours during a tasting afternoon. Lychees were very popular and some of the children were brave enough to try the spicy chilli. We also have been fortunate enough to visit the College for a flavour bursting Indian feast where the children tried some of India's more traditional dishes.





## Prep News

### World Book Day - Photo Gallery





## Prep News

### Able, Gifted and Talented - Art Day - Surrealist Experience





## Prep News

### Matilda Junior

Children in Years 6 to 8 have been busy learning lines, songs and dance routines at school for our forthcoming production of Matilda Junior. Miss Trunchball is suitably terrifying! Rehearsals now move to the Lancing College theatre for two evening performances to parents and families.





## International Women's Day - Co-ed Football Training

We welcomed three football professionals to LPH on International Women's Day - two from Brighton & Hove Albion's team currently in impressive form and in a great position in the Premier League along with Tara Barratt from Lewes Football Club Women. Lewes is commendable in offering equal pay to its male and female professional players! We also had two older helpers from a local secondary school.

The children all had a super time, albeit somewhat muddy in the best LPH tradition, and thoroughly enjoyed the drills and exercises under the watchful eyes of our visitors!





## Sport Photo Gallery



*Cross Country squad @ Handcross Park*



*U13 Footballers*



*Cross Country squad @ Handcross Park*



*Cross Country squad @ Handcross Park*



*IWD Football Day*



*IWD Football Day*



## Sports News

### Co-ed Rugby Results

#### Wednesday 22 February

U13 XIII	v	St Christopher's	L
U12 XII	v	St Christopher's	L
U11A	v	St Christopher's	W
U11B	v	St Christopher's	L
U10A	v	St Christopher's	L
U10B	v	St Christopher's	W

#### Thursday 23 February

U9A	v	St Christopher's	W
U9B	v	St Christopher's	W
U8A	v	St Christopher's	L
U8B	v	St Christopher's	L

#### Wednesday 1 March

U13 XIII	v	Brighton College	L
U12 XII	v	Brighton College (Plate)	W
U11A	v	Brighton College	L
U11B	v	Brighton College	L
U10A	v	Brighton College	L
U10B	v	Brighton College	W

#### Thursday 2 March

U9A	v	Brighton College	D
U9B	v	Brighton College	D
U8A	v	Brighton College	D
U8B	v	Brighton College	D

#### Wednesday 8 March

U11A	v	Windlesham School	W
U11B	v	Windlesham School	W

### Handcross Park Co-ed Cross Country Results

U13	Boys	1 <sup>st</sup>
U13	Girls	3 <sup>rd</sup>
U11	Boys	1 <sup>st</sup>
U11	Girls	2 <sup>nd</sup> & 4 <sup>th</sup>
U9	Boys	3 <sup>rd</sup>

### Co-ed Netball Results

#### Wednesday 22 February

1 <sup>st</sup> VII	v	Lancing College Tournament	
2 <sup>nd</sup> VII	v	Brambletye	W
Colts A	v	Lancing College Tournament	
Colts B	v	Brambletye	W
Colts C	v	Brambletye	W

#### Thursday 23 February

U8	v	Brighton College	D
U9	v	Brighton College	D

#### Thursday 2 March

U8	v	Copthorne	D
U9	v	St Christopher's	D

#### Wednesday 8 March

1 <sup>st</sup> VII	v	LPW	W
2 <sup>nd</sup> VII	v	LPW	W

### Co-ed Football Results

#### Wednesday 1 March

1 <sup>st</sup> XI	v	Bede's	W
2 <sup>nd</sup> XI	v	Bede's	L
Colts A	v	Bede's	L
Colts B	v	Bede's	L
Colts C	v	Bede's	L





## Notice Board

### Red Nose Day - Friday 17 March

For pupils attending school - £1 donation to wear own clothes to LPH.

# RED NOSE DAY



Thank you so much for your donations towards our

## Book Swap

The children were spoilt for choice and enjoyed choosing from a fantastic range of books.

# THANK YOU!!



OFSTED REGISTERED

## EASTER HOLIDAY CLUBS

"Childcare during the holidays they want to go to"

### LANCING COLLEGE PREP (HOVE)

**MONDAY 3RD APRIL**  
EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

**TUESDAY 4TH APRIL**  
NEW – SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

**WEDNESDAY 5TH APRIL**  
HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

**THURSDAY 6TH APRIL**  
THE BIG WILD EGG DAY

**TUESDAY 11TH APRIL**  
EASTER NERF: THE BUNNYNATOR & KIDS VS INSTRUCTORS

**WEDNESDAY 12TH APRIL**  
NEW – SUPER MARIO DAY: YOSHI EGGS & BOWSERS FURY

**THURSDAY 13TH APRIL**  
HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

**FRIDAY 14TH APRIL**  
THE BIG WILD EGG DAY



"THIS CLUB IS CONSISTENTLY BRILLIANT" ★★★★★



ROAM



"LOTS OF OLD-FASHIONED GET DIRTY PLAY!" ★★★★★



- ✓ 100% OUTDOORS
- ✓ MAKING FRIENDS
- ✓ PHYSICAL ACTIVITY
- ✓ BUILDING CONFIDENCE
- ✓ ENERGETIC & ENGAGED STAFF
- ✓ OFSTED REGISTERED
- ✓ FLEXIBLE BOOKING
- ✓ CHILDCARE VOUCHERS ACCEPTED

FOR EARLY PRIVATE SCHOOL DATES WE HAVE 1 ADDITIONAL WEEK AT HOVE PARK - VISIT OUR WEBSITE FOR DETAILS





CCDANCE

NEVER MISS A CHANCE TO DANCE

# *EASTER WORKSHOPS*



DANCE AND PERFORMANCE WORKSHOPS  
DISNEY WORKSHOPS (SINGING, DANCE, DRAMA)

MUSIC VIDEO WORKSHOP

ALL AGES

LOCATION: STEYNING LEISURE CENTRE

All dates/times/prices and bookings can be found on  
our website:

[www.cc-dance.co.uk](http://www.cc-dance.co.uk)  
[info@cc-dance.co.uk](mailto:info@cc-dance.co.uk)



# What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

## WHAT ARE THE RISKS?

### PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

### SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

### INAPPROPRIATE CONTENT

18  
CENSORED

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

### SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

## Advice for Parents & Carers

### ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

### APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

### STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

### SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

### TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

## Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



**NOS** National Online Safety®  
#WakeUpWednesday



# What Parents & Carers Need to Know about SPOTIFY

## WHAT ARE THE RISKS?

Spotify is a digital music, podcast and video service which gives users access to millions of songs and other content from creators all over the world. Since launching in 2008, Spotify has revolutionised the way music is listened to: it now offers the ability to manage and share more than 100 million tracks and five million podcast series, plus personalised recommendations, new release updates and the option to create collaborative playlists. As of February 2023, it is the world's most popular audio streaming subscription service with 489 million users globally.

## EXPLICIT LYRICS

As per Spotify's terms and conditions, people need to be at least 13 to use it. That said, the platform doesn't censor lyrics unless instructed to do so in the settings – so it's worth noting that young teenagers could still be exposed to age-inappropriate songs which contain explicit references to sexual behaviour, violence, discriminatory language and swearing.

## GROOMING TACTICS

Although Spotify doesn't come with dedicated chat functionality, concerns were raised in January 2023 after reports of an 11-year-old girl being coerced into sharing explicit pictures of herself on the platform. The case highlighted predators' tactics of sharing empty playlists with other users: their messages were being exchanged undetected through edited song titles and descriptions, bypassing security measures.

## OVERSHARING

Spotify provides a perfect way to play music, with the ability to connect to another device, such as a Bluetooth speaker or an in-car stereo. While this is a useful feature, it's also easy to forget your surroundings and inadvertently play content which isn't appropriate for all listeners (especially those under the age of 18), potentially causing alarm or distress.

## AGE-INAPPROPRIATE PODCASTS

Spotify's podcast community has grown exponentially and it's become a popular base for millions of users to listen to shows, stories, interviews and more – with content covering an array of topics. This includes some material which isn't suitable for minors, including audio which is obviously adult-themed, but can be just as easily accessed as everything else.

## ACCESS TO SPOTIFY LIVE

If your child has a Spotify account, they'll also be able to access the platform's audio-only chat service: Spotify Live. While it's a separate stand-alone app, Spotify Live allows people to listen to live discussions on the main Spotify platform and, more notably, lets users enter virtual rooms to chat with other users, opening up direct conversations with strangers and individuals who might not necessarily be there for the right reasons.

## Advice for Parents & Carers

### SWAP TO SPOTIFY KIDS

If you're concerned about what your child might hear while streaming music, Spotify Kids is a separate, ad-free service specifically designed for children aged 12 and under. It allows younger users to enjoy human-curated, child-friendly content (such as music and audiobooks) and is available to users with a Spotify Premium Family subscription – meaning that parents can view and manage the content their child listens to.

### CENSOR EXPLICIT CONTENT

Regardless of what type of account your child uses to access Spotify, there is an option to turn off explicit content in the settings – greying out all songs marked with an 'E' tag. If your child has their own individual account, it's easier for them to turn it back on – whereas with a family plan, you're in control and your child can't alter the setting without knowing the password.

### TALK ABOUT THE RISKS

As with any platform, it's good practice to talk to your child about what they should be aware of when using Spotify. For instance, it's important they're aware never to share any personal information with strangers, and what they should do if they're exposed to inappropriate content. Encourage them to think critically about what they see and hear so that they feel comfortable raising any concerns with you.

### KEEP AN EYE OUT

If you're concerned that your child is spending too much time on Spotify or you've noticed they're being particularly secretive about how they're using it, encourage them to talk about what they're listening to. It's always prudent to show an interest in their online habits from the outset – so you're confident they're using apps and services in the right way, for the right reasons, and they're not being drawn into anything they shouldn't be.

## Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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