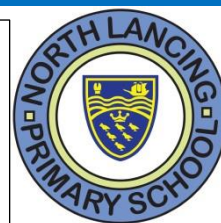


# NLS Newsletter

## Spring term 07.02.2025



[www.northlancing.w-sussex.sch.uk](http://www.northlancing.w-sussex.sch.uk)



[twitter.com/nlancingprimary](https://twitter.com/nlancingprimary)

### Diary Dates 2024/2025



**Autumn Term 2024- Tuesday 3rd September-Friday 20th December**

Half term - 28th Oct-1st Nov

Inset days Monday 2nd September & Monday 4th November

**Spring Term 2025- Monday 6th January-Friday 4th April**

Half term - Monday 17th-Friday 21st February

**Summer Term 2025- Tuesday 22nd April-Monday 21st July**

Bank holiday Monday 5th May

Half term- Monday 26th-Friday 30th May

Inset days Friday 23rd May, Monday 21st July & Tuesday 22nd July



Flu vaccinations 26th November 2024

Individual/sibling photos 29th November 2024

### Cut off dates for booking meals via ParentPay

	Book by	For W/c
Menu week 1	06-Feb	17-Feb
Menu week 2	13-Feb	24-Feb
Menu week 3	20-Feb	03-Mar
Menu week 1	27-Feb	10-Mar
Menu week 2	06-Mar	17-Mar
Menu week 3	13-Mar	24-Mar
Menu week 1	20-Mar	31-Mar
Menu week 2	27-Mar	07-Apr
Menu week 3	03-Apr	14-Apr

**Please note when ordering meals for your child: DO NOT book a trips packed lunch.** This is only for schools who offer a Chartwells packed lunch for day trips and does not mean that your child will get a packed lunch provided at school.



### Attendance winners



Every week we celebrate attendance.

The class with the best attendance this week is 1H

They had an amazing 99.2% attendance for this week!

### Dare 2B Different Day is back!

Dare 2B different day is back! Next **Friday 14<sup>th</sup> (Valentine's Day)** the children can pay 50p per dare. So it could be home clothes, nail varnish or a chocolate snack- or maybe all three! Dares can be paid for on ParentPay as always.



### **Commonwealth Athlete Visit**

Reminder that we will be having a top GB athlete visiting us next week on Wednesday 12<sup>th</sup> February. They will be leading a sponsored fitness circuit with all pupils, followed by a motivational assembly, and Q&A session. The aim of the event is to inspire every child to be more physically active, but just as importantly, encourage them to discover and pursue their passion in life.

The event will both connect the pupils to an extraordinary athlete role model and raise money for new sports equipment to improve physical activity in the school, as well as supporting both athletes and para-athletes, so that they can continue to inspire the next generation.

We are delighted that the athlete who will be visiting us will be Commonwealth athlete Courtney Orange. Originally from Zimbabwe, Courtney started gymnastics at aged 7 and chased his Olympic dreams in London, becoming National Gymnastics Champion six times! After competing in the 2002 Commonwealth Games, a knee injury ended his gymnastics career. Talent scouts then spotted his dancing skills, and he went on to perform for top music stars. Now, Courtney loves inspiring others as a wellbeing motivator.

On the event day, all pupils will take part in a sponsored fitness circuit run by Courtney, a terrific way to get all children excited about sport and realise that getting moving is really fun! Courtney will then share his incredible sporting journey, a story of resilience and determination in a fun and interactive assembly. There will also be an opportunity to ask any burning questions in a Q&A session at the end.

The money raised for the event will help us to purchase new sports equipment and improve levels of physical activity in our school.

Your child will be bringing home a sponsorship form, but if you prefer to sponsor online, please click on the QR code to set up your child's fundraising page (this only takes a moment) so that you can share with family members. The more they raise, the more sports equipment the school will be able to buy and the more milestone rewards your child will receive!

**We would like all children to come into school in their PE on the day please!**



### **Mrs Brown Bars are back!**

We are running a 'Wonka' inspired chocolate bar raffle again, our very own Mrs Brown bar! Who will get a golden ticket?

So how does it work?

All Mrs Brown's chocolate bars need to be pre-ordered on parent pay for £2 each, this is now open and you have until the 25th February to get your orders in. You can order as many as you like, but please let us know about any allergies so we can provide an alternative chocolate bar if needed.

Unfortunately, you cannot purchase on the day and so you must pre-order on Parent Pay to be in with a chance of winning a Golden Ticket!

On World Book Day the 6th March the PTA will be in the lower playground after school with all the chocolate bars for you to collect and open to see if you have won a golden ticket!

You will still get to keep and eat your chocolate bar even if you don't win a golden ticket.

If you are a lucky winner there will be a prize table for you to redeem your golden ticket and choose a prize!

We will deliver any bars not collected on the Thursday 6th to the children at school on the Friday and any prizes won will be still be redeemable via contact with the PTA.



#### Mobile Phones

Mobile phones should only be brought into school if your child walks either to or from school unaccompanied by an adult. They should not be brought in under any other circumstances. If your child does walk on their own, their phone needs to be turned off then handed to a staff member on entering the school for safe keeping until the end of the day.

### **Pupil Achievements**

Thea M won a 3<sup>rd</sup> place in trampolining, doing a back somersault twice at the competition in Kent.

Aaliyah W won a 1<sup>st</sup> place medal in Jazz, 2<sup>nd</sup> place medal in theatre, & a medal & trophy coming 1<sup>st</sup> in her group dance at the Supreme Dance competition in Midhurst.

Emily B won a 3<sup>rd</sup> place medal dancing 9 to 5, a 3<sup>rd</sup> place medal and trophy for Neverland, also at the Supreme Dance Competition in Midhurst.

Theo J won a 3<sup>rd</sup> place medal dancing 9 to 5, a 3<sup>rd</sup> place medal for Neverland, also at the Supreme Dance Competition in Midhurst.

Edie P won a Blue Peter book badge for her book review and amazing artwork.

Jocelyn T earned her level 1 swimming award, certificate & badge.

Ronnie T earned his Level 1 swimming award, certificate & badge.

Madi H successfully completed her First Aid Badger with the St John Ambulance and received a certificate and badge.

### **Hot Chocolate Superstars**

Emmy D, Italia G, Freddy C, Amelie I, Oliver B, Jack H, Jacob R, Jack M, Ava Y, Edison B, Edie P, Indi V E, Hudson K, Albie S, Fin McG, Molly R

### **Headteacher's Awards**

Isaac O, Olivia A, Benita K, Tallie McK, Kyan O, Iiyla W, Sonny D, Josh V, Aidan W, Rhys D, Myles D, Abby H, Freya C, Zac C, Fyfe S, Fin McG, Ida B, Hadleigh Y, Arthur K, Theo J, Sam B.



# Children's Yoga & Wellbeing sessions

**BOOK**  
with  
Natalie

07711520111

## Monthly workshops

Sunday 19th Jan 2025 3-5pm

Sunday 16th Feb 2025 3-5pm

Sunday 16th March 2025 3-5pm

Sunday 6th April 2025 3-5pm

£18 per  
session  
£60 all  
four

[Facebook.com/07711520111](https://www.facebook.com/07711520111)

**St Michael's Church Hall, South St, Lancing BN158AJ**

## Yoga Bears

### Increases

- ★ Confidence & self-esteem
- ★ Communication & social skills
- ★ Well being & mental health
- ★ Emotion regulation
- ★ Sense of calm

### Reduces

- ★ Stress
- ★ Anxiety
- ★ Aggression



## Dramatic Waves

life skills through creative experiences

- ★ Individual & paired yoga
- ★ Group games
- ★ Mindful and sensory activities
- ★ Storytelling
- ★ Music

*"My son loves coming to Yogabears. It is so much more than just fun yoga. I have seen his self confidence improve loads and he's far less anxious, especially about trying new things" - mother of son aged 8*

