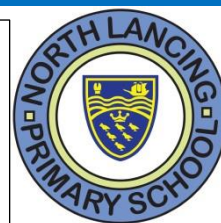


# NLS Newsletter

## Spring term 28.02.2025



[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



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 3M

They had an amazing 99% attendance for this week!

### New Hot Meals Provider

We are delighted to announce that we have been successful in securing a tender with a new hot meal provider. Go! Catering will be supplying North Lancing Primary from the summer term after Easter. Their hot meals are cooked fresh from scratch every day in their kitchen in Haywards Heath and they offer a varied menu of meals that provides children with a healthy, nutritious and filling lunch which is delivered hot to the school each day ready to be served.

They understand the importance of children eating a good lunch, in turn helping them achieve their full potential in the afternoon. Therefore, their focus is to provide the children with meals that they will want to eat. See below for their menu for this term as an example.

They are able to cater for children with any allergy or intolerance, and take pride in providing those children who require a specialist meal with a lunch that looks just as good as the main option.

The ordering process is slightly different in that the deadline for ordering is not so far in advance as the current system. We will let you know details of the new menu and ordering process over the next few weeks.



### **2024/25 Spring Term Menu** **Monday 6<sup>th</sup> January to Friday 4<sup>th</sup> April 2025**



#### Week 1 (for the weeks commencing 06/01, 27/01, 24/02 & 17/03)

Main Meal	Vegetarian Meal	Dessert
Chilli Con Carne with Rice	Vegan Chilli Con Carne with Rice (S)	Chocolate Ice Cream (D)
Cheesy Tomato Pasta with Garlic Bread (D, G)	Tomato & Herb Pasta with Garlic Bread (G)	Flapjack
Roast Pork with Roast Potatoes & Vegetables	Falafel with Roast Potatoes & Vegetables	Strawberry Mousse (D)
Chicken Curry with Rice (M)	Sweet Potato Curry with Rice (M)	Chocolate Cake (E, G)
Fish & Chips with Vegetables (F, G)	Vegan Fish Fingers & Chips with Vegetables (G)	Vanilla Ice Cream (D)

#### Week 2 (for the weeks commencing 13/01, 03/02, 03/03 & 24/03)

Main Meal	Vegetarian Meal	Dessert
Pasta Carbonara with Garlic Bread (D, G)	Vegan Pasta with Garlic Bread (G)	Blueberry Muffin (E, D, S, G)
Jacket Potato, Cheese & Baked Beans (D)	Jacket Potato with Baked Beans	Coconut Sponge (E, G)
Roast Chicken, Roast Potatoes & Vegetables	Roast Winter Vegetables, Roast Potatoes & Vegetables	Chocolate Mousse (D)
Pork & Carrot Meatballs with Rice (Sd)	Vegan Meatballs with Rice (S)	Banana Bread (E, G)
Fish & Wedges with Vegetables (F, G)	Vegan Fish Fingers & Wedges with Vegetables (G)	Strawberry Vanilla Mousse (D)

#### Week 3 (for the weeks commencing 20/01, 10/02, 10/03 & 31/03)

Main Meal	Vegetarian Meal	Dessert
Cheesy Beef Pasta Bake (D, G)	Vegan Pasta Bake (S, G)	Granola
Smoked Paprika Chicken with Rice	Smoked Paprika Vegetables with Rice	Carrot Cake (E, G)
Sausage Hot Pot, Roast Potatoes & Vegetables (G)	Vegan Sausage Hot Pot, Roast Potatoes & Veg (S)	Chocolate Vanilla Mousse (D)
Pesto Pasta with Garlic Bread (G)	Pesto Pasta with Garlic Bread (G)	Raisin Sponge (E, G)
Fish & Chips with Vegetables (F, G)	Vegan Fish Fingers & Chips with Vegetables (G)	Chocolate Chip Muffin (E, D, S, G)

**Allergen Key: (D) = Dairy; (E) = Egg; (F) = Fish; (G) = Gluten; (M) = Mustard; (S) = Soya; (Sd) = Sulphur Diox**

## Parent Consultations

Parent consultations will be taking place week commencing 17<sup>th</sup> March. These are always a great opportunity to meet with your child's teacher to see how your child's learning is progressing. It is such a useful time for both parents and teachers so we hope to see you all there.

We will let you know once the slots are available to book. **PLEASE DO NOT BOOK A SLOT UNTIL WE HAVE ANNOUNCED THAT YOU ARE ABLE TO DO SO.** Any slots booked before the times and dates are finalised may have to be cancelled or changed so please wait until booking is opened. As always there will be a mixture of face-to-face appointments and online appointments so please take care when booking that you are booking the correct format.

## Courtney Orange Visit

Wow! What an amazing event this was.

What a jam-packed day! Our 400 children trained with Commonwealth athlete Courtney Orange.

Each class came into the hall to complete 4 challenges; Spotty dogs, squat jumps, plank shoulder taps and star jumps.

An inspiring Q&A assembly, each class came up with some great questions. Courtney talked about his highs and lows of being an athlete. We learnt that when Courtney was in the middle of his training for the Olympics he suffered a serious knee injury which unfortunately meant he could no longer compete. But he didn't let that stop him and he tried something new, dancing. He showed us some very clever moves and even had some of the teachers up at the front to demonstrate their skills. He talked about remembering a phrase that his teacher told him when he was at school, when things seemed impossible: **I CAN DO IT.**

Courtney has this phrase stamped onto his mobile performance platform, which he brings along to every school visit.

We really hope that by having this event at our school it has lit a spark in the children to really get excited about sport and realise that getting moving is really fun!

We can't believe how well the fundraising has gone for this event, we have ended up with nearly £5000 which will go towards some much needed sports equipment for our school.

We would like to say a huge **THANK YOU!** to everyone that took part and to all those that have taken the time to collect sponsors for our school.

We will definitely be keeping you updated on what the money has gone towards, and I'm sure there will be some pictures of lots of happy children using the new equipment.

I know that the children are desperate to receive their prizes for raising money, I'm sure you have probably been asked at home when they will get these. I know I have been asked many, many times! This may take a couple of weeks but I promise they will come.

Once again **THANK YOU!**

Mrs Bothwell



### **Thank you**

We would like to thank Bentley & Bridie W's Nan for the kind donation of 2 sofas! Mrs Cartwright's room and the yr5 snug are now the proud owners of some very comfy seating! Thank you, the children love them.

### **Open play – we need your help!**

Do you have relative or family friend who loves a project and has some spare time?

We are looking for someone to help us maintain our Open play equipment and be involved in small construction projects to develop our play spaces around the school. If you know anyone who would like to help our school community please leave a message with the office or email [aparnell@northlancing.co.uk](mailto:aparnell@northlancing.co.uk)

**Loose parts:** We are always on the lookout for surplus trade materials for our 'loose parts' play space. This could be tubing, pipes, guttering, cable reels or loose wooden planks.

**Wheels:** We are also always in need of bikes, scooters, skateboards and wheely suitcases in good working order. If you see any free items on Facebook marketplace feel free to bag them on our behalf!

If you have any donations please speak to the office staff, Miss Parnell (Reception teacher) or email [aparnell@northlancing.co.uk](mailto:aparnell@northlancing.co.uk)

### **Young Artists' Summer Show**

Reminder that North Lancing has enrolled into The Young Artists' Summer Show at the Royal Academy of Arts again this year. This competition encourages young, budding artists from Reception to Year 6 to share their creative talents. There are no themes and work for the exhibitions will be selected by award winning artists, who will select artworks to be exhibited online and on-site at the Royal Academy of Arts. There are also prizes on offer for inspiring artwork.

Parents and guardians can submit their child's artwork through the website below, where North Lancing Primary School will need to be selected. When uploading your child's artwork, you will be asked to upload an image of the art, plus some information about the piece such as title, size, and a short description of the inspiration behind it.

There is lots of information on the website below about how to submit the work, details needed and also examples from previous years.

**The closing date for submissions is 5th March 2025.**

<https://youngartists.royalacademy.org.uk/>

Good luck! Ms Taylor

### **Gardening tools**

If you have any child size spades, or any old gardening tools such as hoes, loppers etc, that you are getting rid of, we would love to have them! Any donations can be brought into the school office. Thank you so much!



### Mrs Brown Bars.

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

**The deadline to buy has been extended!** You now have until this Sunday 2<sup>nd</sup> March to pre-order on parent pay for £2 each. 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.



### Pupil Achievements

Willow S earned a certificate and badge for the Songbird Survival Ruby Robin Award.

Oakley L has been awarded the Chief Scout's Acord Award which is the top award for Squirrel Scouts!

Jenson M has achieved the 2<sup>nd</sup> Kyu, brown with white stripe belt in Karate.

Hudson F won the Parents' Player trophy with Worthing Utd Youth.

Evie L was awarded a commendation for both Jazz/Modern and Classical ballet at the Royal Tunbridge Wells Dance festival. She also won a 1<sup>st</sup> place group medal.

Emily B achieved her Swim England level 6 certificate and badge.

Aaliyah W earned a silver 2<sup>nd</sup> place medal at the Eastbourne Dance competition.

### Headteacher's Awards

Jacob R, Daya J, Lydia S, Molly R, Ruby, Kai D, Marley W, Avarie G-G, Olivia H, Elsie C, Sophie B, James S, Olivia A, Darcey B, Wes W, Oscar W, Sinead S, Arthur K.



The poster is for a Scouts 4th Lancing Open Event. It features a dark blue background with a green hill at the bottom. The Scouts logo is in the top center, with '4th Lancing' below it. To the right, there's a green circle with 'Squirrels' in red. Below that, a green circle with 'cubs' in green. To the left, a green circle with 'BEAVERS' in yellow. The text 'Open Event' is in large white letters. Below it, 'Age 4- 14' is in yellow. A paragraph of text says: 'Tired of dull evenings? Want to try something exciting, learn skills for the future, and meet new friends? Come and see what we have to offer!'. To the right, 'Can you help?' is in yellow, followed by a paragraph: 'We can't do it without volunteers! Whatever time you can spare, whatever skills you can bring to the table - find out about how you can get involved!'. Below this, 'Come along to our FREE open event' and 'Join us for crafts, games, and fun' are in white. At the bottom left, there's a clock icon, a location pin icon, and an email icon, each followed by text: 'Saturday 8th March 13:00 - 15:00', 'Adur Valley Scout Hall, South Street, West Sussex, BN15 8AN', and '4thlancingleaders@gmail.com'. At the bottom right, there's a QR code and text: 'Please register your interest using the QR code, or send an email.'.

**Scouts**  
4th Lancing

**Open Event**

**Age 4- 14**

Tired of dull evenings? Want to try something exciting, learn skills for the future, and meet new friends? Come and see what we have to offer!

**Can you help?**

We can't do it without volunteers!  
Whatever time you can spare, whatever skills you can bring to the table - find out about how you can get involved!

**Come along to our FREE open event**  
**Join us for crafts, games, and fun**

 Saturday 8th March  
13:00 - 15:00

 Adur Valley Scout Hall, South  
Street, West Sussex,  
BN15 8AN

 4thlancingleaders@gmail.com

**Join the adventure and learn #SkillsForLife**



Please register your interest using the QR code, or send an email.

# Our Lady of Sion School

## Senior School Open Day

Tuesday 11th March  
Tuesday 18th March

11:00am-12:30pm

Or

2:00pm-3:30pm

The journey to unlocking  
your child's excellence begins at Sion

To sign up,  
scan the QR code



## Our Lady of Sion [sionschool.org.uk](https://sionschool.org.uk)

01903 204063

Worthing, West Sussex

Co-educational

3-18 years

Nursery

Juniors

Seniors

Sixth Form



"This is the happiest we have  
seen our son in a very long  
time." parent, 2021

"Coming to Sion has  
made the biggest impact  
on my life in the most  
amazing ways. I am so  
grateful." Senior student, 2021







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Welcome to Supreme Shutters, your expert installers of high-quality timber shutters based in Lancing, West Sussex.

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