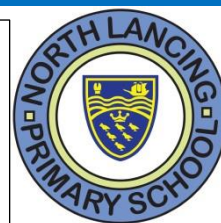


NLS Newsletter

Spring term 25.04.2025



www.northlancing.w-sussex.sch.uk



twitter.com/nlancingprimary

Diary Dates 2024/2025



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

Class photos Friday 20th June



Menu for Half Terms 5 & 6 (2024/25 Academic Year)

Monday 21st April to Friday 25th July 2025



Week 1 (for the weeks commencing 21/04, 12/05, 09/06, 30/06 & 21/07)

| Main Meal | Vegetarian Meal | Dessert |
|---|--|--------------------------------|
| Bacon & Tomato Pasta Bake & Salad (G) | Tomato Pasta Bake & Salad (G) | Ginger Sponge (G,E) |
| Cheese & Baked Bean Jacket Potato & Salad (D) | Baked Bean Jacket Potato & Salad | Chocolate & Vanilla Mousse (D) |
| Beef Lasagne, Garlic Bread & Salad (D,G) | Vegan Lasagne, Garlic Bread & Salad (G,S) | Flapjack |
| BBQ Chicken, Rice & Salad | BBQ Sweet Potato, Rice & Salad | Fruit Yoghurt (D) |
| Fishcake & Wedges with Vegetables (F,G) | Vegan 'Fish' Fingers & Chips with Vegetables (G) | Lemon Drizzle Cake (G,E) |

Week 2 (for the weeks commencing 28/04, 19/05, 16/06 & 07/07)

| Main Meal | Vegetarian Meal | Dessert |
|--|--|------------------------|
| Pesto Pasta, Garlic Bread & Salad (G) | Pesto Pasta, Garlic Bread & Salad (G) | Jam Sponge (G,E) |
| Pork Meatballs with Rice & Salad (Sd) | Vegan Meatballs with Rice & Salad (S) | Vanilla Ice Cream (D) |
| Roast Chicken, Roast Potatoes & Vegetables | Roast Falafel, Roast Potatoes & Vegetables | Chocolate Muffin (G,E) |
| Pasta Bolognaise & Salad (G,D) | Vegan Pasta Bolognaise & Salad (G,S) | Fresh Sliced Melon |
| Fishcake & Chips with Vegetables & Salad (F,G) | Vegan 'Fish' Fingers & Chips with Vegetables & Salad (G) | Coconut Cake (G,E) |

Week 3 (for the weeks commencing 05/05, 02/06, 23/06 & 14/07)

| Main Meal | Vegetarian Meal | Dessert |
|--|---|--------------------------|
| Smoked Paprika Pasta with Garlic Bread & Salad (G,D) | Smoked Paprika Pasta with Garlic Bread & Salad (G) | Granola |
| Sausages, New Potatoes & Beans with Salad (G,Sd) | Vegan Sausages, New Potatoes & Beans with Salad (S) | Mango Orange Sorbet |
| Chicken Curry & Rice | Vegetable Curry & Rice | Doughnuts (G,D,E,S) |
| Basil Tomato & Cheese Pasta with Salad (G,D) | Basil Tomato Pasta with Salad (G) | Strawberry Ice Cream (D) |
| Fishcake, Wedges & Vegetables (F,G) | Vegan 'Fish' Fingers, Chips & Vegetables (G) | Carrot Sponge (G,E) |

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

Attendance winners



Every week we celebrate attendance.



It is vital for your child that they attend school each and every day if they are well enough. Absence from school is often the greatest single cause of poor performance and achievement. Missing school leaves pupils vulnerable to falling behind, more likely to struggle sustaining friendships and much less likely to enjoy the school environment. We want to see your lovely children as often as possible!

The class with the best attendance this week is 2W

They had an amazing 100% attendance for this week!

Can you help?



Our beautiful pond area is a haven for wildlife but desperately needs maintaining. The pond itself is in need of repair and we would like to make a start by clearing it and with support that we are seeking to try to fund a new liner. We need adults with spades and wheelbarrows to help us with a morning pond clean up. Any help within 9am-1pm on Saturday 10th May would be greatly appreciated. If anyone knows of a way of sourcing a pond liner (either free or a recycled cheaper pond liner) please do let us know.

The pond area is also a memorial to one of our past pupils and the family would be delighted to know that the area was receiving some much-needed love so that our children can continue to enjoy it.

Please let either Mrs Fowler of the school office know if you are able to help out on the day or if you can help source the pond liner.

Thank you

New hot meals



The new hot meals have proven to be a big success! The children have loved the new meals and have enjoyed eating together in the hall. Even the staff have tried the meals and they are very impressed. The menu for the summer term is at the top of the newsletter.

If you have not already done so, please take 5 minutes to register by completing the following steps:

1. Click here to access the online booking system: <https://bookings.gocatering.co.uk/>
2. Enter all of the information required, for your yourself and your child, to complete your registration (taking care to include any dietary needs accurately).

Do I have to register an account?

- Yes. Even if you are not expecting your child to receive school lunches on a regular basis next academic year, there may be times we need to provide them with a meal (for example, if they forget their lunch, or on a census day). In order to ensure we can do this safely; you need to register an account, which captures all of your child's individual dietary needs (or confirm that there are none). **We will be unable to serve lunches to any children that are not registered on our online system (as we have no information regarding allergies, intolerances, or other dietary needs).**
- **Even if parents are not intending for their children to receive lunches on a regular basis, they must still register online, so that we are prepared for any emergency in which we need to provide their child with a meal.**
- The link to register is: <https://bookings.gocatering.co.uk/>.

What happens next and how do I book my child's lunches?

If your child(ren) is in:

- **Reception, Year 1 or Year 2:** We will automatically load your child's UIFSM booking onto your online booking account. There will be no charge for your child's lunches and, once you have registered your online account, you are not required to do anything else. You will receive email confirmation once this is complete. If you do not wish your child to have a hot meal every day then you can go in and untick specific days.
- **Year 3, Year 4, Year 5 or Year 6:** You will be able to start making bookings as soon as you have registered online. This can be on either a 'Permanent' basis (i.e. a rolling pattern, for the same days every week) or an 'Ad-hoc' basis.

Please note: All bookings must be with at least 4 working days' notice – so please do register ASAP.

What if I need help registering my account or have questions?

If you have any queries about service, or require support using our online booking system, please simply get in touch and we'd be delighted to help. Our office is open 9am-5pm each weekday and we can be contacted via phone (on 01444 715268) or email (enquiries@gocatering.co.uk).

Chartwells Refunds

We are aware that a number of parents will have credit on their Chartwells ParentPay account. We have contacted Chartwells about this and they have let us know that any refunds due have been processed and parents can withdraw any remaining balances on their account back to their payment card.

Clubs

Reminder that staff-led after school clubs will start next week. However, due to a staff meeting on Tuesday 29th April, clubs will not run that day. (Stay & Play will run as normal)

Please note that due to some staff members undergoing first aid training on Tuesday 6th May the following clubs will not be running: Lego with Mrs Button, Netball with Mrs Brown & Science with Mr Gradidge- these will start up on Tuesday 13th May. (Mrs Black's Science club group will be running though!)

PTA Events

Coming up in May is the now legendary NLS Quiz Night. Hosting by the queen of quizzes herself, Mrs Cartmell, this is always a brilliant night out. Get those brain cells bouncing around and book now for your team via ParentPay.

In June we will be holding another recycling day. These have been really successful in the past, so have a good spring clean, get rid of that coat that you haven't worn in 10 years, your partner's jumper that you have secretly always hated, all the kids clothes that they have grown out of- bung them all in a bag and bring them along to school either after school on 5th June to the music room, or on the morning of the 6th June at the goods entrance gates. Everything is recycled so we help both the planet and North Lancing Primary School at the same time!

As a thank you- if you bring in any recycling then your child can enjoy a dress down day on Thursday 5th June.

We look forward to helping you declutter your wardrobes!



RECYCLING DAY

CLEAR YOUR HOUSE. HELP THE PLANET.
RAISE MONEY FOR OUR SCHOOL



| | |
|--|---------------------|
| ACCEPTED | NOT ACCEPTED |
| CLOTHES INC. UNDERWEAR | DUVETS |
| SHOES | CUSHIONS |
| BED LINEN | OFF CUTS |
| BELTS, HANDBAGS | CARPET |
| HATS, SCARVES, GLOVES | CURTAINS |
| SOFT TOYS | |
| (ALL ITEMS MUST BE CLEAN BUT CAN BE IN ANY CONDITION) | |

**IT'S TIME FOR A
SPRING CLEAR OUT
IN PREPARATION
FOR SUMMER!**

Drop off after school on **5th June** at the music room, or
the morning of **6th June** at the Goods Entrance

FOR MORE INFORMATION PLEASE VISIT WWW.ASTRARECYCLING.CO.UK
OR EMAIL SLOVETT@NORTHLANCINGPTA.ORG



Quiz Night

**FRIDAY
9TH MAY**

£6 PER PERSON
8 PEOPLE MAX PER TEAM
BRING FOOD & DRINKS
PRIZE FOR BEST DRESSED TABLE

DOORS OPEN AT : 7PM

MORE INFO:
Pay via Parent Pay - please add team name and players in comments
Don't have a full team? No problem, we will put smaller teams together

Parent workshops

Along with our parent support groups which are running on Friday 16th May, Friday 13th June and Friday 4th July (see leaflet at the end of the newsletter for all the details) we are now also running a workshop on ADHD. This will cover, amongst other things: understanding the ADHD brain, common ADHD behaviours and how to respond effectively, managing meltdowns, impulsivity and defiance, communication strategies that actually work. Please see the leaflet at the end of the newsletter for more details.

Mr T needs you!

Mr T would be delighted if any of you have an old gardening tools that you no longer need. He is specifically needs any digging tools, secateurs or pruning saws. Any donations to the school office please.

Pupil Achievements

Evie L won a bronze medal at the Sussex Performance Arts Festival; she has now qualified for the All England National Competition!

Max C earned a medal for Player of the Match, a medal for most conversions and also a medal for scoring the most tries with Worthing RC.

Gene T achieved her Level 7 Gymco proficiency award certificate and medal.

Madi H achieved her 'All About Me Badger' St John Ambulance certificate and badge.

Katelyn McC achieved her Worthing Gymnastics Level 2 certificate and medal.

Katelyn McC also achieved her 'All About Me Badger' St John Ambulance certificate and badge.

Elsie F achieved her 'All About Me Badger' St John Ambulance certificate and badge.

Katie L earned her Level 8 swimming certificate.

Headteacher's Awards

Belle C, Hudson F, Isla R, Chloe B, Reggie G, Emmett M, Leo S, Caro H.



New Dates!

After seeking parental feedback, we have changed the dates of the upcoming Parent Support Group. On Friday 16/5, 13/6 and 4/7 at 8:50am we will be holding a parent support group. This will be a confidential space to discuss and access support with any difficulties your child/ren may be having; along with any challenges you may be facing as a parent. Themes that may arise are: a child's struggle to attend school, parental separation, struggles with parenting to name but a few. Please let us know if you wish to attend by using the following link:
<https://forms.gle/MBvkEutq5Fzu8wfQ8>

Attention Parents!

ADHD Parenting Workshop: Inspired by 'How Not to Murder Your ADHD Kid' by Sarah Templeton

Helping Parents Navigate the ADHD Journey with Confidence

Are you struggling with the daily challenges of parenting a child with ADHD? Join us for a transformative workshop inspired by Sarah Templeton's insightful book, *How Not to Murder Your ADHD Kid*. This session will equip you with practical strategies, a fresh perspective, and support from other parents who truly understand your experience.



Workshop Details:

Date: Friday 4th July

Time: 10-11:30am (straight after Parent Support group)

What You'll Learn:

- ◆ Understanding the ADHD brain—why they do what they do
- ◆ Common ADHD behaviours and how to respond effectively
- ◆ Managing meltdowns, impulsivity, and defiance
- ◆ Communication strategies that actually work
- ◆ How to support your child's strengths while minimizing struggles
- ◆ Practical solutions from real-life experiences

Who Should Attend?

Parents, caregivers, and guardians of children with ADHD looking for guidance and community support.

Reserve Your Spot Today!

Please let the office know if you would like to attend the workshop.

Empower yourself with knowledge and connect with others on the same journey. We look forward to seeing you there!

HEY! HAVE YOU HEARD OF



WE DO COOL
STREET DANCE CLASSES
AT YOUR SCHOOL!

With opportunities to
perform through the year!



It's not too late to sign up to the
Streetdance club at your school.
Simply click on the link or copy &
paste to your browser.

Our booking system with
ClassforKids means you can book
& pay straight away to secure
your child's place in the club!



CHECK OUT THE LINK BELOW FOR MORE
INFO AND TO BOOK!

[https://wannado-
streetdance.classforkids.io/
term/1](https://wannado-streetdance.classforkids.io/term/1)



www.wannadostreetdance.com



St Peter's Church, Sompting
Bowness Avenue, Sompting, BN15 9TS

SPRING SALE AND AFTERNOON TEA

PLANTS | RAFFLE | BOOKS | TOMBOLA

Saturday 26 April
2.30 - 4.30 pm

All welcome

Parent and Carer Digital Safety Newsletter

Online influence and dangers to young people

Following the Netflix drama Adolescence, it's clear that young people today are growing up surrounded by toxic online influencers on social media that portray masculinity and the treatment of women and girls in an alarming manner.

Social media algorithms can amplify extreme content, such as misogynistic posts, which normalises harmful ideologies for young people and can leave them feeling confused or anxious and may even lead to harmful behaviour.

What can parents do?

- Firstly, familiarise yourself with what your child is looking at on the internet. It is useful to familiarise yourself with terms and emoji language, CCDH has a useful [glossary of terms](#), (like incel, bluepill, chad, looksmaxxing) which can help understanding of the cultures online.
- Being familiar with the most common platforms and understanding how your children engage with them. For example, do they post regularly, share content, have lots of friends/followers?
- Talk to your child about what they are engaging with online and how it makes them feel.

- Have conversations with your children about the sites and chat forums they visit. Their views may be attached to their identity, and attacking the views may feel personal. This is called 'Identity Fusion' and although you may not change their mind immediately, moving them into uncertainty is a positive start.
- Explain to your children about age appropriateness and help them understand how they can change algorithm 'bubbles' if they feel they are seeing too much of a particular kind of content.
- Teach your child to block, mute, unfollow, and report content that makes them feel uncomfortable.
- If you are concerned your child is being harassed or negatively influenced online, report it to the Police.
- Please watch our [Eventbrite collection page](#) for parents webinars coming soon.



CYBER PROTECT WEBINARS



SOUTH EAST
ROCU

REGIONAL
ORGANISED
CRIME UNIT

The Digital Dilemma: Keeping Children Safe Online

Sessions in April, May and June
available to book NOW!



TICKETS ONLINE:



Eventbrite: Police – South East Cyber

FREE WEBINAR FOR PARENTS & CARERS

run by Police Cyber Protect teams

Hints and tips to secure your family
online, covering cyber risks and scams in:

Gaming



Social Media



Email

TO BOOK YOUR SPACE:

Click [here](#), scan the QR code

or search online for "eventbrite police southeast cyber"



DON'T LET IT BE **GAME OVER**
LEVEL **UP** **YOUR ONLINE SECURITY**