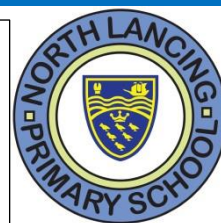


NLS Newsletter

Autumn term 10.10.2025



www.northlancing.w-sussex.sch.uk



twitter.com/nlancingprimary

Diary Dates



Autumn Term 2025 - Thursday 4th September-Friday 19th December 2025

Inset days Wednesday 3rd September + Monday 3rd November

Half term 27th-31st October

Flu vaccinations Friday 7th November

Individual and sibling photos Friday 14th November

Spring Term 2026 - Monday 5th January- Friday 27th March

Half term 16th-20th February

Summer Term 2026 - Monday 13th April - Friday 17th July

Inset days Monday 20th, Tuesday 21st, Wednesday 22nd July

Half term 25th-29th May



2025/26 Autumn Term Menu

Monday 1st September to Friday 19th December 2025



Week 1 (for the weeks commencing 01/09, 22/09, 13/10, 10/11, 01/12)

Main Meal	Vegetarian Meal	Dessert
Sweet & Sour Chicken with Rice & Salad	Sweet & Sour Vegetables with Rice & Salad	Chocolate & Vanilla Mousse (D)
Pasta Bolognese with Salad (D, G)	Vegan Pasta Bolognese with Salad (G, S)	Banana Cake (G, E)
Roast Pork, Roast Potatoes & Mixed Veg	Roast Veg, Roast Potatoes & Mixed Veg	Mango Sorbet
Cheesy Tomato Pasta with Garlic Bread & Salad (D, G)	Tomato Pasta with Garlic Bread & Salad (G)	Lemon Drizzle Cake (G, E)
Fish & Wedges with Peas & Salad (F, G)	Vegan 'Fish' Fingers & Wedges with Peas & Salad (G)	Blueberry Muffin (G, D, E)

Week 2 (for the weeks commencing 08/09, 29/09, 20/10, 17/11, 08/12)

Main Meal	Vegetarian Meal	Dessert
Pesto Pasta with Cheese & Salad (D, G)	Pesto Pasta & Salad (G)	Strawberry & Vanilla Mousse (D)
Sausages, Beans & Wedges with Salad (G, Sd)	Vegan Sausages, Beans & Wedges with Salad (S)	Flapjack
Chicken Curry with Rice & Salad (M)	Vegetable Curry with Rice & Salad (M)	Sliced Melon
Macaroni Cheese with Garlic Bread & Salad (D, G)	Tomato Pasta with Garlic Bread & Salad (G)	Chocolate Cake (G, E, S)
Fishcake & Chips with Mixed Veg & Salad (F, G)	Vegan 'Fish' Fingers, Chips with Mixed Veg & Salad (G)	Strawberry Ice Cream (D)

Week 3 (for the weeks commencing 15/09, 06/10, 03/11, 24/11, 15/12)

Main Meal	Vegetarian Meal	Dessert
Jacket Potato, Baked Beans, Cheese & Salad (D)	Jacket Potato, Baked Beans & Salad	Vanilla Ice Cream (D)
Savoury Mince, Vegetables & Rice with Salad	Savoury Vegan Mince, Vegetables & Rice with Salad (S)	Pineapple Cake (G, E)
Roast Chicken, Roast Potatoes & Mixed Veg	Roast Vegetables, Roast Potatoes & Mixed Veg	Fruit Yoghurt (D)
Pork Meatballs with Pasta & Salad (G, Sd)	Vegan Meatballs with Pasta & Salad (G, S)	Ginger Sponge (G, E)
Fish & Potatoes with Carrots & Salad (F, G)	Vegan 'Fish' Fingers & Potatoes with Carrots & Salad (G)	Chocolate Chip Muffins (E, G, S, D)

Allergen Key: (D) = Dairy; (E) = Egg; (F) = Fish; (G) = Gluten; (M) = Mustard; (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 3B

They had an amazing 97.9% attendance for this week

NEWS



Stay & Play October Club



We are running a holiday club at school for the first two days of the October half term.

To enable us to arrange the appropriate staffing levels, the deadline to apply is October 20th.

The club will run from 9am-3:30pm on Monday 27th & Tuesday 28th October and costs £30 per day. The club is open to children in all year groups. Light snacks are provided, but children would need to bring their own lunch and drinks. The children can bring swimming kit as we may take them swimming if the weather is kind to us. Please indicate by clicking on the link, which days you would like your child to attend.

<https://forms.gle/ZuzszpB9PiVE1DNM6> Thank you.

Let's talk about kids and smartphones

Shoreham Academy are holding a free event covering how smartphone use can have an effect on children. It will be a free, open, and non-judgemental panel discussion exploring the impact of smartphones on children and young people. Designed for parents, grandparents, carers, and education providers, our expert panel of speakers will help you understand the challenges and discuss positive ways forward. Q&A to follow. Click on the link to book a place: <https://luma.com/b3z4hd8v>

Lunches

If your child has a packed lunch please remember to pack healthy items only & absolutely no nuts. We have seen an increase recently in chocolate bars appearing. Please see the poster below for healthy ideas for snacks and lunch boxes. Thank you.



Lunchbox ideas for a balanced diet

What your child has for lunch will affect their learning and behaviour in the afternoon. Growing children need plenty of starchy foods to fill them up and give them energy. Nutritious meals packed with fibre, protein, carbohydrate and vitamins will also help your child's growing bones and give them a healthy dose of brain power for the afternoon! Here are a few ideas for a balanced lunchbox. **Try to include something from each section in your child's lunchbox.**

Tummy Fillers	Five-a-day Options	Good for growing bones	Snacks	Thirst Quenchers
Sandwich (filled) Wrap (filled) Pitta bread (filled) Naan bread Bagel Tortilla Croissant Pasta Salad Rice Salad Cous Cous Potato Salad Sausage Roll Mini Pasty Spring Roll Quiche Samosa Frittata Pizza Slice	Satsuma/Orange Apple Pear Banana Peach Plum Grapes Strawberries Fresh fruit jelly Melon Mango Kiwi Carrot Cucumber Mangetout Pepper Coleslaw Cherry tomatoes	Fruit yoghurt Fromage Frais Rice Pudding Custard Greek Yoghurt Plain yoghurt Cheese portion Cottage Cheese Cream cheese slice Dips - hummus/Raita	Malt loaf Crackers Rice cakes Crisp bread Scotch egg Bread sticks Mini sausages Cubes of cheese Hard boiled egg Cheesy biscuits Low salt/baked crisps Home made popcorn Small biscuit Oatcakes Cereal bar Small cake	Water Milk Milkshake Pure fruit juice Smoothies Well diluted squash

Filling ideas: Wafer thin meats, ham and cheese, roast chicken, salad, BLT, tuna mayo and sweetcorn, sausages, prawn mayo, grated cheese, cream cheese/cheese spread, cheese and coleslaw, egg salad/mayo, jam, fruit spread, nut free chocolate, honey.

Nurture Café

All parents and carers are invited to our nurture cafe on Friday 24th October 8:50-9:40am. The café is proudly run by the Nurture group and tasty treats will be available to buy. This will be a great chance to meet other families and enjoy a lovely hot drink! We look forward to seeing you there ☺



One-way system

Reminder that we have a one-way system in place for drop-off and pick-up. When you arrive in the mornings, please come in via the Twitten with your children then exit via the green goods entrance gates. In the afternoons this is reversed, so parents come in via the goods entrance and exit with your children down the Twitten. We have put this system in place so that when you have your children with you, you are using an entrance with pavement. It also means that buggies do not cause a traffic jam! We thank you in advance for your continued co-operation in keeping everyone safe.

Music Lessons

One of our fabulous music teachers has places available for children to learn the guitar, bass or ukulele. If you are interested in your child learning any of these, then email Lee Ashment on:

Lee.Ashment@westsussexmusic.co.uk



Raring2go Magazine

The Autumn edition of the Raring2go magazine is available online by clicking this link:

<https://magazines.raring2go.co.uk/worthing/autumn2025/>

It always contains lots of exciting things to do and places to take your children over the Autumn term.

FUNDRAISING

The PTA have some fantastic events coming up for both children and adults! Returning on Friday 21st November is the beautiful Lantern Trail. This is always a magical event to take part in. See the poster below for more details.

A new event for the PTA is Race Night. This will be running on Friday 28th November for family and friends (this is an adult only event) and looks to become a firm favourite!!



**CHARITY
RACE NIGHT!**

WHEN: 28TH NOVEMBER AT 7PM
WHERE: NORTH LANCING SCHOOL HALL
WHO: ADULTS ONLY - FRIENDS & FAMILY WELCOME

COST: £4 ENTRY PER PERSON
(INCLUDES RAFFLE TICKET FOR RACE 4)
BOOK VIA PARENTPAY

BRING CASH FOR BETS:
8 RACES WITH 8 RUNNERS & 8 JOCKEYS PER RACE
PRIOR TO THE NIGHT HORSES AND JOCKEYS WILL BE AVAILABLE
TO 'OWN' FOR BONUS WINNINGS - MORE INFO TO FOLLOW
BYO DRINKS & SNACKS

ALL PROCEEDS RAISED WILL GO TO NORTH LANCING PRIMARY SCHOOL



**Lantern
TRAIL**

Design. Make. Display.

21ST OF NOVEMBER | FROM 5PM
NORTH LANCING SCHOOL | LOWER PLAYGROUND

£1 per lantern entry - hand in to school by 20th
November with name and year group

**BRING CASH FOR
TRAIL TREATS**

**£1 ENTRY PAYABLE
VIA PARENT PAY**

**PRIZES FOR BEST LANTERN IN
EACH YEAR GROUP**

Please note there will be no access to toilet facilities at this event

Donations/Thank you!

Thank you to all our year 2 parents who have generously donated masses of cardboard boxes. We have been inundated with cardboard so do not need any more sent in. The year group are looking forward to making their models soon!

Mr T is after any bike/scooter/skateboard tools to help maintain the wheels at Wheels Club. Any spanners, wrenches, screwdrivers or any other tool box tools would be most appreciated.

Our younger Nurture children are definitely future gardeners in the making and would absolutely love to have a greenhouse to grow all sorts of vegetables and flowers next year. If you (or anyone that you know) are thinking of getting rid of a plastic glazed greenhouse (not glass) then please think of us! We already have a base for it which would be able to take any size of greenhouse up to 6ft by 6ft. Please let the office know if you are able to donate!

Thank you 😊



Pupil Achievements

Max C earned a medal at the Chichester Rugby club tournament.

Oliver K was Man of the Match at Worthing Utd.

George G earned a medal at the Chichester Rugby club tournament.

Thomas S earned a medal at the Chichester Rugby club tournament.

Oliver M earned a medal at the Chichester Rugby club tournament.

Hot Chocolate Superstars

Annabel I, Reggie W, Amelia H, Arlo C, Elsie G, Emmy D, Ella L, Jasper J, Jacob Y, Teddy T, Thea T, Fearne S, Edison B, Hollie G, Erin L, Luca J, Oakley S, Violet G, Reuben M, Caro H, Sienna C.

Headteacher's Awards

Lorenzo C, Camden Y, Luna R, Elsie P, Alex B, Nico H, Marlie W, Oscar A, Harry G, Aiden H, Max C, Zac C, Winston L-G, Roman M, Arlo W, Rhys G, Hattie M, Micah P, Elsie C, Alicia B, Alfie F, Jack P, Lucy H, Jax F, Reggie F.

ADUR

OUTDOOR ACTIVITIES CENTRE

Public Climbing Sessions Now Open!

Our 10 metre climbing wall boasts 22 panels with over 50 routes
Currently ranging from grade 4 to 7b
Open to the public daily. No need to book.

Not a competent climber?
No problem!
Book onto one of our induction sessions.

www.aduroutdoors.co.uk
01273 752912

Public Climbing Sessions:
Monday to Friday 5pm-10pm
Saturday 9am-10pm
Sunday 9am-5pm

Adur Outdoor Activity Centre
Brighton Road
Shoreham
BN43 5LT

Adur West Family Hub
SEND
STAY AND PLAY

30TH OCTOBER

10.30AM - 12PM

**SENSORY ROOM | ARTS AND
CRAFTS | GAMES**

To book your place please
call: 01903 276 896 or pop
into Adur West Family Hub

Open to Families with
Children with Special
Educational Needs (SEND)

**Early
Help
Service**



**Early Help
October
SEND EVENT**

Join us for some sensory Autumn fun,
pumpkin slime, mud kitchen,
bubbles and much more...

ACTIVITIES INCLUDE

- Messy Play
- Potion Making
- Sensory Play
- Junk Modelling
- Sensory Boxes
- Arts and Crafts
- Magic Carpet



Wednesday,
29th October
2025



10 - 11.30am
or
1.30 - 3pm



PLEASE CONTACT THE
WORTHING EAST HUB ON
01903 270424
or speak to a helpful Hub
Assistant :)

Open to families with children with Special
Educational Needs (SEND) up to 11 years, and their
siblings. No diagnosis necessary.



HAVE FUN AND MAKE FRIENDS

AT 1ST SOMPTING

BEAVERS

INVITING BOYS AND GIRLS

AGED BETWEEN 6 AND 8

YEARS

**MEETINGS HELD ON MONDAYS FROM 5.45 PM TO
6.45 PM**

**AT SOMPTING URC CHURCH,
COKEHAM ROAD, SOMPTING**

**FOR FURTHER DETAILS PLEASE PHONE
07585229520**