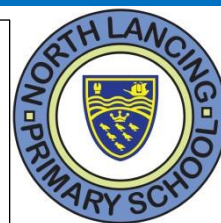


# NLS Newsletter

## Autumn term 17.10.2025



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



[twitter.com/nlancingprimary](https://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 Bolognaise with Salad (D, G)                   | Vegan Pasta Bolognaise 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 98.6% attendance for this week

### **NEWS**

#### **Football**

On Thursday 9th October we took 8 of our yr 5/6 girls to the Brighton training ground where they took part in the Premier League Primary Stars Cup. There were 12 schools taking part, which is just amazing for girls' football.

We had some tough competition in our group and unfortunately, we didn't come away with a win. We had a few good strikes at the goal and all the girls tried their best.

Their confidence grew with every match they played.

I am so proud of all of them for stepping out of their comfort zone and trying new positions. We were very lucky to be part of the competition and to have the experience of being at the training ground. All of the girls came away with a big smile on their faces, which is what it is all about.

I would like to say a big Thank You to Mrs Nutbrown for volunteering on the day and helping walk the girls safely back to school after and for treating the girls to a well-deserved ice cream.

The Dream team : Decoda R, Sophie N, Ophelia M, Caro H, Ava B, Alice B, Lyra R, Indie V

*Mrs Bothwell*



### **More football!**

On Wednesday, the year 5 and 6 boys participated in the Lancing and Shoreham Schools football tournament at SRWA. The tournament wasn't the highest scoring and defences were definitely on top in most of the matches for both the A and B teams. Despite the low scoring games, both teams played some flowing football and created some glorious opportunities throughout the tournament.

In the A tournament, 3 goalless draws and a crucial win saw the team finish joint winners whereas in the B tournament, 3 draws and a win was good enough to finish runners up.

Players of the tournament:

A team: Sam B and Hendrix D

B team: Flynn R and Oakley T

Teams:

Braxton L, Albie S, Charlie L, Sam B, Hendrix D, Reggie G, Preston T, Roman I, Shay B

Hudson F, Dylan H, Flynn R, Oakley T, Sam E, Eden K, Hudson K, Reuben M, Toby K



### **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 20<sup>th</sup>.**

The club will run from 9am-3:30pm on Monday 27<sup>th</sup> & Tuesday 28<sup>th</sup> 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.

### **Application for Secondary School Places**

Reminder to our year 6 families that the deadline for applications for secondary school places is fast approaching. The deadline to apply is 31<sup>st</sup> October. Any applications received after this date will be deemed late and this may affect your chance of getting your preferred school.

Apply online:

<https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/school-places/apply/secondary-school-places>

### **Starting school in September**

If your child (or any child you know) is starting school in September, you will now need to start having a look around schools to enable you to decide where you would like them to start their learning journey. We are holding tours next week and throughout November. You can book a tour either by scanning the QR code below or via our website. We look forward to seeing you soon!

### **Parent Consultations**

As you know, we are holding Parent Consultation Evenings next week. If you have not already done so, please book an appointment with your child's teacher as these are such a valuable way to see how your child is progressing with their learning and how best you can support your child at home. This term we are offering all face to face appointments; if you need an online appointment, please speak to the school office. If your child attends Nurture, we will be contacting you directly as they are doing things slightly differently. To book an appointment, please go to <https://studybugs.com/speak> to login (please note - you cannot book this via the app). Once in, choose 'speak with a teacher' at the top of the screen, and select your child's name. You will see all the available appointments (dates & times) on the right-hand side. Once you have found a slot that works for you - click 'book'. You will be sent an email from studybugs with a summary of the details of the appointment and reminders 30 minutes and 5 minutes before. Please be aware that you will still receive an email with a link and reminders even though they are all face to face appointments. We look forward to seeing you soon!

### **Clubs next week**

Reminder that there are no teacher led clubs next week due to the parent consultation evenings. Wheels club, Girls' Football club, external clubs and Stay & Play will all run as normal. Clubs will start up again after half term.

### **Nurture Café**

## **NORTH LANCING PRIMARY SCHOOL**



**Mill Road Lancing, West Sussex, BN15 0PT**  
**Telephone:** 01903 752301 **Email:** [office@northlancing.co.uk](mailto:office@northlancing.co.uk)

## **STARTING SCHOOL TOURS**

### 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 do not want to run out of cakes, so can you please complete this short form if you are planning to attend! <https://forms.gle/f8VdZbDN68WcyepG8>

We look forward to seeing you there 😊



### Snacks

We would like to clarify that children should be bringing in a healthy snack for breaktime. This can be fruit, raisins, rice cakes etc. Crisps are fine to be included with a pack lunch but not for a breaktime snack.

### FUNDRAISING

The PTA have some fantastic events coming up for both children and adults! Returning on Friday 21<sup>st</sup> 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 28<sup>th</sup> November for family and friends (this is an adult only event) and looks to become a firm favourite!!

**CHARITY  
RACE NIGHT!**



**WHEN: 28<sup>TH</sup> 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.*

21<sup>ST</sup> OF NOVEMBER | FROM 5PM  
 NORTH LANCING SCHOOL | LOWER PLAYGROUND

**£1 per lantern entry - hand in to school by 20<sup>th</sup>**  
**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



### Pupil Achievements

Liana M won a 2<sup>nd</sup> place trophy at the Sussex Martletts Club trampolining championships 2025.

Aria R won 1<sup>st</sup> place team medal at the Sussex/Surrey trampolining competition.

Gene T won a trophy at the Sussex/Surrey trampolining competition, level 2, 7-8yrs individual 3<sup>rd</sup> place, & a 1<sup>st</sup> place team medal.

Ivy Twon a trophy at the Sussex/Surrey trampolining competition, level 2, 9-10yrs individual 2<sup>nd</sup> place, & a 1<sup>st</sup> place team medal.

Sienna S won 1<sup>st</sup> place team medal at the Sussex/Surrey trampolining competition.

Thomas S won the Worthing RC Sportsmanship Award for 'looking out for his team mates and a superb pass to score a try'.

### **Hot Chocolate Superstars**

Esomchi I, Albi G, Sophie S-N, Ted K, Aurelia A, Holden W, India P-B, Sophia M, Ellie D, Olivia C, Jack M, Ozzy Ri, Harriet S, Millie N, Evie L, Rhys G, Louis A, Rosalie W, Elvey L, Joshy C

### **Headteacher's Awards**

Katie L, Reggie G, Olivia C, Emily B, Lyra B, Darcey F, Jamie L, Joey H, Harriet S, Willow S, Flora W, Reeve D, Jasper J, Jacob Y, Freya J, Kitty C, Hattie W, Esme V, Irene Pi, Archie Di, Madi H, Freddie B, Penny D, Thea T, Hattie N, Teddy T, Lennon C, Max C, Ed B, Millie N.

# HALLOWEEN PARTY!

**WANNADO**  
WANNADO  
WANNADO

**AGES 4-11!**

Halloween Craft  
Fancy Dress  
Crazy Competitions  
Cool street dance

And a super cool disco  
with live DJs:  
'GET IT TOGETHER'



**COME AND PARTY WITH US HALLOWEEN!**



**TAB INFANT SCHOOL**

**SUNDAY 26<sup>TH</sup> OCT**

**2 - 4:30PM**

<https://www.eventbrite.co.uk/e/wannado-halloween-party-2025-tickets-1206940414269?aff=oddttdtcreator>

# 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](http://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



**Worthing Assembly Hall**  
**Saturday 8<sup>th</sup> November**  
**11-4 pm**

EXPERIENCE THE MAGIC AT  
STAY TRUE EVENTS WONDERLAND MARKET



The poster features a pink background with various Christmas-themed illustrations including a reindeer, a snowflake, a star, and a Christmas tree. The main title "CHRISTMAS WONDERLAND MARKET" is written in red on a white, ribbon-like banner. To the left of the banner is a logo for "In aid of B St Barnabas House (Hospice) Care". To the right is a red circle with the text "FREE ENTRY". Below the banner, the event details are listed: "Worthing Assembly Hall", "Stoke Abbott Road", "SAT 8TH NOV 2025", and "11 AM - 4 PM". Below this, the activities are listed: "Local Handmade Craft & Artisan Market", "Food | Drink", "Face Painting | Balloon Modelling", and "Free Arts & Crafts". At the bottom, there is a small illustration of Santa Claus, the text "SANTAS GROTTO", "TICKETS AVAILABLE HERE:", and the website "staytruesantasgrotto.eventbrite.co.uk". In the bottom right corner, there is a logo for "STAY TRUE EVENTS" with the social media handle "@staytrueeventsuk".

**CHRISTMAS  
WONDERLAND  
MARKET**

In aid of  
**B**  
St Barnabas  
House  
{Hospice}  
{Care}

**FREE  
ENTRY**

Worthing Assembly Hall  
Stoke Abbott Road  
**SAT 8TH NOV 2025**  
**11 AM - 4 PM**

Local Handmade Craft & Artisan Market  
Food | Drink  
Face Painting | Balloon Modelling  
Free Arts & Crafts

 **SANTAS GROTTO**  
**TICKETS AVAILABLE HERE:**  
[staytruesantasgrotto.eventbrite.co.uk](http://staytruesantasgrotto.eventbrite.co.uk)

@staytrueeventsuk  
STAY TRUE  
EVENTS

Created by

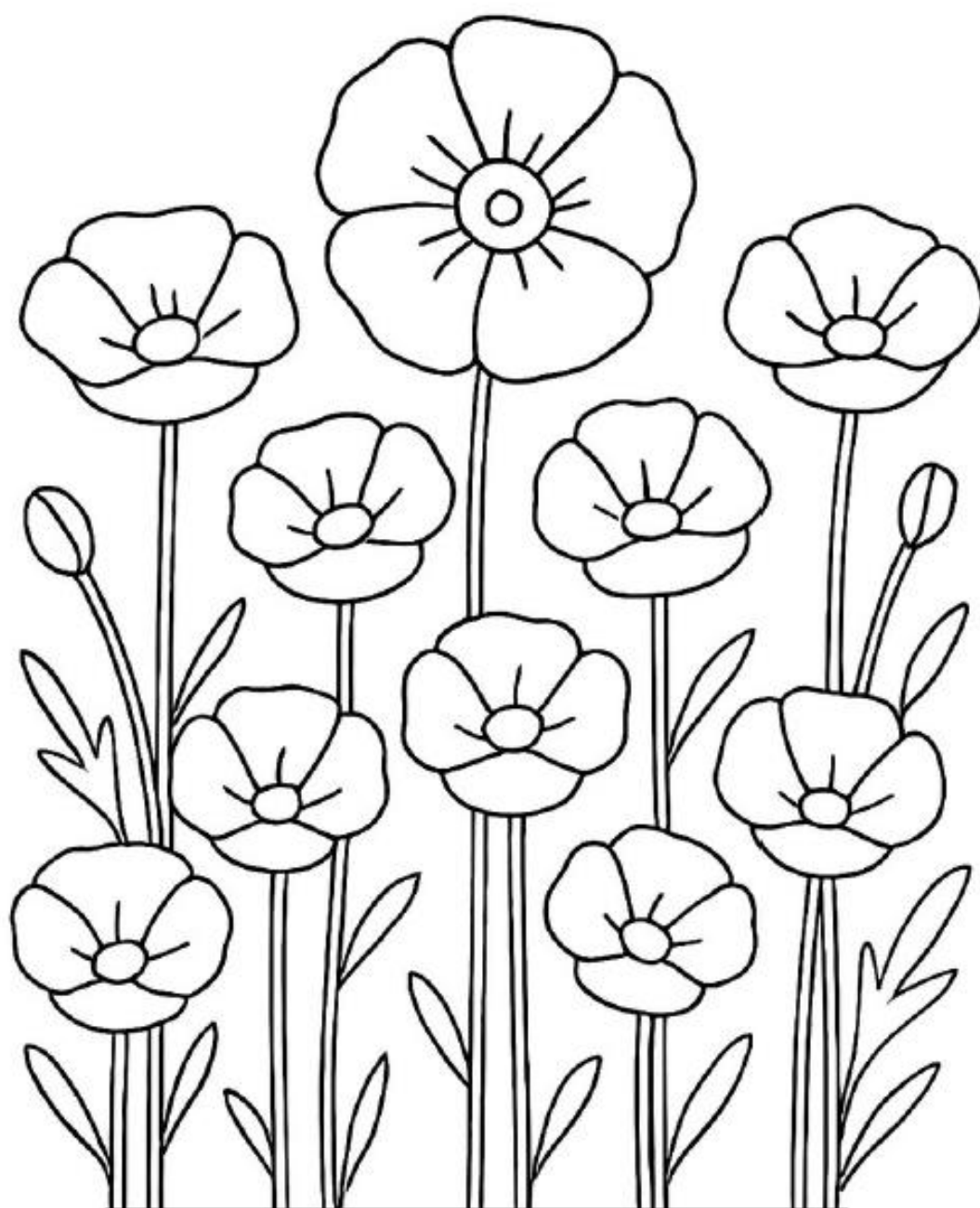
Age



## REMEMBRANCE POPPY COLOURING COMPETITION

Ahead of Remembrance Day this year we've produced a Poppy Appeal colouring sheet for kids to get creative with. In their own special way, children can complete the colouring and hand it in to Lancing Parish Hall where we will display them as a sign of remembrance and support. Submit your masterpiece by Monday 3rd November for a chance to win a prize. Winner announced by Monday 17th November 2025.

Please add your contact details on the back of this page.





# Let's talk about kids and smartphones

Come along to an open, non-judgemental conversation about the impacts of smartphones on children and young people

## When

Thursday 23<sup>rd</sup>  
October 2025  
18:30-20:30  
Doors open  
18:00 for a  
prompt start

## Where

Shoreham Academy,  
Kingston Lane,  
Shoreham-by-Sea,  
BN43 6YT

**Book Now**

(<https://luma.com/b3z4hd8v>)

## Our guest speakers include



### Mandy Marshall-Taylor - Panel Host

As a Naked Truth Project Associate, Mandy works to educate and raise awareness of the harmful effects of pornography on children and young people.



### Dr. Eleanor Mason

A West Sussex NHS GP for 12 years, Eleanor brings unique insights into the impact of smartphones on children's mental health.



### Mr. David Smith

As Head Teacher of Fulham Boys School, David has led groundbreaking reforms to completely remove smartphones from school.



### DCI Luke Kyriakides-Yeldham

Part of Sussex Police's Online Child Abuse Team, Luke shall address the dangers of indecent image sharing, sexting, sextortion, and online grooming.



### Tom Rutland MP

Tom Rutland is the Labour MP for East Worthing and Shoreham.

Smartphone Free Childhood is a grassroots movement bringing families together to stand up for healthier, happier childhoods.

WEBSITE: [SMARTPHONEFREECHILDHOOD.ORG](https://SMARTPHONEFREECHILDHOOD.ORG)

SOCIALS: [@SMARTPHONEFREECHILDHOOD](https://twitter.com/SMARTPHONEFREECHILDHOOD)