

Orchard Vale's Weekly News

24th January 2020

www.ovschool.co.uk

orchardvale@ventrus.org.uk



Year 6—Geography and Orienteering Days

Over the past three weeks small groups of year 6 children have been taking part in geography and orienteering days led by Mr Magson and Mrs Harding.



This has involved walking up to 6½ miles over varying terrain around the Goodleigh/Whiddon Valley area. With the changeable weather we have been experiencing the children have coped brilliantly in wet and cold conditions, with some areas proving to be like a mud bath.

This year we will be entering 3 teams of Year 6 children for the Exmoor Challenge in May. The Challenge entails children following a 16 mile, unmarked route using instructions, map reading and compass skills.

Our local walks will give the children an idea of the challenges they may face if they take part. All Year 6 children will be invited to apply for a place on the teams, with the successful candidates taking part in 7 practice walks after half term, where they can improve their navigation skills.

Key Stage One—Fire of London Topic Work

The children in Key Stage One have enjoyed researching the Fire of London, which happened in September 1666.

Mrs Oldfield's class have carried out a comparison of Barnstaple in 1666 and in 2020 and Tudor houses and modern houses.

They have created their own Pudding Lane in class and will be adding fire to it over the next few weeks.



Barnstaple We've Got Talent watch out for Miss Gulliford's class

Miss Gulliford's class have been learning to play notes GAG GAG AAA GAG on their recorders.

This forms the chorus of 'Three Little Birds' which the class are currently working on. They hope to be able to combine singing and the instrumental to be able to perform later in the term to the rest of the school.



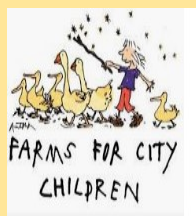
Key Stage Two Residentials 2020

Heatree Activity Centre, Manaton, Dartmoor—Years 3 and 4—27th to 29th April

Instalments due 6th January, 3rd February, 2nd March, 1st April

Farms for City Children, Nethercott Farm, —Years 5 and 6 – 26th June to 3rd July

Instalments due 6th January, 3rd February, 2nd March, 1st April, 1st May, 1st June.



Please don't forget to keep up with your instalment if your child is attending one of our residentials this year. It is important to keep up with the payments to ensure the whole amount is paid before departure.

Out of hours access to school grounds



Due to recent vandalism out of hours around the school, we will be locking the gates to the main playground at the end of the school day, at 4.45pm, over the weekend and during school holidays.



No Girls Football Club After School —Friday, 31st January

Please note that this club will not be running on Friday, 31st January

Nursery—This week

We have been learning all about polar animals which live in cold climates. We have enjoyed playing with our toy plastic polar animals and ice in the play tray. In maths, we have been looking at numbers 1-10 and matching them to the correct number quantity. We have practiced our cutting skills making penguins and making pictures with lots of different materials. We have started our learning about letters and this week we have learnt about the letter 's.'

Every Monday we will be taking part in Forest School activities so please provide wellington boots and waterproof suits, if you have them. To save time it would be much appreciated if your child can arrive ready in their boots. (Please put your child's shoes on their pegs.)

Have a fantastic weekend. Mrs Youll

Reception classes / Miss Cawthorne's Year 1—This week

We have had a fantastic week learning all about Tyrannosaurs Drip. The children loved designing their own dinosaurs and writing about them. We have been busy acting out the stories using the dinosaurs and discussing the dinosaur names and facts.

Reception - Here are the sounds we have been looking at.

Miss Boundy's Class- **wh cks tch nk** Miss Cawthorne's Class- **ow oi ear ur or ur air**

Please let your class teacher know when your child knows all of the words on their word chart.

Year 1- In Maths we have continued using the part whole model for addition and have looked at missing number problems. We have been impressed with the progress the children are making in their reading. We have been busy practicing writing our tricky words. **For homework** you could practice spelling the words, **was, said, they, there**, and see if you can write a sentence using these words.

P.E days - Monday and Friday for both classes, all children are now getting changed for PE so please bring kit on these days.

Next week are looking at dinosaur fact books.

Have a super weekend. Miss Cawthorne Miss Boundy

Years 1 and 2—This week

In English, we have written our own stories, the children have used some exciting adjectives in order to improve their work, which looks amazing. Mrs Grimwood's class used the bare bones of King of the Birds to start composing their shared class story King of the Trees.

In maths, we have continued with multiplying and will soon be looking at division (sharing). The children are doing really well counting in 2s, 5s and 10s.

We have started looking at Picasso's work in art drawing some lovely portraits.

We are enjoying researching the Great Fire of London and events that happened in September 1666. We have been learning to play keyboards in class and are gradually getting better at playing 'London's Burning' or 'London Bridge is Falling Down' and have been singing some Fire of London songs.

Have a great weekend.

Mr Quilter Mrs Grimwood Mrs Huggins Mrs Oldfield

Years 3 and 4— This week

This week we have enjoyed researching the seven wonders of the world. We have been finding information by using iPad safely and locating the wonders on a map. We are beginning to look at locations such as continents, countries, nearest cities and hemispheres.

Miss Gulliford's class have been busy learning 'Three Little Birds' and have enjoyed performing the song in groups. We have also started to learn to play notes on the recorders.

Homework – Please revise your knowledge organiser as your teacher will be testing you next week.

We hope you have a super weekend. Miss Gulliford Mrs Johnson Mr Whapham

Years 5 and 6—This week

We have started researching Jane Goodall, the primatologist, anthropologist and the world's foremost expert in chimpanzees. In Art, we have been experimenting with tone and colour in our work on areas in North Devon.

Homework and updates are all on Seesaw. If you need help logging in please talk to your class teacher.

Please could the children practise times tables and spelling for testing next week. They can practise maths on the website www.mathstest.org and spellings/homework on Seesaw <https://app.seesaw.me/>.

Have a good weekend. Miss Squire Mrs Rana Mr Lewis Mrs Lowrey



Friends of Orchard Vale News

The Friends of Orchard Vale (FoOV) plan events through the year to raise funds to help subsidise trips and events across the school as well as equipment for classes and larger projects.

We are desperate for people to help out on Tuck Shop mornings, from 9am to 11am, on the first Tuesday of each month. All volunteers must be DBS checked, which is a relatively quick process and free to you. If you are not DBS checked please speak to the school office who will be happy to start the process.

Tue, 4th Feb—Tuck Shop

Lost



Please could we ask you to check at home to see if your child has accidentally picked up an Orchard Vale sweatshirt with Katie-Jayne written on the label. If you find one please could you bring it to the school office.

Wanted



Little Seeds are looking for donations of pots, pans, lids, guttering and drainpipes to be mounted on their fence and used for outside water and musical play. If you have any that you would like to donate please bring these to the school office.



Dates and Events

Future diary dates (don't forget to check the school website, www.ovschool.co.uk for up to date information)

Fri, 31st Jan—Non Uniform day—raising money for Ocean Revival.

Fri, 31st Jan—Visit by Royal Marines and their boat—Ocean Revival.

Fri, 31st Jan—Year 5—Geography walk—Group 3

Fri, 31st Jan—Year 6—Geography/Orienteering walk—Group 1

Tue, 4th Feb—School Council—Magic Martin (interactive Magic Show)—Reception and Key Stage One

Wed, 5th Feb—Devon Ability Games (North)

Fri, 7th Feb—Year 6—Geography/Orienteering walk (Group 2)

Fri, 7th Feb—Year 5/6—Netball Competition

Tue, 11th Feb—School Council—Big Breakfast (whole school will be provided with breakfast in class at 9am)

Wed, 12th Feb—School Council—Non Uniform Day in aid of Julien House homeless charity

Wed, 12th Feb—Key Stage Two Assembly—Julien House—homeless charity

Fri, 14th Feb—Year 6—Geography/Orienteering walk (Group 3)

Mon, 17th to Fri, 21st Feb—HALF TERM

Lunch menu week commencing 27th January 2020

Please see the website for our Autumn 2019/Spring 2020 menu)

School dinners are now £2.30.

Menu available:
11th Nov, 2nd Dec, 6th Jan,
27th Jan, 24th Feb, 16th Mar

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Macaroni cheese	Brunch grill Sausage and bacon	Roast turkey with stuffing and gravy	Cottage pie	Chicken nuggets
Vegetarian	Quorn hot dogs	Brunch grill Quorn sausage	Cauliflower and broccoli cheese	Pizza	Quorn dippers
Served with	Potato squares and sweetcorn	Hash browns, scrambled egg, beans	Roast/mash and chefs veg	Wedges and peas	Tomato ketchup, fries and veggie sticks
Dessert	Raspberry cake	Chocolate cookies	Fresh fruit	Apple flapjack	Custard biscuits

Sustainable Travel to school and cycle safety

We have been lucky enough to be offered FREE Bikeability sessions.

Level 1 - Years 3/4

Fri, 20th and Fri, 27th March

These sessions will take part on the playground.

Level 2— Year 6

Mon, 23rd Tue, 24th, Wed, 25 and Thur, 26th March





These sessions will take part on the playground and on roads in Whiddon Valley.

Letters will come home this week, we have limited spaces and these will be allocated on a first come, first served basis.

The children must be able to ride a bicycle without stabilisers and have good balance/control. They will need to be able to bring in their own bicycles and helmets. Bikes must be roadworthy.

As you will appreciate this course is valuable in making children aware of how to stay safe when cycling.

If your child would like to take up this offer please read the literature above, complete the form and return it to Mrs Manley by Friday, 14th February. You will be notified by letter if you have secured a place for your child by Friday, 6th March.

Bikeability Level 1 Consent Form

(PLEASE USE BLOCK CAPITALS IF WRITING BY HAND)

Child's Name	
Child's School	
Date of Birth	
School Year (all participants must be in Year 3 or 4)	
Parent/Carer Name	
Telephone Number	
Emergency Contact Name & Number (if different from above)	
Please provide details of any medical conditions that we need to know about... <small>Ensure that if your child requires medication (e.g. inhalers), that they have it with them at all times during the course</small>	
Please provide details of any learning support your child needs at school... <small>Does your child have any learning or behaviour issues that we should be aware of so that your child has a more positive experience?</small>	
My child can ride a bike competently, without stabilisers	Yes / No
My child currently rides a bike to school	Yes / No
<p>We are offering all adults in Devon* a free two hour adult cycle confidence session!</p> <p>If you want to:</p> <ul style="list-style-type: none"> learn to ride a bike brush up on your skills get tips for riding as a family get advice on suitable routes to work or education <p><small>Enter your email address in the box opposite and someone will contact you to discuss this opportunity further!</small></p> <p><small>* Age 18+, excluding Torbay and Plymouth *</small></p>	




I have read all of the information and understand that completion of this application form acts as my consent for my child to take part in a cycle training course and by signing below I agree the following:

- I give permission for my child to be supported for balance as necessary. If my child cannot ride a bicycle, I consent to them taking part in playground based "Learn to Ride" training where possible
- Whilst every care will be taken to ensure your child's safety, Devon County Council provides public liability insurance only and not personal accident insurance for anyone taking part in this course, nor does it accept responsibility for the actions or personal behaviour of participants. Devon County Council, the Plymouth School Sports Partnership and your training provider are not responsible for any injury to persons, or loss or damage to property which is not the result of the negligence of an instructor
- I will ensure my child's helmet fits and their bicycle is in a safe, usable condition - (please refer to bicycle checklist)
- I consent to allowing the instructor to make necessary adjustments to my child's bike to ensure that my child can take part in the course
- I consent to my child receiving any first aid treatment as required
- I understand that any participants who persistently misbehave or put others in danger will be asked to leave the cycle sessions and will not be allowed to attend in future

Parent/Carer Signature: _____

Date: _____


In accordance with General Data Protection Regulation, for information on how we store your data, please visit www.cyclemap.co.uk or <https://www.devon.gov.uk/privacy/privacy-notices/privacy-notice-for-road-safety/>



Bicycle Checklist

Use the diagram below to check your child's helmet fits and that their bicycle is in a safe, roadworthy condition.

Step 1: Size
Should fit snugly and not rock side to side



Step 2: Position
No more than two finger widths above eyebrows




Step 3: Straps
Should form a 'V' under and slightly in front of ears



Step 4: Buckles
Center the buckles under chin and lock sliders



Step 5: Chin
No more than one or two fingers should fit under strap



BIKE SIZE - rider should be able to reach the handlebars and touch the ground easily with toes of both feet

HANDLEBARS - check handlebars can be twisted out of the line of the wheels and are straight. Bar ends must not be exposed

CABLES - check are not frayed, broken or loose

BRAKES - both front and back should work. Check brake block is in correct position, not touching the tyre and not worn out



SADDLE - adjust to the rider's height without exceeding the safety limit (notch on the saddle post). Check saddle points forward and does not wobble

PEDALS - check they are attached securely to the crank and spin freely

CHAIN & GEARS - check the chain is well oiled and not too tight/loose. Check all the gears can be changed easily

TYRES - check firmly pumped up, no damage, punctures or excessive wear

WHEELS - check they spin freely and straight, no damage to spokes. Nuts and levers are securely tightened

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Bikeability

Take YOUR CYCLING seriously, don't miss out on Bikeability!

With Bikeability Level 1, you'll learn to control and master your bike in a safe space away from traffic such as a playground or closed car park.

Level 1 is for children in Year 3 or 4 who are able to ride a bike without stabilisers. You will usually be trained in a group of up to 12 per instructor.

At Level 1 you can:

- Prepare yourself and your bike for cycling
- Get on and off your bike without help
- Start off, pedal and stop with control
- Pedal along, use gears and avoid objects
- Look all around and behind, and control the bike
- Share space with pedestrians and other cyclists

Parents & Carers

Please read the following information carefully and return the consent form to your child's school. The school will inform you about dates when the course for your child is due. If you sign up for a holiday course, please return the form directly to your local training provider.

Note each child must be able to ride a bicycle (without stabilisers, have good control and balance) before enrolling for this course. There may be courses to support those who can't ride.

All trainees must provide a bicycle in a suitable condition (a bicycle check diagram is provided) and a helmet must be worn. In certain areas, spare bicycles may be available. High visibility waistcoats will be provided. All courses are conducted by approved National Standard Instructors, who are DBS checked and have attended a First Aid course. Please ensure child is wearing appropriate clothing suitable for cycling and the weather conditions of the day.

We request that you discuss the Bikeability course with your child, and encourage them to practice what they have learnt each session - maybe by accompanying them on a bike ride and discussing the Highway Code. Your child must attend every session - If they miss any sessions they may not be able to complete the course.

For more information about Bikeability please visit <https://bikeability.org.uk>

FREE HALFORDS BIKE CHECK, DISCOUNT VOUCHER AND PRIZE DRAW

Overleaf we show you how to safety check your bike, however why not also get a professional mechanic to check over your bike free of charge, through Bikeability's exclusive partnership with Halfords, the nation's biggest cycling retailer? All you need to do, to receive some amazing incentives, is register at: <https://bikeability.org.uk/participants-hub>

REGISTER NOW TO RECEIVE THE FOLLOWING FROM HALFORDS

Once registered you will receive an email confirming your free offers:

- A free bike safety check by a trained mechanic at all stores nationwide
- A voucher with money off incentives (exclusive money off discounts for Bikeability participants and their families)
- Entry into a prize draw to win a free Carrera kids bike

In accordance with General Data Protection Regulation, for information on how we store your data, please visit www.cyclemap.co.uk or <https://www.devon.gov.uk/privacy/privacy-notices/privacy-notice-for-road-safety/>

Visit to Orchard Vale by Ocean Revival Team—Friday, 31st January

Ocean Revival 2020 are partnering with Plastic Oceans UK to deliver an educational programme to school across the UK. Matt Mason and his team will be visiting Orchard Vale on Friday, 31st January to talk to us about oceans, marine life and the effect plastic and our own human behaviour is having on those systems.

Matt and his team will be bringing the Rossiter 2 Pure Class Ocean rowing boat they will be using for the challenge for the children to have a look at.

To support their amazing fundraising feat we will be holding a non-uniform day on Friday, 31st January and inviting children/parents to make a donation towards this very worthy cause.



**NEW YORK TO LONDON | 3700 MILES | NORTH ATLANTIC OCEAN
RECORD ROW**

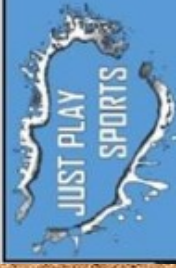
OCEAN REVIVAL 2020 | OUR ETHOS

Plastic in our Oceans is an astronomical problem that is hugely affecting the ecological systems that are vital not just to Marine Life but also Human. According to 'Science Journal', 12.7 million tonnes of plastic enter our oceans every year, causing havoc with our oceans food systems and marine life, and the problem is only getting worse.

OCEAN REVIVAL 2020 is a team of serving and former serving Royal Marine Commandos, who have fought alongside each other in 45 Commando. They have now teamed up to take the fight against plastic by rowing across the **North Atlantic Ocean**, rowing a route that has never been completed before and one that is statistically the most dangerous and arduous ocean row to attempt. **Ocean Revival 2020** is fighting back by attempting to raise awareness and help keep momentum in the fight against plastic in our oceans; a fight the team would love you to join them on.

FEBRUARY HALF TERM SESSIONS

PROFESSIONAL PRESSURE FREE SPORTS FOR AGES 4-11



EARLY BIRD OFFER
£10 PER DAY FOR ALL
ENDS 31ST JANUARY

BIDEFORD

MONDAY 17th FEBRUARY
TUESDAY 18th FEBRUARY
9:30am-2:30pm

St Mary's School, Chanters Road
EX32 2QN

Prices:
£13 per day

£10 per child, per day for members of
Just Play Sports, Barnstaple Youth, Shamwickshire
Youth, St Mary's School

BARNSTAPLE

WEDNESDAY 19th FEBRUARY
THURSDAY 20th FEBRUARY
9:30am-2:30pm

Park School, Barnstaple
EX32 9AX

Prices:
£13 per day

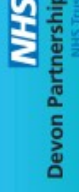
£10 per child, per day for members of
Just Play Sports, Barnstaple Youth,
Shamwickshire Youth, St Mary's School

TO BOOK

FACEBOOK - JUST PLAY SPORTS TEXT - 07853008133 EMAIL - KWJUSTPLAYSPORTS@OUTLOOK.COM

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING



UNDERSTANDING AND IMPROVING LOW MOOD

A workshop from
TALKWORKS that looks at:

- What is low mood?
- How does low mood impact us?
- What we can do to improve our mood

Led by qualified NHS therapists the workshop offers practical solutions and activities to help you improve your mood and mental wellbeing.

13 February 2020

6pm – 8pm

Castle Centre – The Hall
25 Castle Street
Barnstaple
Devon EX31 1DR

Nearest car park is the Cattle Market, with a short level walk to the hall.

Limited spaces available.
To book your place:

0300 555 3344
dpt.talkworks.northdevon@nhs.net



TALKWORKS.dpt.nhs.uk

@DPT_TALKWORKS

743/01/20

ROMAR
SPORTS

EXPERIENCE, KNOWLEDGE & UNDERSTANDING OF THE GAME



SOCCER SCHOOL HOLIDAY CLUB

17TH - 21ST FEBRUARY



Come and join us this half term at soccer school.
9am - 4pm everyday, dedicated to football.

**Girls & boys 4 - 14 years
of all abilities**

9am - 4pm

**3G Pitch Tarka Tennis
7 Brethren Bank
Barnstaple
EX31 2AP**



Monday 17th Feb - Sam from GK ICON will be offering specialised GK training. 9am - 12pm
Contact Sam: 07473 924616



Romar Sports Development Players & Fremington Youth: **£15**

Early bird, book before 31st January: **£17.50**

Day price: **£20**

Full week deal: **£75**

Sibling discount: **10%** (use code 100FF at time of booking)

EXAMPLE DAY

9AM - 10AM	Individual & team warm up games
10AM - 11AM	Learn skills like the pro's (basic to advanced)
11AM - 12AM	Shooting & finishing techniques & drills
12PM - 1PM	1 v 1's, 2 v 2's & mini matches
1PM - 1.45PM	Lunch fun
2PM - 4PM	World cup tournament, penalty shootout & competitions



Our soccer schools give young footballers of all abilities the chance to learn & develop their skills and have a huge amount of fun with friends. The days will be structured with different themes and lots of chances to win prizes with our challenges and games.

Whether your child is a complete beginner or an advance player, our coaches will adapt the sessions for the individual to ensure they are engaged and have a fantastic time.

For footballers who play regularly for a team and want to advance further, we will also provide a new level of fun challenges and experiences

We can't wait to see your footballers this February. **BOOK NOW, LIMITED SPACES**



BOOK ONLINE: www.romarsports.com **CONTACT US:** info@romarsports.com / 07850 341374