

# Orchard Vale's Weekly News

## Friday, 14th January 2022

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### Headteacher's message

*Dear Parents/Carers*

Isn't it wonderful to see the sun shining? We have all enjoyed getting outside and feeling the sun on our faces.



Spring is certainly close, we even have residents in our North Devon Biosphere house martin nest box in the courtyard. We think they are sparrows but they are more than welcome. At the moment they are very busy going in and out, no doubt preparing a very cosy home for their eggs/chicks. We will keep you posted.

The children all enjoyed their parkour taster sessions during PE this week. They learnt about efficient movement through their environment, using jumps and vaults. Thank you to Dom Brown for coming in to run these sessions for us.



Some of the children from Years 3 and 4 took part in the first Bikeability level 1 workshop. Ian Jewell and Kevin Bosence from Bikeability were teaching the children how to do basic checks on their bikes and how to set off, cycle and be safe around other cyclists and pedestrians. The weather was superb for our cyclists and everyone had a great time.

The children in year 5 took part in their first swimming lesson this week. They were very brave getting into the water as some of them had not been able to go swimming for a long time. The children listened to Mrs Richardson and Chris, the swimming instructor very well and got used to the routine quickly. Well done to you all!

I have seen some amazing pieces of homework on the class Teams and next week we will be showcasing some of these pieces in the newsletter. Well done everyone for working so hard at home.

### Change of menu – Thursday, 20<sup>th</sup> January

I think the children who have school meals this year will all agree that the new menu is very tasty. If your child has not tried our school meals yet why let them try out our tasty crispy chicken goujons, quorn nuggets, chicken salad or a jacket potato next Thursday. This is a one off change to the normal menu.

Have a wonderful weekend and enjoy this glorious weather.



Fiona Pearce  
Headteacher

An OV flash mob started by Harrison at lunchtime.

There was a wonderful atmosphere on the playground. It is joyous to see children coming together and having such a



# Star of the Week



## Mrs Youll's nomination

Gwendoline for showing good independence and playing nicely with her friends.

Charles for supper listening at carpet time and trying hard to answer the question when we are learning about the date.

## Miss Cawthorne and Miss Boundy's nominations

Chloe for settling in beautifully and working hard.  
Reggie for fantastic phonics and great listening.



## Miss Gulliford nomination

Bibi has grown in her confidence this year and is finally starting to believe in herself. Her attitude to learning is outstanding and she always strives to please in everything she does. I know that Bibi has moments when she questions her ability, but she needs to know that I see her potential and I am with her every step of the way to help her achieve her best. I feel extremely lucky to see Bibi begin to grasp certain concepts and apply them independently in her work. She is a hard-working, delightful learning superstar and she deserves all the positive recognition!

## Mrs Johnson's nomination

My Star of the Week is Corey. This week in English he has been rather put out by the fact he hasn't been asked to do any long pieces of writing! Such a change from the boy in Year 3 who didn't want to write at all! He has also been so engaged in our reading sessions where we have been reading Fantastic Mr. Fox. He even found a separate copy to read in his own time! The change in your attitude towards reading and writing just goes to show how much effort you are putting into your learning Corey, and the fabulous progress you have made! Keep it up Corey! One day, children in Primary schools may be reading your stories!



## Mr Whapham's nomination

Grace has worked hard this week, showing me her best work! She has particularly shone in maths this week. She has been thinking carefully about her work, using previous learning from the week to support new learning and most importantly learning from her mistakes! It is lovely to see such a positive attitude towards maths and seeing someone who is not afraid to make a mistake! Keep up the hard work Grace.

## Mrs Rana and Ms Richardson's nomination

Our star of the week is Archie R. Archie has had such a fantastic start to this term. He has worked extremely hard in all our lessons and has made lots of great contributions to discussions. He has asked staff for help when necessary and has listened to advice. We are especially proud of the way he overcame his nervousness about swimming with such courage. Well done, Archie!



## Mr Boul't's nomination

Our star of the week this week is Kaito. This comes a little late for Mr R, but he has always been fantastic with everything he does, and how he goes about his day. He works so incredibly hard and always makes his work look so well presented, no matter the subject. His teaching of the class before the Christmas break was fantastic, really showing what a wonderful learner he is. Well done Kaito!

## Miss Squire's nomination

The star from the Resilient Radishes class, this week, is Keeley. Keeley has gone from strength to strength, since starting year 6, and has continued to grow her fantastic attitude to learning this term. Although Keeley is a particularly quiet member of our class, her voice and ideas are very much valued and it has been such a joy to watch her confidence grow. She is beginning to believe in her own skills and knows it is not a failing to ask for help. In addition to her great work in class, Keeley is also a wonderful friend. Well done, Keeley, you are a shining star.





# Updated guidance from the government

## Self-isolation, PCR and LFD testing

### Child exhibits Covid-19 symptoms

If your child has any of the Covid-19 symptoms, even if they are mild, they should stay at home and self-isolate straight away. They should book a PCR test (a test that is sent to a lab), to check if they have COVID-19 as soon as possible. They should stay at home to self-isolate and not have visitors until you get their test result.

### Awaiting a PCR test result

If you have been advised to book a PCR Test for your child but they are not exhibiting any COVID-19 symptoms, they can attend school whilst you await the PCR test results.

If your child has any COVID-19 symptoms they should self-isolate until results are known and then follow Track and Trace Advice.

### Close contacts

All adults who are fully vaccinated and children aged 5 to 18 years and 6 months, identified as a close contact of someone with COVID-19 should take a lateral flow device (LFD) test every day for 7 days instead of self-isolating.

Daily testing for contacts of COVID-19 will help protect education settings by reducing transmission and will also help keep pupils in face-to-face education.

Once notified by NHS Test and Trace as a close contact, all pupils should:

- Take a LFD every day for 7 days.
- Report the results through the Online Reporting System at **[www.gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result)**
- Report to the school via the form below. **Please report one child per Form.**

**[CLICK HERE to complete to report your child's LFD results to school](#)**

In certain circumstances Track and Trace may advise you to book a PCR test.

### If your child tests positive with a PCR test

If your child tests positive for Covid-19 with a PCR or LFD test they will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on 2 consecutive days as follows:

Please advise the school office of the results, when your child's self-isolation started and is due to finish.

- On Day 5 they should take a LFD test.  
(Do not take a LFD before Day 5. The second test must be the following day).
- On Day 6 they should take a LFD test.
- If **both** LFD are negative and they do not have a temperature your child may end their self-isolation, after the second negative LFD test result returning to school on Day 6.

All test results should be [reported to NHS Test and Trace](#)

If the results of either of their tests is positive, they should continue to self-isolate until they get negative results from two LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest.

If your child is under 5 years old and they are unable to take a LFD test they will need to isolate for 10 days.

If your child is unable to take a LFD test, for whatever reason, or continues to have a temperature they will need to complete the full 10 day period of self-isolation.

### Year 3 and 4—Proud Cloud (High Flyer Readers)

We are proud to share the children's success for consistently reading 25 times a week at home.

Well done to:

Miss Gulliford class

Well done to Lilly H for completing 25 reads.

A huge well done to Rhys for completing 200 reads.

### School Diary Dates

Mon, 17th Jan

**Reception**—Naughty Bus tour of Whiddon Valley

Tue, 18th Jan

**Reception and Year 6**—Tempest Photography group photos

Tue, 18th Jan

**Year 5** team —Sportshall athletics session

Wed, 19th Jan

**Reception**—Naughty Bus tour of Whiddon Valley

Thurs, 20th Jan

**Reception**—Naughty Bus tour of Whiddon Valley

Thurs, 20th, Jan

**Year 5** swimming lesson

Fri, 21st Jan

**Reception**—Naughty Bus tour of Whiddon Valley

Thurs, 27th Jan

**Year 5**—swimming lesson

Wed, 2nd Feb

**Years 5/6**—Netball Competition—Park School

Thurs, 3rd Feb

**Year 5** - Swimming lesson

Mon, 7th Feb

**Years 5/6**—Girls Football @ Park School

Thurs, 17th Feb

**Year 5**—Swimming lessons

### Week commencing—17th January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>M</b>	Cheese & Ham Pasta Bake	Butchers Sausage, Mash & Gravy	Roast Chicken & Stuffing	Crispy chicken goujons	Beef Bolognaise
<b>V</b>	Quorn Hotdog & Sweet Potato Wedges	Sweet and Sour Quorn Pieces with Rice	Broccoli & Cauliflower Bake	Quorn Nuggets	Roasted Veg. Bolognaise
<b>Sides</b>	Sweetcorn & Fresh Broccoli	Peas & Green Beans	Roast Potatoes, Fresh Sliced Carrots, Cabbage & Gravy	Chips, Tomato Sauce, Peas & Beans	Pasta & Sweetcorn
<b>JP</b>	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
<b>SPL</b>	Egg Mayo Bap	Cheese Bap	Chicken Bap	Chicken Salad	Sausage Roll
<b>D</b>	Fresh Fruit	Chocolate Cake	Fruit Smoothie	Cookie	Banana Cake

Yoghurts, Fresh Fruit & Bread will be available daily

Gluten free menu available on request

## Bikeability level 1



Some of our year 3 and 4 children took part in the first Bikeability level 1 session today.

Ian and Kevin from Bikeability spent the morning teaching the children:

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



## Orchard Vale PE Update

### Parkour taster sessions

We were very lucky to have Dom from Limitless Parkour visiting us this week to provide parkour taster sessions to across the school in this week during our PE sessions. The children had a great time and learnt some amazing new skills!



### PE Champs

Well done to the PE Champions from Key Stages 1 and 2.

Year 1 / 2 - Noah La - for excellent participation and trying his best

Year 3 / 4 - Theo N - for excellent parkour skills

Year 5/6 - Kelsey - for always giving her best and working 100%



I would like to say a massive thank you to everyone who participated over the week in my parkour taster sessions. You were all amazing!

I am looking into holding a 4 week crash course into the art and motion of parkour here at Orchard Vale Community School for a lucky 15 students. Spaces are very limited to allow the children to get the most out of the course, without waiting around.

**If your child would be interested in applying for one of these 15 places please contact me on [limitless.reg@gmail.com](mailto:limitless.reg@gmail.com) or telephone on 0739 5001444.**

Thank you all again.

Dom Brown, Limitless Parkour