

# Orchard Vale's Weekly News

## 27th March 2020

[www.ovschool.co.uk](http://www.ovschool.co.uk)

[orchardvale@ventrus.org.uk](mailto:orchardvale@ventrus.org.uk)



### Orchard Vale Covid 19 update



Where are we going, Pooh?

Home, Piglet. We're going home. Because that's the best thing to do right now.

We hope you are all well and have been able to enjoy some of this lovely sunshine at home together.

As you are aware, the school remains closed except for the critical childcare of a few pre-arranged children over the Easter period and beyond. Our teachers are working hard to set interesting and helpful pieces of work for the children to complete at home using the online platforms Tapestry for Reception/Nursery and Seesaw for Years 1-6.

Please do contact us using the email above if you are having any difficulties accessing these sites and we will endeavour to help.

Here are some official sites which might provide you with more up to date information about the current situation.

Government's information on closure of Educational Settings

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Public Health England—<https://www.gov.uk/government/organisations/public-health-england>

Devon County Council—<https://www.devon.gov.uk/coronavirus-advice-in-devon/>

### How can we explain what is happening to our children?

Here is a lovely poem which would be ideal to help parents try to explain to their young ones what is happening in the world at the moment in a gentle way.

#### The Time we Spring-Cleaned the World

The world it got so busy,  
There were people all around.  
They left their germs behind them;  
In the air and on the ground.

These germs grew bigger and stronger.  
They wanted to come and stay.  
They didn't want to hurt anyone.  
They just really wanted to play.

Sometimes they tried to hold your hand,  
Or tickled your throat or your nose.  
They could make you cough and sneeze  
And make your face as red as a rose.

And so these germs took over.  
They started to make people ill,  
And with every cough we coughed  
More and more germs would spill.

All the queens and kings had a meeting.  
"It's time to clean the world up!" they said.  
And so they had to close lots of fun stuff,  
Just so these germs couldn't spread.

We couldn't go to cinemas  
Or restaurants for out tea.  
There was no football or parties,  
The world got as quiet as can be.

The kids stopped going to school,  
The mums and dads went to work less.  
Then a great, big, giant scrubbing brush  
Cleaned the sky and the sea and the mess!

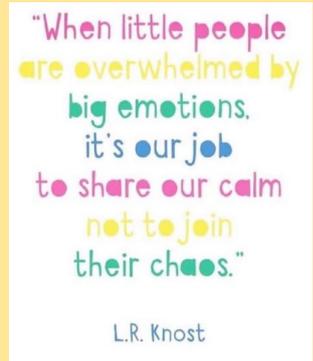
Dads started teaching the sums,  
Big brothers played with us more,  
Mums were in charge of homework  
And we read and played jigsaws galore!

The whole world was washing their hands.  
And building super toilet roll forts!  
Outside was quiet and peaceful,  
Now home was the place for all sports.

So we played in the world that was home  
And our days filled up with fun and love,  
And the germs they grew smaller and smaller  
And the sun watched from up above.

Then one morning the sun woke up early.  
She smiled and stretched her beams wide.  
The world had been fully spring cleaned,  
It was time to go back outside!

We opened our doors oh so slowly  
And breathed in the clean and fresh air.  
We promised that forever and always



# Mr Ovey's PE at home ideas

Whilst families are socially isolating over the next few weeks you might like to check out some of these fitness/PE activity websites/activities.

Joe Wicks Kids fitness sessions <a href="https://www.youtube.com/watch?v=mhHY8mOQ5eo">https://www.youtube.com/watch?v=mhHY8mOQ5eo</a>	Go Noodle- An app for them to download with games. <a href="https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/">https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/</a>
Cosmic Kids- Yoga <a href="https://www.youtube.com/watch?v=9Jl01thiHYI">https://www.youtube.com/watch?v=9Jl01thiHYI</a>	Super Movers- Dance <a href="https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p">https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p</a>

## 30-DAY SQUAT CHALLENGE

Day 1: 50	Day 16: Rest
Day 2: 55	Day 17: 150
Day 3: 60	Day 18: 155
Day 4: Rest	Day 19: 160
Day 5: 70	Day 20: Rest
Day 6: 75	Day 21: 180
Day 7: 80	Day 22: 185
Day 8: Rest	Day 23: 190
Day 9: 100	Day 24: Rest
Day 10: 105	Day 25: 220
Day 11: 110	Day 26: 225
Day 12: Rest	Day 27: 230
Day 13: 130	Day 28: Rest
Day 14: 135	Day 29: 240
Day 15: 140	Day 30: 250



## 30-DAY PLANK CHALLENGE

Day 1: 20 sec	Day 16: 2 min
Day 2: 20 sec	Day 17: 2 min
Day 3: 30 sec	Day 18: 2.5 min
Day 4: 30 sec	Day 19: Rest
Day 5: 40 sec	Day 20: 2.5 min
Day 6: Rest	Day 21: 2.5 min
Day 7: 45 sec	Day 22: 3 min
Day 8: 45 sec	Day 23: 3 min
Day 9: 1 min	Day 24: 3.5 min
Day 10: 1 min	Day 25: 3.5 min
Day 11: 1 min	Day 26: Rest
Day 12: 1.5 min	Day 27: 4 min
Day 13: Rest	Day 28: 4 min
Day 14: 1.5 min	Day 29: 4.5 min
Day 15: 1.5 min	Day 30: 5 min



Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least 10 rolls of the dice. However, if you're feeling extra motivated, roll a few extra times to intensify your workout!

- Roll a 2 – 5 pushups
  - Roll a 3 – 15 sit-ups
  - Roll a 4 – 15 squats
  - Roll a 5 – 20 mountain climbers
  - Roll a 6 – 10 burpees
  - Roll a 7 – 25 jumps (with or without a rope)
  - Roll an 8 – 10 lunges (5 each leg)
  - Roll a 9 – 25 side jumps
  - Roll a 10 – 20 plank shoulder touches
  - Roll an 11 – 30 jumping jacks
  - Roll a 12 – 20 high knees (10 each leg)
- 

NAME: _____	How many can you do in 100 seconds?
Home Room Teacher: _____	
1. 	Jumping Jacks
2. 	Sit-Ups
3. 	Hops
4. 	Toe Touches
5. 	Push-Ups
6. 	Step-Ups
7. 	Jump Rope

FOR THE TASK ALL YOU WILL NEED IS A PAIR OF ROLLED UP SOCKS!  
HOW MANY CAN YOU DO IN ONE MINUTE?

CAN YOU BEAT YOUR PARENT?

LEVEL	TASK	YOUR SCORE	PARENT'S SCORE
1	THROW THE SOCKS ABOVE YOUR HEAD AND CATCH		
2	THROW THE SOCKS ABOVE YOUR HEAD CLAP AND CATCH		
3	THROW THE SOCKS ABOVE YOUR HEAD CLAP IN FRONT OF YOU THEN BEHIND YOU AND CATCH		
4	THROW ABOVE YOUR HEAD AND CATCH ONE HANDED		
5	THROW ABOVE YOUR HEAD SPIN AROUND AND CATCH		

## What have you been doing at home?

If you have been doing something fun at home that you would like to share with us why not get your parents to email it to [orchardvale@ventrus.org.uk](mailto:orchardvale@ventrus.org.uk) for us to put on next week's newsletter. Please check with parents that they are happy for any photos to be used before sending them to us.



### Mrs Sowden's Forest School

Mrs Sowden and her children have made this wonderful den in their front garden this week.

## Congratulations to Mrs Moore and her family

Mrs Moore's daughter, Jemma, who joined Orchard Vale when it first opened in 1999, gave birth to a bouncing baby girl this week.



'Andy and myself are proud grandparents to a lovely little girl.  
She is gorgeous' Mrs Moore

### Adventure Class

4pm Today

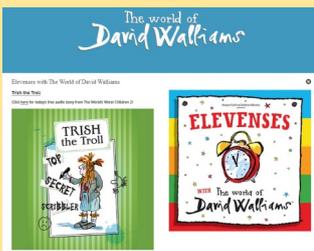


## Ben Fogle Adventure Class

Parents if you have access to Instagram Ben Fogle, Adventurer, is presenting an Adventure Class at 4pm daily.

You can message questions about Ben's adventures across the world. He has been talking about some of them and explaining what and who was involved.

Do you have a question for Ben?



## Elevenes with David Walliams

Why not join David Walliams at 11am daily, for the next month.

He is providing free access to a different audio story every day.

<https://www.worldofdavidwalliams.com/elevenes/>



## Draw with Rob

Rob is posting a draw-along video every Tuesday and Thursday at 10am that parents could watch with their kids and, hopefully, make some nice pictures.

Feel free to watch and share them with anybody and everybody.

<http://www.robbiddulph.com/draw-with-rob>

## Other sites you might like to check out

**Maths:** BBC Bitesize Guardians: Defenders of Mathematica

**Reading:** GetEpic – free ebooks, need to set up as teacher

**Writing:** <https://www.topmarks.co.uk/english-games/7-11-years/writing>

**Grammar:** BBC Bitesize Crystal Explorers

**Topic:** Duolingo – Languages, free, chn need to set up account

BBC Bitesize Dance Mat Typing – Computing

BBC Bitesize Food Chain Challenge – Science

BBC Bitesize Earth Squad Go – Science

<https://www.playgeography.com/> Geography quizzes

**Parents please ensure that your child is safe whilst using the internet and**

Attention of parents/carers of Year 6 pupils with a place at Park in September.

We are busy with preparations for your child and have sent you an email with vital forms, please check your inbox/spam folders. If you haven't received it, please email [admin@theparkschool.org.uk](mailto:admin@theparkschool.org.uk).

## **Year 7 Admissions September 2020**



# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**  
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you.
- SLEEP**  
Support your child to build positive sleep habits. Develop a good sleep environment with your child.
- PLAY**  
Promote play and creativity among your child. Allow them to explore.
- RELAXATION**  
Help your child to relax. Teach them relaxation skills such as deep breathing.
- TALKING**  
Support your child to talk about their problems and how they are feeling.
- COPING SKILLS**  
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging.
- WELLBEING**  
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety.
- SELF CARE**  
Make sure your child has time and space to look after themselves. Involve yourself in their hobbies.
- AUTONOMY**  
Allow your child to make their own decisions. This will help to build resilience.
- RELATIONSHIPS**  
Support your child to build positive relationships with friends and family.



## HOW WILL THE CHANGES AFFECT YOU?

Free advice on money management and debts

Contact us today

01392 911000\*

help@debtconsultancyservice.co.uk

### Services offered:

- Free Debt Advice
- Free Money Management Tools
- Helpful and Understanding Advisors
- Guides On How To Manage Your Finances
- Money Saving Ideas



Debt Consultancy Service  
Advice, Help & Understanding

\*calls are recorded for monitoring purposes

Debt Consultancy Service C.I.C is an Appointed Representative of Two Financial Services Ltd who are authorised and regulated by the Financial Conduct Authority ('FCA'); FCA Registration Number: 671355.



### North Devon District Council – Corona Virus Support Page

<https://www.northdevon.gov.uk/coronavirus>

Coronavirus (COVID-19). This page will be updated with the latest information and guidance as it becomes available.

We want to make sure that the people of North Devon are kept well informed about Coronavirus. This page is being regularly updated with key information you need to know.

- Business support**  
Read about what measures are planned or in place to support our businesses through the COVID-19 outbreak
- Financial support for individuals and families**  
Council Tax Reduction or Exceptional Hardship Schemes | Grants and financial aid
- Communities and voluntary sector support**  
Information and advice for our communities and voluntary sector organisations
- Coronavirus and our services**  
Up to date information on how Coronavirus is impacting our services
- Warning about scams**  
How to protect yourself from scams related to the Coronavirus pandemic
- NHS health advice - Coronavirus**  
Get the latest advice on when to stay in and how to protect yourself and others from the virus
- Advice from the Government**  
The latest information and advice from the government on the COVID-19 pandemic
- Taking care of your mental health during self-isolation**  
Advice on mental wellbeing during self-isolation and social distancing during the Coronavirus outbreak
- Government guidance on shielding vulnerable people from COVID-19**  
Guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from COVID-19

## Help keep North Devon waste and recycling crews moving 24 March 2020



North Devon residents are being called upon to help their waste and recycling crew keep moving during these uncertain times.

North Devon Council is asking residents to help speed up recycling collections by presenting their glass recycling, which would usually be stored in the recycling box, separately to other recycling box

items such as tins and plastics. Glass items, including jars and bottles, should now be placed in a suitable alternative container that residents already have available of their own; the council is not able to deliver additional containers at this time.

The change is part of the council's response to the coronavirus (COVID-19) outbreak. It is designed to protect the waste and recycling crews and keep the service running smoothly for residents, as crews are reduced from three members to two in each vehicle.

Residents are also being reminded to limit their food waste as much as possible and not throw it away. Recipes for using up leftovers can be found on the Waste and Resources Action Programme website - love food, hate waste. [↗](#)



**Vicky Ford MP**  
Parliamentary Under-Secretary of State for Children and Families  
Sanctuary Buildings 20 Great Smith Street Westminster London SW1P 3BT  
tel: 0370 000 2288 [www.education.gov.uk/help/contactus](http://www.education.gov.uk/help/contactus)

24 March 2020

Dear colleagues,

This is an open letter distributed through as many of our partner organisations as possible. I would be grateful if you could circulate it as widely as possible to children and young people with Special Educational Needs and Disabilities (SEND), their parents/carers and families, and all others who support them.

This is an unprecedented, uncertain and testing time for all of us due to the coronavirus (COVID-19) pandemic. It is particularly challenging for children and young people with SEND, their families, and those who work tirelessly to support and care for them.

This is why, over the past week, we have made announcements and issued guidance about how we will meet the needs of children and young people with SEND during this challenging time. As the Minister responsible for SEND, I wanted to write to let you know that we are committed to doing everything possible to support you during this difficult time.

We are working in partnership with many organisations, including the National Network for Parent Carer Forums and the Council for Disabled Children, to make sure we are focusing our efforts in the right places. In all our decisions, the needs of SEND children and young people and their families and carers, and safeguarding these vulnerable groups, are at the forefront of our minds.

The Government published guidance about supporting vulnerable children on 22 March. It includes a number of frequently asked questions and is available at <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people>. We have also published new guidance that provides household isolation advice for children and young people who live in residential settings, and the staff that support them. This guidance is available at <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-isolation-for-residential-educational-settings>.

The guidance on supporting vulnerable children states that local authorities, nurseries, schools, special schools, colleges and other training providers should undertake a risk assessment to establish the individual needs of each child or young person with an Education, Health and Care (EHC) plan. This assessment should incorporate the views of the child or young person and their parents. This will inform the decision about whether they should continue in school or college, or whether their needs can be met at home safely.

If needs are best met at schools or colleges, we will support their school or college to meet their needs, wherever possible. For those on SEN support, schools, colleges and local authorities have discretion to use the same risk judgement to decide whether home or school is the safest setting for these children. It is, however, important that as many children as possible remain at home during this time in order to help reduce transmission rates.

On 19 March, the Government introduced new legislation into Parliament, in the form of the Coronavirus Bill ('the Bill'), in response to the outbreak (<https://services.parliament.uk/bills/2019-21/coronavirus.html>).

Our overwhelming aim for SEND, through the Bill and the proposed changes to regulations that are to follow, is to balance the needs of this vulnerable group to receive the support they need with managing the demands on local authorities and health bodies to respond to this outbreak. As a result, we have included in the Bill temporary emergency powers to enable us, where necessary, to modify the legal requirements on local authorities in fulfilling their duties in relation to EHC plans.

In practice, this will mean that where a local authority is, because of the outbreak, unable, for example, to put in place stated provision, they will need to use their reasonable endeavours to do this, but won't be penalised for failing to meet the existing duty as set out in the Children and Families Act 2014. These emergency powers will only be exercised for the shortest period and where necessary, and will be regularly reviewed. We will also be seeking to amend regulations on the timescales for EHC plan processes where this is appropriate because of COVID-19. I want to reiterate that these decisions are not taken lightly but I believe strike the right balance in these difficult times.

I encourage you to keep up to date by regularly checking the gov.uk webpages, and raise awareness of the DfE Coronavirus helpline we have established for local authorities, providers and parents to get information on the latest Government advice. The number is 0800 046 8687, and lines are open 8am-6pm (Monday – Friday), and 10am – 4pm (Saturday and Sunday).

I realise that the impact of these extraordinary circumstances on this group of children and young people can be particularly acute. This is why I have asked the Council for Disabled Children, in partnership with Contact, to ensure that their websites and forums regularly update both families and services on information, which is available to support them. I have also asked them to collate any questions and queries from stakeholders so that we can maintain as many routes of contact as possible into Government to ensure our actions continue to be focused on prioritising where help is most needed.

The challenges we are now facing serve to further highlight the importance of ensuring the system of support for children and young people with SEND is as effective as possible in the future. Rest assured that completing our review of the SEND system remains a priority for me and for the Government. In light of the current situation, we will think carefully about the right way and timescale to do this. Right now my focus, like yours, is on managing the current situation and keeping vulnerable children safe and supported.

I know that by working together, we can ensure that children and young people with SEND receive the support they need during this difficult time.

Yours sincerely,

**Vicky Ford MP**  
Parliamentary Under-Secretary of State for Children and Families