

Orchard Vale's Weekly News

10th April 2020

www.ovschool.co.uk

orchardvale@ventrus.org.uk



CHILDCARE UPDATE

While the school remains closed, we continue to offer childcare to our vulnerable families and to children of critical workers, whose children cannot be cared for at home.

We have now made contact with all of our parents who are critical workers and our vulnerable families to arrange childcare provision over the past few weeks and for the coming weeks. Should you need to contact us to discuss your childcare needs, please email me via orchardvale@ventrus.org.uk.

Regards. Fiona Pearce, Headteacher

Free School Meals Update

We are aware that during this current national emergency, some families will face challenges they have not faced before. If your children are now entitled to free school meals, please contact us, via the school email address, and we will get back to you as soon as possible.

You may find the official websites of use for up to date information about the current situation.

Government information and advice about the Corona Virus <https://www.gov.uk/coronavirus>
Public Health England—<https://www.gov.uk/government/organisations/public-health-england>
Devon County Council—<https://www.devon.gov.uk/coronavirus-advice-in-devon/>



Before 1913 parents in America could post their children to grandparents - through the postal service if they weighed less than 50 pound(23kg).



When the world stayed apart, this was my favourite place to be.

While it hasn't been easy being stuck at home, for most families for 3 weeks, this time of being together has hopefully been a bonding experience.

Families are able to spend more time together, play fun games together, watch a lot of films and TV together and worked on projects around the house together.

So, while being stuck at home isn't ideal, we should all trying to look at the positive that this can bring to our families.



Mr Ovey's PE at home ideas

Here are a few ideas of fitness/PE activity websites/activities from Mr Ovey that you might like to check out.

Joe Wicks Kids fitness sessions <https://www.youtube.com/watch?v=8zGzJdPB-1A>

Cosmic Kids- Yoga - https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Go Noodle- An app for them to download with games. <https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>

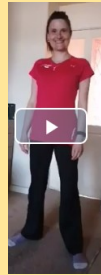
Daily Fitness Challenge for Kids

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A: 10 Jumping Jacks	N: 4 Lunges
B: 30 Second Plank	O: 3 Burpees
C: Crab Walk	P: 10 Second Butterfly
D: 10 Push Ups	Q: Run in Place 1 Min
E: 10 Sit Ups	R: 7 Jumping Jacks
F: 5 Cartwheels	S: 4 Leg Kicks
G: Headstand	T: 5 Sit Ups
H: 4 Somersaults	U: 15 Second Plank
I: Duck Walk	V: 3 Cartwheels
J: Jump In Air 5 Times	W: Crab Walk
K: Touch Toes 6 Times	X: 2 Somersaults
L: Spin Around 3 Times	Y: 5 Lunges
M: 10 Leg Kicks	Z: Duck Walk

Spell each day of the week for a daily workout!

Fun Fit with Mrs Roberts























Mrs Roberts has run Fun Fit sessions for lots of children across the school. She has made a recording of some exercises the children might like to take part in. Why not take a look and enjoy seeing her cheery face.

<https://www.ovschool.co.uk/website/parent-information/7646>



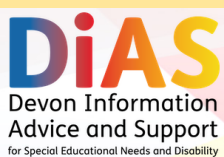
Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> bend on one foot for 10 seconds		<input type="checkbox"/> bend and touch your toes 10x	
<input type="checkbox"/> crawl forward for 10 feet		<input type="checkbox"/> curl your body up and hold for 10 seconds	
<input type="checkbox"/> gallop for 10 steps		<input type="checkbox"/> hop on one foot 10x	
<input type="checkbox"/> jump in place 10x		<input type="checkbox"/> kneel up tall for 10 seconds	
<input type="checkbox"/> leap forward 10x		<input type="checkbox"/> roll in a straight line for 10 feet	
<input type="checkbox"/> run in place for 10 seconds		<input type="checkbox"/> sit and then stand up 10x	
<input type="checkbox"/> skip forward 10x		<input type="checkbox"/> slide to the right 10x slide to the left 10x	
<input type="checkbox"/> stomp your feet in place 10x		<input type="checkbox"/> straighten your body and hold for 10 seconds	
<input type="checkbox"/> stretch your legs for 10 seconds		<input type="checkbox"/> twist your body to the right and left 10x	
<input type="checkbox"/> walk backwards for 10 steps		<input type="checkbox"/> wiggle your body for 10 seconds	

Go to www.YourTherapySource.com/superhero for the complete download

Parents please make sure your child is safe whilst using the internet and ensure you have set the appropriate parental safety settings.



Devon Information Advice and Support

For special educational needs and disability

DiAS have put together a list of useful resources and support to help you through these challenging times.

<https://www.devonias.org.uk/information/q-and-a-about-coronavirus-and-school/coronavirus-support-and-resources/>



Virtual tour of Longleat Safari Park

(30 minutes)

Learn about the Rothschild giraffes, Grant zebras, ostriches, monkeys and many more – what interesting facts can you learn?

<https://www.youtube.com/watch?v=pUmHClrPxc>



Teachers Rock Virtual Choir

Recorded by the members of the choir in isolation on their mobile devices with a message of support for all our key workers who are dedicated to keeping our nation safe.

See if you can spot one of Orchard Vale's teachers singing as part of the Teachers Rock Virtual Choir. **Can you see who it is?**



<https://www.youtube.com/watch?v=SFZmhBd2IAI>



Free Access to NASA Image and Video Library

NASA has made their entire photo gallery available online and copyright free. Why not have a look.

<https://images.nasa.gov/>

Sometimes

By Sheenagh Pugh

Sometimes things don't go, after all,
from bad to worse. Some years, muscadel
faces down frost; green thrives; the crops don't fail.
Sometimes a man aims high, and all goes well.

A people sometimes will step back from war,
elect an honest man, decide they care
enough, that they can't leave some stranger poor.
Some men become what they were born for.

Sometimes our best intentions do not go
amiss; sometimes we do as we meant to.
The sun will sometimes melt a field of sorrow
that seemed hard frozen, may it happen for you.

(A favourite uplifting poem recommended by Mrs Rana)

Kindness Poem

Have a go at creating your own kindness poem.

Kindness is the colour of

It smells like

It sounds like

It looks like ...

It tastes like ...

When I am kind I feel...

You can make it simple like: *Kindness is the colour of sunshine.*

or add lots of description like: *Kindness is the colour of sunshine yellow bursting through the clouds on a dark and dismal day.*

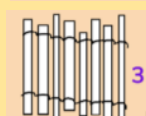
Can you build a tiny raft



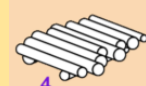
1. Find 8 similar sized twigs and place them side by side. This is the deck of the raft.



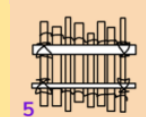
2. Wind a piece of string around and between one end of each twig. Follow an under and over pattern, going under the first twig, over the second, under the third and so on.



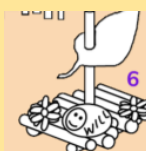
3. When you reach the final twig tie a knot to fix that end of the deck in place.



4. Repeat steps 2 and 3, to secure the other end of the deck.



5. Lay a long twig at each end of the raft—these should go the other way to the deck. Use some more string to attach these twigs to the deck.



6. Carefully slot a thin twig upright in the middle of the raft. This is your flag pole. Attach a leaf, petal or paper flag to the flagpole by poking the flagpole through the flag.

Set sail

(please ensure children are supervised near water)

Now it is time to set sail. If you have access to a paddling pool, large bucket or bath, see how well your raft sails and whether you can carry any items on it.

How to play Hippo Hops



1. Grab some cushions, clothes or even pieces of paper to be the hippos, then lay them out across the floor. Make sure they are not too far apart.



2. When you are ready, start your crossing! Crouch down like a frog and leap over the first hippo.



3. When you land back on the floor, keep hopping to stay out of the mud! Make your way across the mud hole, leapfrogging over the hippos until you reach the other side.



4. Once you have made it to the other side, turn around and cross back, leapfrogging the hippos again.



5. Keeping playing for 10 minutes, and invent different challenges for each crossing. You could time yourself to see how quickly you can make it across, try to cross making as few jumps as possible, or cross by jumping over every single hippo in the mud hole. Once you've finished, remember to recycle any paper hippos!

Something to share? What have you been doing?

If you would like to share photos of things you have been doing whilst at home please either send photos/ comments to your class teacher via Seesaw or Tapestry and confirm you are happy for it to appear on the newsletter or email the school on orchardvale@ventrus.org.uk.



Mrs Rana and her daughter, Emilia, have been watching Wind in the Willows. They made a landscape with the Wild Wood and the riverbank, as well as Ratty's boat and Mole's house.



Bella has been excavating in her garden whilst looking for mini beasts.



Tyrese and Asher enjoyed playing in the hammock.



Olivia has been busy doing some Easter baking—yum.



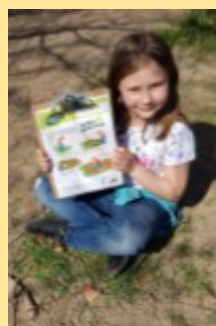
Corbin's Easter cake looks scrumptious.



Jessica has been taking part in the Lego 30 Day Challenge.



Fantastic spring paintings by Mitchell.



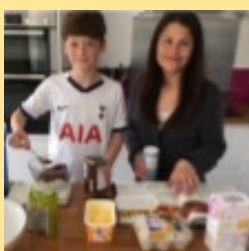
Holly made a nest big enough to sit in.



Lara is looking after the garden, planting flowers and watering them regularly.



Finn has been super busy helping around the house painting and baking.



Megan and Sophie made A bird's nest in a tree.



(picture of Harriet and Alfie)

My day at Crufts by Harriet

On Sunday 8th March, I went to Crufts for the first time ever to show my standard wire haired Dachshund, Wilma.



(picture of Harriet and Wilma)

I felt nervous as we were going to the biggest dogs show in the UK.

It took 3½ hours to get there. We stayed in a hotel near a McDonald's.

There are 100,000 dogs shown, on average, at Crufts every year.

It was very, very noisy, very big and every type of dog you know was there, and some you don't.

All day there was lots of barking.

I was hoping and hoping that I was going to win with Wilma, but sadly we weren't placed.

It was a great experience and I hope to go back next year and take Alfie my Border Terrier.

Well done, Harriet and Wilma!