

Dear Families

10<sup>th</sup> May 2019.

We have had an amazing time at Exmoor Zoo! The children were fantastic and behaved so well. We enjoyed seeing lots of the animals and having our own talk from the zoo keeper. The Exmoor Beast (black panther) was definitely one of our favourites. Since we have got back the children have been busy drawing lots of pictures of the animals and building their own zoos. The children have also done some beautiful writing about what they saw on their trip.

In phonics this week we have learned the sounds:

## **ar or ur**

Please practise these at home. Please remember to let your class teacher know when your child is confident with reading all of their teddy/ fish or boat words etc.

For homework this week you could draw a picture of your favourite animal from the Zoo, you could also add labels to describe what it looked like.

**P.E-** Just a reminder our P.E days are Monday and Fridays for both classes so please bring P.E kits on these days.

**Forest School** – Miss Cawthorne's class on a Tuesday and Miss Boundy's class on a Thursday, please bring wellies on these days.

Our book for next week is What the Ladybird Heard on Holiday.

Rob Stevens, Chief Ventrus Chef visited the school today and prepared some scrumptious food based on the new school dinner menu for September. We hope those of you who attended found this tasty.

### **Friends of Orchard Vale – Foundation Stage Disco – Friday, 17<sup>th</sup> May**

The Friends of Orchard Vale will be holding a school disco for the children in Foundation on Friday, 17<sup>th</sup> May between 3.30pm and 4.30pm. All parents/guardians must remain with their children during the disco. Tickets cost £2 which includes a drink. There will be snacks, drinks, tattoo transfers and a photo booth during the evening. All monies raised are used to help subsidise trips and events across the school.

### **School Council – Sandcastle Competition – 29<sup>th</sup> April to 29<sup>th</sup> May**

We have received wonderful photos of your creations for the School Council sand castle competition. Please see attached for full information.

### **Lost Property**

If your child has lost any items over the spring term please could you check the Lost Property area on the Key Stage 2 landing, outside Years 5 and 6 classes. Any unlabelled items not claimed will be recycled by the Friends of Orchard Vale in a New-2-U sale.

**Lunch menu for next week is 'Week One'** (see our website for full details)

**Diary Dates** (don't forget to check the school website, [www.ovschool.co.uk](http://www.ovschool.co.uk) for up to date information)

Mon, 27<sup>th</sup> to Fri, 31<sup>st</sup> May – Half term

Mon, 3<sup>rd</sup> June – Non Pupil Day

Have a fantastic Weekend.

Miss Cawthorne      Miss Boundy



5<sup>th</sup> April 2019

Dear Parents/Carers and Children,

Throughout May the Orchard Vale School Council will be holding a **FREE sandcastle competition!**

It will run from 29<sup>th</sup> April until 29<sup>th</sup> May.

There will be 2 winners from each year group below:

Nursey/Reception,  
KS1  
KS2

Winners will be revealed on 31<sup>st</sup> May and will receive a beach related goody bag.

Here are the rules:

- You must build your sandcastle at the beach.
- Your family can help you.
- You can use anything you like to help build it.
- You can decorate your sandcastle using materials found at the beach, such as stones, shells etc.
- You must take a picture and either e-mail to school or bring in a photo and you must be in the picture of your sandcastle.
- You can enter the competition as many times as you like.

Make sure you have included your child's name and class on the photo or email. If you are unable to print off your picture, please email it to [ovsandcastle@outlook.com](mailto:ovsandcastle@outlook.com)

Have fun and good luck!

School Council



Here at Orchard Vale School

Sunday May 19<sup>th</sup>  
From 4.00pm - 5.30pm

Singing  
Craft  
Stories  
Refreshments

The event is organised and led by North Devon Christian Fellowship. The leaders are DBS checked and First Aid trained.

Children **MUST** be accompanied by an adult.

You are welcome to just turn up but it will help us with refreshments if you message us on 07999 752 852 to let us know that you are coming.



**GAYNOR M  HOWE**

**LOW IMPACT FITNESS**

THE FIRST STEP IS THE HARDEST

CONTACT

FACEBOOK: GAYNOR M HOWE

PHONE: 07773892435

Hello!

Come along and try our LOW IMPACT exercise class,

**HERE ..... at Orchard Vale School.**

Mondays at 6.30pm – 7.30pm

We start off at low intensity, then I show you how to step it up when you want, so there's no need to feel embarrassed.

Other days/sessions available are:

Monday at Barnstaple Social Club 10am – 11.00am

Tuesday, Bideford, Robins Nest, 2pm – 3pm

Wednesday Barnstaple Social Club, 11.30am – 12.30 pm

Get in touch to book your **FIRST** session for **FREE!**

Future sessions will be only £5.00

Hope to see you there, you won't regret it!



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Hello!

We all know exercise is good for you for many reasons, but its especially important for health and wellbeing, especially mental health, not to mention burning off all of those extra calories

I feel great after our sessions, and I know my members do aswell.

If you're interested in the thought of it, but don't like exercise, then come along and try it for the first session for FREE.

The cost will be £5 per session thereafter, for 1 hour.

Its adapted to your own pace, and I start off at low intensity, and step it up, rather than the other way around, so there's no need to be embarrassed.

Our sessions are:

**Monday 6.30pm here at Orchard Vale school.**

Monday morning 10.00am at Barnstaple social club, (formerly British Legion)

Tuesday 2.00pm Bideford. Robins Nest

Wednesday 11.30am Barnstaple social club (formerly British Legion).

It would be fab to see you.

Gaynor x