

Orchard Vale's Weekly News

Friday, 30th April 2021

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Headteacher's message

Dear Parents/Carers

I am sure we are all looking forward to the bank holiday weekend and I hope the weather allows us the opportunity to get out and about over the next few days. Cases of Covid remain low and we are beginning to feel hopeful that some restrictions will be lifted soon allowing us all to do more and return to some normality. There has been much discussion from the Government and in the media about the intention to unlock and restrictions likely being lifted on certain dates. As a school we have not been provided with a road map out of this pandemic and as a consequence, we are having to operate with restrictions still in place until further notice.

We are beginning to feel excited that we will be able to start thinking about organising some of our usual end of term activities such as sports events, sports day, parents evening, discos and leavers events. We are hopeful we will be provided with further guidance soon to allow some of these things to go ahead. We are very grateful for your patience over the next few weeks and we will of course let you know more as soon as we hear what we are able to do. In the meantime, we are looking to make some reasonable safe adjustments in school to support children in getting used to the idea that things may start to change again soon to alleviate any unnecessary worry or stress.

Fiona Pearce
Head teacher



Remember there is no school on Monday, 3rd May. This is a Bank Holiday.

Please remember you can only meet up with friends and family you do not live with outdoors for now, either in groups of up to six from any number of households or a group of any size from just two households. And remember you still need to keep your distance from each other.

It's tempting, when the sun goes in, to move indoors, but the risk of spreading coronavirus is significantly higher inside because you're closer to each other and there's less fresh air to disperse infected particles.

Change to the end of the day pick up times

Can we say how impressed we have been with your support in promptly collecting your children at the end of the day under the Covid restrictions. In an effort to reduce the time difference between year groups departing, to assist parents who have children in multiple years of the school, we are changing pick up times.

With effect from **Tuesday, 4th May** end of day pick up times will be:-

Reception	3pm (as normal)
Years 1 and 2	3.05pm
Years 3 and 4	3.10pm
Years 5 and 6	3.15pm

With timings being tighter please **arrive promptly** to help us maintain social distancing.

Handy tip to remove ink stains from clothing.

Pour 1 cup of whole milk into a bowl.
Add ½ cup of vinegar to it.

Immerse the stain into the mixture and let it soak overnight.

Put only the part of the fabric that contains the stain in the coagulated mixture.

Remove the fabric from the mixture and rub the fabric against itself to get rid of the stain.
Wash it with water to remove the coagulated mixture.





Foundation Stage and Key Stage One



Mrs Youll's

Pippa for excellent behaviour and being a good friend.

Phoebe for settling in well and showing good independence.

Miss Cawthorne's nomination

Joshua for working hard and great listening.

Molly for fantastic phonics and great listening.



Miss Boundy's nominations

Mikey tries his best at everything he does and is such a good friend to all! It's always so lovely to hear him laugh whilst playing with his friends! Well done Mikey

Isla works so hard in her phonics and maths! She is always so kind to all her friends! Well done Isla

Mr Quilter's nomination

My class think that Luna is awesome. She is kind, considerate and is loving to all! Luna works incredibly hard and is a real pleasure to teach. Keep being amazing Luna 'Belle'



Mrs Oldfield's nomination

Olivia has really impressed us with her determination and resilience since coming back after the Easter break. She has found her voice and is much more confident when sounding out unfamiliar words. She is beginning to bring all her learning together and this is wonderful to witness. We are very proud of you Olivia keep it up, Mrs O x

Mrs Grimwood's/Mrs Huggins' nomination

Our Star of the week this week is Maddison. Maddison has had a super week coming into school every day with a smile on her face and ready to get on with all the tasks she is asked to complete. She has been a joy to have in the classroom and done her best every day. Well done Maddison. Have a lovely weekend.





Key Stage Two

Miss Gulliford's nomination



Theo C has shown a responsible and mature attitude this term, working hard to be a strong role model. Within forest school Theo supported those in his group to be confident and perform dramatically to the class. Theo is considerate of his peers and has shown that he can aid friends with his knowledge, patience and mature attitude to get the best possible outcomes for them and himself. Well done super Theo!

Mrs Johnson's nomination

This week we have chosen Hallie as our star of the week. She has been trying so hard to work on her concentration and it has really paid off. She has been such a maths whizz this week, with such confidence when answering questions. I really hope this new attitude to her learning will continue - well done Hallie!



Mr Whapham's nomination



Daniel has showed a real interest in moving their learning forward. They have been engaging well, and thinking about the feedback they receive. They have also moved on in their reading this week and are showing a passion for reading recently. This change in attitude is brilliant to see and I am starting to see their funny personality more and more in class. Keep up the hard work.

Mrs Lavictoire's nomination

This week's Star of the Week is someone who has worked well with and supported others, been confident to give their opinions and has really embraced sharing their gentle sense of humour. Sophie G, you have returned this term with a new found confidence and 'sparkle' that Mr Borg, Mrs May and I love! Keep sharing, shining and sparkling Sophie!



Be Curious nomination



Riley has got such a positive and enthusiastic attitude towards his learning. He has been entertaining the whole class this week with his amazing sense of humour. Well done Riley!

Mrs Rana's/Mr Boul't's nomination

Our star of the week in year 5 this week is Flynn! Flynn has really grown in confidence this week, showing that he can take that leap to put his hand up and confidently answer questions, especially based on comparing fractions and transparent materials. Flynn is a wonderful friend to others, always ready to learn and really focused, especially this week. Well done Flynn!



Miss Squire's nomination



My star this week is Max, for his great attention to learning recently. I've noticed him involving himself in class discussions more and more; sharing his ideas and working collaboratively with his table; beginning to consider extensions and challenges attached to tasks; and showing pride in his learning and work produced. Well done Max - you have the potential to do great things. Keep working hard.

WANTED



Toy cars—Do you have any good quality toy cars that you no longer need? We would be very grateful for any donations.



Seedlings/plants—do you have any seedlings (vegetable or flowers) that you no longer need?



Unwanted gifts/presents—do you have any unwanted presents; toiletries, biscuits, chocolate etc that could be used to fill hampers for prize draws later in the summer.

Please drop off any donations at the school office. Thank you in advance.

OV in Bloom

Classes across the school have been planting flowers and vegetables to brighten up our outside areas. We think you will agree they look lovely. The children are looking forward to tending to their plants and seeing them grow.



Keeping OV Tidy!



This week in the Adventurers class we have been thinking about our environment and what steps we can take to improve our school grounds.

Our first step was to begin litter picking sessions in and around our playground. We were all astonished by the amount we collected in such a short space of time.

The Adventurers would like to remind everyone to put your litter in a bin or take it home with you. By working together, we can make a better world for us all.



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. The following children have reached their first step on the Proud Cloud. When children reach 50 they will receive their first certificate. Well done to:

Miss Gulliford's class 150 nights—Mila-Monroe
100 nights—Rhys

Years 5 and 6—Tri-Reading Tournament

The children in Years 5 and 6 are taking part in a Tri-Reading Tournament.

Congratulations to the following children who have achieved 25, 50...nights of reading at home:

Mrs Rana/Mr Boul't's class 125 nights - Logan K William R

Mr Ovey's PE Champions

Mr Ovey has been impressed with everyone positive attitude to PE this week.

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

Years 1 and 2—Alicja for trying her best with a smile on her face.

Years 3 and 4—Jack J for great improvement and being a good winner and loser.

Years 5 and 6—Will R for great enthusiasm in all aspects of PE.

Menu for week commencing 4th May 2021

Week 2 4th May, 17th May, 7th June, 21st June, 5th July, 19th July

Tuesday	Wednesday	Thursday	Friday
M – Macaroni Cheese & bacon with Focaccia bread and Sweetcorn	M – Roast chicken, potatoes and 2 fresh vegetables with gravy	M – Butchers sausage hotdog with fries and veggie sticks	M – Shepherds pie with crunchy potato topping and Sweetcorn
V – Sweetcorn and courgette fritters with bbq sauce, sauté potatoes and salad	V – Vegetarian wellington with potatoes and 2 fresh vegetables	V – Quorn nuggets with French fries and veggie sticks	V – Roasted vegetable bolognese with pasta and Sweetcorn
JP – Cheese/beans/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna
PL - Cheese roll	PL - Ham sandwich	PL - Chicken salad	PL - Sausage Roll
D – Flapjack	D – Fruit smoothie	D – St Clements cake	D – Cookie

Yoghurts and fresh fruit will be available daily
Gluten free menu available on request

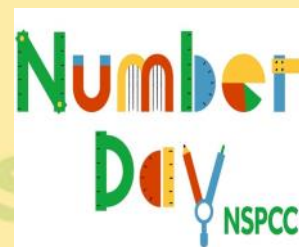
**Years 3 and 4 children
will be supporting the [NSPCC Number Day](#)
on Friday 7th May.**

This is an event being hosted by Times Tables Rockstars, which the children use to practice for testing each week. To raise money for the NSPCC, Times Tables Rockstars will make a donation for every child taking part.

The fundraiser will start at 7am on Friday 7th of May and end at 7pm.

All correct answers given by children in any game mode will count towards the school's score and therefore increase the size of the donation!

We will be playing along on Friday in school and it would be wonderful if the children could sign into Times Tables Rockstar at home to help us raise as much money as possible! Help us make a difference.



School Diary Dates

- Mon, 3rd May** BANK HOLIDAY—no school
- Thurs, 6th May** The school is a polling station. Members of our community will be accessing the Community Room to vote throughout the day.
- Mon, 10th May** Year 4 Tennis Festival run by the Barnstaple Primary Schools' Sports Co-ordinator at OV
- Tue, 11th May** Years 3 and 4—Visit to Rock Park for Cross Country
- Wed, 12th May** Years 5 and 6—Orienteering run by the Barnstaple Primary Schools' Sports Co-ordinator at OV.
- Fri, 14th May** Years 5 and 6—Visit to Rock Park for Cross Country
- Mon, 31st May** Half Term week

Year 6 Transition to Secondary School

Park Community School

More information will be sent out in May/June. Information on the Park website is waiting to be updated and is not current for this year's pupils.

Wednesday, 23rd June—Year 6 parent evening at Park.

Thursday, 15th July and Friday, 16th July—Year 6 Induction Days.

Pilton Community College

The link below is for the Pilton's website and dedicated Year 6 transition section.

[Pilton Community College](#) | [Barnstaple \(piltoncollege.org.uk\)](#)

[Year 6 Transition](#) | [Pilton School \(piltoncollege.org.uk\)](#)

Children should have all received a welcome pack by now with lots of information which tells you more about the school. More information will be sent after Easter.

Tuesday, 25th May— Virtual Information evening

Possible Induction days (to be confirmed) - Tuesday, 6th, Wednesday, 7th or Thursday, 8th July

Braunton Academy

Wednesday, 5th May—6.30pm—Year 6 Parent Welcome Evening—Isaac Hall

Tuesday, 6th July—Year 6 Transition Day.

Wednesday, 7th July— 6.30pm—Year 6 Parents Transition Evening— Isaac Hall

We need your help to keep our children safe!

We are sure you will all agree that the safety of our children and families is of the utmost importance to us all.

Please could we urge our parents/families to put safety first by parking responsibly during drop-off and pick-up times.

Where possible you should park in the designated area just past the school after Kingfisher Drive and behind the bollards. If you are unable to park there you are able to park in one of our neighbouring residential roads but please park considerately and do not block driveways or mount the footpath.

Devon and Cornwall Police were outside the school this week monitoring traffic and may well do other spot checks at busy times. The pictures below were taken by a concerned parent and we think you will agree the cars are parked in very dangerous positions.

Please could we ask you to report any parking or speeding issues to the non-emergency number of 101 or email 101@dc.police.uk.

The Highway Code tells us you must not stop or park in the following locations, except when forced to do so by stationary traffic:

1. Near a school entrance.
2. Anywhere that would prevent access for emergency vehicles.
3. On a bus stop, or a taxi rank.
4. Opposite or **within 32 feet of a junction**, except in an authorised parking bay.
5. Opposite another parked vehicle (if it causes an obstruction).
6. Where the kerb has been lowered to help wheelchair and mobility vehicle users.
7. In front of an entrance to a property.
8. On a bend.
9. Where you would obstruct a cycle lane.
10. A cycle lane during its period of operation.
11. A cycle track.
12. A pedestrian crossing, including the area marked by the zig-zag lines

These cars are parked directly opposite the bus stop, on the yellow zig-zags. They obscure the view of drivers exiting the turning circle and children wishing to cross the road cannot be seen clearly by approaching drivers.



This van is parked on a corner of a road, half on the footpath. Parking on a pavement can obstruct and inconvenience pedestrians, people in wheelchairs, those with visual impairments, and people with prams and pushchairs. It is also obstructing the view of other drivers coming out of the road and those approaching from the right.

The cars on the opposite of the road are also obstructing access to the bus stop and are parked on a cycle lane which does not have drop off and pick up restrictions removed for busy times.



We have seen some wonderful designs being handed in to class teachers. Don't forget the closing date for entries is

Friday, 14th May



Royal Mail



'Heroes Stamp Design Competition'

Orchard Vale would like to enter the Royal Mail Heroes Stamp Design competition. Children will have brought home an entry form template this week for them to draw their own design.



Completed entries must be returned to class teachers by
FRIDAY 14TH MAY.

GREAT PRIZES TO BE WON		
	SCHOOL	ENTRANT/FAMILY
Overall Winners x 8:	£3,000	£3,000 vouchers
Regional Winners x 34:	£500	£500 vouchers
Regional Runners Up x 96:	£300	£300 vouchers

For more than 50 years Royal Mail's Special Stamp programme has commemorated British history and achievement. Stamps have also been issued to honour the achievements of many British people. Often, the people who appear on stamps are already famous. They include scientists and explorers, writers, artists, musicians, athletes, and Prime Ministers.

Since the coronavirus pandemic began, there have been many people who have done great things. Many of them are not famous, but they have done extraordinary work. These are the people who have helped us all through a really difficult time. Some are frontline workers in healthcare, others look after elderly or vulnerable people.

Millions of key workers have kept the country going when most of us were told to stay home for our own safety. And there have been many people who volunteered to help people in their communities who needed help or support. We think that what these people have done makes them heroes, so Royal Mail wants to honour them by producing a set of eight stamps.

The stamps will feature designs created by eight school-aged children. We are asking our young designers to think about who their hero or heroes are, and to then design a stamp in their honour. A special panel of judges will pick the winning designs. The final eight stamps will be sent to Her Majesty The Queen before they can be printed and issued.



Parenthood

What is the TALKWORKS for Wellbeing in Parenthood workshop?

A 2 hour introductory workshop introducing CBT, anxiety, and depression in the perinatal period (pregnancy- child is 2 years old).
The workshops is a basic introduction to CBT and step 2 interventions.

Who is the workshop for?

For parents and carers in the perinatal period (from pregnancy until child is 2 years old).

Direct access- Patients can book onto the workshop directly by phoning the admin team.
Talkworks patients- Patients open to and suitable for Talkworks can be booked onto this workshop as part of their treatment plan.

What topics are covered?

Managing worry: worry time, refocusing techniques, and problem solving
Dealing with stress in the moment: Breathing, STOPP
Setting goals: SMART goals
Communication: communication planning
Establishing routine: planning, SMART goals, balance, flexibility
Time management: prioritising
Sleep: normalising sleep in parenthood, techniques to help sleep (environment, lifestyle and routine).

What happens after the workshop?

At the end of the workshop patients are given information about Talkworks and more information about the other difficulties that we can assess and offer treatment for (OCD and PTSD).

All direct access patients will be discharged after the workshop. Patients who identify risk on the MDS will be contacted by one of the group facilitators and actioned accordingly, if contact cannot be made the GP will be notified. The patient will then be discharged from Talkworks.

Direct access patients are invited to refer themselves into the service following the workshop if they would like a further assessment, consider further step 2 intervention, or suitability for step 3.

Patients already open to Talkworks will be offered a follow up review with their original practitioner.

SUMMER '21 JUNIOR CRICKET



at RALEIGH MEADOW
CRICKET GROUND....

This year we are on

THURSDAY EVENINGS
from

6th MAY – 26th AUGUST

Our team of experienced
coaches deliver **SOFTBALL**
practices and fun games
with the ECB's Nationwide

ALL STARS (5-8yrs) and DYNAMOS (9-11yrs) programmes



as well as **HARDBALL** practices for the experienced players in our **UNDER 13s COLTS**



Softball practices:

ALL STARS (5 - 8yrs)

5.30 – 6.15pm

DYNAMOS (9 - 11yrs)

6.30 – 7.30pm

HARDBALL Practices:

Experienced COLTS & Under 13s

6.30pm – 8pm





connectme



Devon
County Council

Coronavirus (COVID-19) response update from Devon County Council

Devon County Council's Connectme update contains information, which you may find of interest, affecting Devon.

[Link to DCC Connectme website](#)

STEP 2

No earlier than 12 April

At least 5 weeks after Step 1

EDUCATION

- As previous step

SOCIAL CONTACT

- Rule of 6 or two households outdoors
- Household only indoors

BUSINESS & ACTIVITIES

- All retail
- Personal care
- Libraries & community centres
- Most outdoor attractions
- Indoor leisure inc. gyms (individual use only)
- Self-contained accommodation
- All children's activities
- Outdoor hospitality
- Indoor parent & child groups (max 15 people, excluding under 5s)

TRAVEL

- Domestic overnight stays (household only)
- No international holidays

EVENTS

- Funerals (30)
- Weddings, wakes, receptions (15)
- Event pilots

Have you got your free rapid COVID-19 tests yet?

Alongside the vaccination rollout, regular testing of people without symptoms of coronavirus is at the heart of easing restrictions and reopening society and the economy safely.

The aim is that as many positive cases as possible can be found and isolated to stop the virus spreading, particularly as one in three people don't know they've got it as they don't have any symptoms so could be passing it on without realising.

That's why every adult in England is being encouraged to take a free rapid COVID-19 test (known as a lateral flow device (LFD) test) twice a week. They are easy, quick and convenient, and the results are usually available to you within the hour.

Devon County Council are running a [mobile community testing service in Devon](#) so you can get tested or collect home-testing kits at a range of locations across the county. DCC have published a timetable on their website, but please bear in mind that this schedule is subject to change as they make new locations available and to accommodate any operational issues. To avoid disappointment, [please check DCC website each time you plan a visit](#).

You can also [order home-testing kits from the NHS by post](#) or collect home-testing kits from [NHS testing locations, and any of the 133 pharmacies that are part of the Pharmacy Collect scheme so far](#).

Remember, these rapid lateral flow tests are to be taken regularly if you do not have any symptoms of coronavirus. If you do develop any symptoms, you should immediately self-isolate and [arrange a PCR test via the NHS](#).