Dear Families, 7th June 2019

We have had a fantastic week. The children have loved looking at our Koala Who Could story. They have been busy building their own treehouses for the animals and painting some of the animals from the story. The children have also done some beautiful writing about their holiday adventures. In Maths we have been looking at addition and the children are doing really well with figuring out their number sentences independently.

In phonics this week we have looking at words with these sounds in:

mp nd lp nt

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 for the next few weeks we are going to have one more week of our Reading Challenge. There are a few close winners at the moment so the next week will decide, keep reading! Prizes will be presented next Friday.

P.E- Just a reminder our P.E days our 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 next week is The Lion Inside.

Rob, Executive Chef for Ventrus worked with children from Years 3 and 4 to create the delicious food on offer in the playground on Thursday. Rob will be working with Liz and her team in the Orchard Vale's kitchen to produce a new tasty menu for September - thank you for all the lovely feedback!

Friends of Orchard Vale – Ice Cream Sale – Friday, 14th June

Weather permitting, the Friends of Orchard Vale will be selling ice creams lollies and ice poles from the top minac after school.

North Devon Fringe - 27th to 30th June

The North Devon Fringe Theatrefest is back over the weekend of 27th-30th June 2019! There are many shows across the weekend, at an affordable price, and some shows for families are 'Pay-What-You-Will' at the end of the show. You can see the

full programme on https://www.theatrefest.co.uk/program/shows. Search 'family friendly', you will see the shows that the Children's Trail will highlight.

Friends of Orchard Vale – Summer Fayre – Saturday, 6th July - 11am to 4pm

We are looking forward to our summer fayre this year and would like to ask for any donations of good quality books suitable for adults or children, unwanted brown wrapping paper and tombola prizes. Please bring these to the school office.

Wanted for our 20th Anniversary celebrations in September

If you have any unwanted tea-cups, saucers and teapots please could you hand them into the school office for the attention of Mrs Manley.

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

Diary Dates (don't forget to check the school website, <u>www.ovschool.co.uk</u> for up to date information)

Thur, 20th June – School Council on-uniform day/whole school water fight – details to come.

Tues, 2nd and Wed, 3rd July – Parent/Pupil/Teacher interviews (letters sent home)

Thurs, 27th June – Reception Sports Day

Tue, 23rd July – Last day of summer term

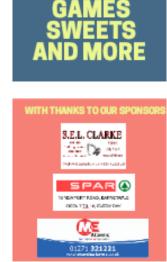
Have a fantastic weekend Miss Cawthorne Miss Boundy



CROYDE DOWN END

CRAFTS







Meet mickey

Bring your coppers 4 laps

June

makes a mile!!!

Saturday 15th

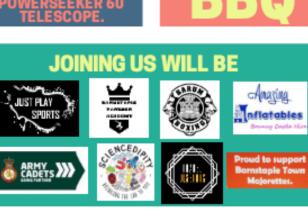
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Soppe

All in aid of Relay For Life North

Devon Cancer Research UK











CBT for Sleep Workshop

What is it?

course to teach you about healthy sleep, about what is helpful to people with sleep sleep problems and ways to tackle them. difficulties. We will discuss practical CBT (Cognitive Behavioural Therapy) is a techniques for helping sleep as well as research-based intervention shown to help introducing you to tools to measure the people with sleep problems and also with efficiency of your own sleep and learn about mild-moderate depression and anxiety.

What can I expect?

This is a workshop to help you self-manage. No - the course with all the information is it is not group therapy. You will not be free of charge. asked about personal problems and you won't be directly asked to talk about your I'm interested-what do I do now? sleep difficulties (although you are very If you are not already a patient of welcome to if you are happy to share). You TALKWORKS then you can self refer or be will learn about sleep problems and ways to referred through your GP. If you are only cope vourself.

Who is it for?

The course is for people who would like to our staff first, you can ask to have an initial gain a better understanding of sleep and assessment where we can discuss your sleep problems and learn new ways to own difficulties and the course in more improve sleep quality. You must be over 18 detail with a Psychological Wellbeing and live in North Devon or Torridge.

Will it help me?

A workshop of 2.5 hours; it is a CBT-based The course material is based on research sleep hygiene.

Does it cost anything?

interested in the sleep workshop, you can call and ask to be booked on. Alternatively, if you would like an appointment with one of Practitioner (PWP) or Psychological Therapist (PT). If you are already with the service please let your PWP or PT know you are interested and ask for latest course dates information.

Where and when?

The courses run throughout the year in various locations.

CBT for Insomnia Workshop Upcoming course

Thursday 4th July 2019

10am - 1pm

Chivenor Chaplaincy RMB Chivenor EX314AZ

Facilitators: Tamar Venner and Della Vallance

Tea and coffee are provided and there is parking onsite.

If you are interested in attending the course please discuss this with a member of the team or confirm your place on the course by contacting dpt.talkworks.northdevon@nhs.net or 0300 555 3344.

This course is run by TALKWORKS. We are at 109 Boutport Street, Barnstaple, EX31 2DZ.

Telephone: 0300 555 3344

Email: dpt.talkworks.northdevon@nhs.net Web: https://www.talkworks.dpt.nhs.uk/