

# Orchard Vale's Weekly News

## Friday, 15th October 2021

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

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



### Headteacher's message

Dear Parents/Carers

We have had a very sporty week with children taking part in Tarka Tennis workshops held in school for Years 3, 4, 5 and 6 and Multi Skills Festival at Park School for our year 3s. Mr Ovey's Key Stage Two after school sports clubs have been well attended and the children are making the most of the good weather getting outside as much as possible.

The playground has been filled with children dancing and singing. This has been lovely to see and hear such positive lunchtimes and for the children to be back amongst friends.

There appears to be a tummy bug circulating at the moment and we are reminding children of good hygiene practices. Encouraging them to wash hands regularly, especially before eating, to flush the toilet, wash hands afterwards and catching coughs and sneezes in a tissue. If your child is sick, please remember that they should be kept off school for **48 hours after the last bout of sickness**.

Due to the success of OV Explorers (after school provision) and Early Birds Club (breakfast provision) I am pleased to say that these will be continuing up to Christmas. If you would like to take advantage of these provisions next half term, please register your interest when you receive the link in an email being sent out next week.

Next week our last day in school is Thursday, 21<sup>st</sup> October as Friday is a non-pupil day and half term will be 25<sup>th</sup> to 29<sup>th</sup> October.



Have a wonderful weekend.

Fiona Pearce  
Headteacher

### Devon County Council Free School Meal holiday voucher scheme

The free school meals holiday voucher scheme is a way of providing funds to ensure families of children who are eligible for free school meals during term time are able to purchase food over the holidays to replace the meals a child would have received during a school day.

DCC will be using an organisation called Black Hawk Network who will issue electronic vouchers that can be emailed to families and spent at seven major supermarkets is the quickest and easiest way to do this.

Families of children that are currently in receipt of free school meals are eligible for a supermarket voucher to the value of £15 per child per week of the school holidays to help pay for groceries over the break.

If you are not already receiving Free School Meals but would like to see if you are eligible follow the link below for full information and how to apply. Help line is 0345 155 1019.

<https://www.devon.gov.uk/coronavirus-advice-in-devon/document/free-school-meals-holiday-voucher-scheme/>

The deadline is 9am on 22nd October 2021 to let Orchard Vale know if you are now eligible.

### School Photos

The children will be coming home with the proofs of their photos.

**ONLINE ORDERS—These should be placed by 21st October.** The quickest way to order your photos is by using the Order Online option please see the form sent home.

Visit [www.tempest-orders.co.uk](http://www.tempest-orders.co.uk); enter the reference number, found under or at the side of the photo and the Web Access Code. To receive FREE post and packaging back to Orchard Vale you will need to place and pay for your order by Thursday, 21st October. Orders placed after the cut off date can be sent directly to your home by Tempest at an extra cost of £5 per package.

**ORDERS VIA SCHOOL—** Use the Order Form sent home which should be returned to us with full payment placed in the sealed envelope. Correct cash or cheque, payable to 'Tempest Photography'. Hand to the school office by Friday, 12th November. We will not be able to forward any orders received after this date.





## Foundation Stage and Key Stage One



### Mrs Youll's nomination

Sienna for playing nicely with her friends, and doing super P.E.

### Miss Cawthorne's and Miss Boundy's nominations

Oscar for fantastic phonics and great listening.

Pixie for always working hard and being helpful.



### Mr Quilter's nomination

Chloe-Grace is my well deserved star of the week. She has put in enormous amounts of effort and this is really showing in her work.

I love her positive attitude and kind friendly nature! Great job Chloe-Grace. Mr. Q

### Mrs Oldfield's nomination

This week Charley-May has amazed in phonics and reading. She has worked hard to decode unfamiliar words and improve her fluency. Charley-May is wonderful partner and has shown great support in others. In class she has impressed in handwriting, forming letters beautifully and beginning to join her letters.

Well done Charley-May we are super proud of you. Mrs O x



### Mrs Grimwood's nomination

My star of the week is Franklin. Not only has he been hardworking, resilient and wonderful in class but he has also been commended by Mrs Oldfield and Mr Ovey because he has been making a supreme effort in both phonics and PE as well. Franklin gives everything 100%. He is a gentle and kind-hearted soul who is a pleasure to have in class. Thank you, Franklin, for being an all round superstar.





# School Diary Dates

Thur, 21st Oct	Years 1 and 2 - Tennis workshop provided by Tarka Tennis
Fri, 22nd Oct	<b>NON PUPIL DAY</b>
Mon, 25th to Fri, 29th Oct	<b>HALF TERM WEEK (back at school Mon, 1st Nov)</b>
Wed, 3rd Nov	PTFA - Tuck Shop 9.30am to 10.30am
Thurs, 4th Nov	Year 6 Swimming Lessons
Mon, 8th Nov	Years 5 and 6 Queen's Theatre Tour
Wed, 10th Nov	Bratton Fleming Cross Country—KS2 Team
Thurs, 11th Nov	Year 6 Swimming Lessons
Thurs, 11th Nov	Armistice Day - Minute silence in school
Fri, 12th Nov	Children's Remembrance Parade
Thurs, 18th Nov	Year 6 Swimming Lessons
Fri, 19th Nov	Year 5 and 6 Into Film Festival
Thurs, 25th Nov	Year 6 Swimming Lessons
Wed, 1st Dec	PTFA - Tuck Shop - 9.30am to 10.30am
Thurs, 2nd Dec	Year 6 Swimming Lessons
Fri, 3rd Dec	Virgin Health Care - Flu Vaccinations (Reception to Year 6)
Fri, 3rd Dec	Choir Carol Singing at Residential Homes
Tue, 7th Dec	Whole School Christmas Dinner
Thur, 9th Dec	Year 6 Swimming Lessons
Fri, 10th Dec	Xmas Jumper Day - donations in aid of Edukid
Wed, 15th Dec	Cinderella Panto at Queen's Theatre
Mon, 20th Dec to Mon, 3rd Jan	<b>CHRISTMAS HOLIDAYS</b>
Tues, 4th Jan	First Day of Spring Term.





Hi!

I'm Debbie Newman and I am an Education Mental Health Practitioner (EMHP for short!). I am based at Orchard Vale one day a week as part of the **Mental Health Support Team** for schools in North Devon, and we work for the NHS.

My time in school will be split between helping Orchard Vale to develop a Whole School Approach to mental health, and working directly with children, either 1:1 or in small groups to address mild to moderate mental health needs such as anxiety or low mood. Sometimes I will also be working with parents in 1:1 or group sessions to support the Mental Health needs of their children.

A 'Whole School Approach' means thinking about how every part of school life – people, buildings, timetables and parents and carers, can work together to develop a mentally healthy place to learn and work; one that promotes positive wellbeing and where students are supported to be happy, resilient, and healthy young people.

In order for me to help the school develop targets for the coming year in regards to mental health provision, it's really important that we get the views of everyone involved in school life – staff, governors, pupils and parents. If you could take the time (around 15 minutes) to fill in this online survey with your anonymous views, it would be really useful in helping us develop Orchard Vale's provision for your child/children:

<https://www.smartsurvey.co.uk/s/SchoolAPC/>

Your time and opinions are very appreciated. I'm very excited to be working with you and look forward to meeting many of you over the coming term, please do come along to one of our coffee mornings and say hello ☺

## Coronavirus verses regular cold symptoms

There's recognition now of a crossover of current symptoms between coronavirus and having a cold.

We've all known about the main three symptoms - the high temperature, the continuous cough and the loss of your usual sense of taste or smell. But studies have shown there to be more symptoms of coronavirus, including headache, runny nose, sneezing and sore throat.

So with those symptoms similar to having a regular cold, it's difficult to know what's making us unwell.

The people who brought you the ZOE COVID Study app, have now published their tips for how to tell the difference between the viruses, and when you should get tested.

How do I know if I have a cold or COVID-19?

What are the most common COVID-19 symptoms if you're vaccinated?

What are the most common COVID-19 symptoms if you're unvaccinated?

When should I get a COVID test?

What should I do if I think I have COVID-19?



## Year 3 Multi Skills Festival

The Year 3 children had a wonderful morning taking part in the Multi Skills Festival alongside other schools from North Devon. We were so fortunate that the sun shone on us and everyone had a fantastic morning.

It was great to see the enthusiasm and sportsmanship of our children.



### Week 1 18th Oct

Monday	Tuesday	Wednesday	Thursday	Friday
<b>M</b> – Ham carbonara with pasta and sweetcorn	<b>M</b> – Focaccia bread pizza with crispy round potatoes and carrot sticks	<b>M</b> – Roast chicken, potatoes and 2 fresh vegetables with gravy	<b>M</b> – Crunchy chicken fillets with French fries and peas	<b>M</b> – Beef bolognese with pasta and salad
<b>V</b> – Quorn sausage hotdog with wedges and sweetcorn		<b>V</b> – 3 cheese, Cauliflower and broccoli bake with potatoes and 2 fresh vegetables	<b>V</b> – Quorn nuggets with French fries and peas	<b>V</b> – Tomato cheese quiche with sauté potatoes and salad
<b>JP</b> – cheese/beans/tuna	<b>JP</b> – cheese/beans/tuna	<b>JP</b> – cheese/beans/tuna	<b>JP</b> – cheese/beans/tuna	<b>JP</b> – cheese/beans/tuna
<b>SPL</b> – Pasta pot	<b>SPL</b> – Cheese sandwich	<b>SPL</b> – Ham Roll	<b>SPL</b> – Chicken and bacon salad	<b>SPL</b> – Sausage roll
<b>D</b> – Fresh fruit	<b>D</b> – Banana & raspberry cake	<b>D</b> – Fruit smoothie	<b>D</b> – Apple cake	<b>D</b> – Cookie

Yoghurts and fresh fruit will be available daily

Gluten free menu available on request



# WANTED



It's that time of year when we are thinking of planting bulbs. We would like to brighten up the school grounds and outdoor areas of Key Stage 1.

Asda have kindly donated a small number of bulbs. However, it would be lovely if we could get lots more. If you would like to donate any type of flower bulbs, please place these in the box outside the school office for the attention of Mrs Manley.

*We need your  
help!*

*Have you got any  
unwanted gifts  
which we could  
recycle?*

*If so, could you  
please pop them  
into the box near  
the school office.*



# ROMAR SPORTS

EXPERIENCE, KNOWLEDGE & UNDERSTANDING OF THE GAME

## FOOTBALL HOLIDAY CLUB

**25 - 29 OCTOBER**

9am – 4pm

Girls & boys 5 – 14 years



DAY RATE: £25

\*\*\*DEV, PRE ACADEMY & FREMINGTON YOUTH DISCOUNT\*\*\* £20 per day

3G Pitch, Tarka Tennis Centre  
Seven Brethren Bank  
Barnstaple  
EX31 2AP

**BOOK ONLINE: [www.romarsports.com](http://www.romarsports.com)**





# HALLOWEEN FUN & GAMES

**YEO VALLEY WOODLAND**  
**FRIDAY 29 OCTOBER 3 - 6 PM**

**PUMPKIN CARVING • FANCY DRESS COMPETITION**  
**SPOOKY CRAFTS • BBQ & REFRESHMENTS**

Pumpkins £2.50 - take them home for Halloween! Fancy dress judging at 5pm. Pumpkin carving judging at 5.30pm.  
All proceeds to the Children's Summer Club and Friends of Yeo Valley Community Woodland.



In conjunction with the Children's Summer Club.  
Sorry, no parking available. Please wear sensible footwear/coat,  
and bring a torch. No unaccompanied children.  
For more information call 01271 388326.