

Orchard Vale's Weekly News

Friday, 22nd January 2020

www.ovschool.co.uk

orchardvale@ventrus.org.uk



Headteacher's message

Dear Parent/Carer

We seem to be settling into the new school/home learning routines and I have been so thrilled to see so many children online, joining in with the live lessons and working alongside children and teachers in the classroom. Hopefully we will not have to do this for too long.

Parents you have shown continued patience and resilience in setting this up for your children and for that we are very grateful. If you are still experiencing problems, do not hesitate to contact us and we will try and help in the best way we can.

Please be assured that staff are really working hard to deliver quality in school and home learning along a similar line to the one we would offer outside lockdown. Teachers are working a full day in school to deliver lessons to key worker children in school and those at home and this includes marking and feedback time. They are being supported by our brilliant teaching assistants and admin staff and I know many of you have had several conversations with them already. Teachers are also able to offer support at home individually when they have time and I know are trying to squeeze in conversations where and when they can.

I fully appreciate that some parents are trying to work at home as well as assist their children in home learning and this is not easy. Please could I ask you to bear in mind that if work is uploaded after the end of the school day on which it is set this may not be looked at until the following day or perhaps later in the week, depending on the teachers' workloads. Several of you I know are having to vary your timetables at home and we will try and respond in a timely way if possible. We appreciate your patience and understanding. If your child feels their work has not been responded to or the teacher may have missed it please comment in the chat page.

I am really enjoying watching your lessons and seeing all the amazing work you have all been doing at home and in school.

Well done!

Fiona Pearce, Headteacher



Free School Meal Voucher Scheme

The government has confirmed that children who are unable to attend school due to Covid19 and are registered under the Income Related Free School Meals Scheme (FSM) will receive vouchers worth £15 per week, per child.

As in the first lockdown, we will be ordering vouchers from Edenred on behalf of eligible students. Parents will be emailed a code to redeem for an eGift card which can be used in your choice of these supermarkets and is valid for one month:

Aldi	Iceland	McColl's	Morrisons
Tescos	Sainsbury's	Asda	Waitrose
Company Shop Group	M&S (who we believed are offering to top vouchers up to £20)		

If you are not registered for FSM and your financial circumstances have worsened recently, We would encourage you to visit Devon's' [apply for free school meals webpage](#). Here you can find out if you might be eligible for FSM support and apply through Devon Citizen's Portal. This is the quickest and easiest way to apply and will result in you getting an instant decision. Alternatively, you can call the Education Helpline on 0345 1550 1019. If you go through the process and find you are eligible, please send a screenshot of the confirmation at the end of the application to orchardvale@ventrus.org.uk; we can then ensure we register this on the school system with DCC so we can support your family.



Foundation Stage and Key Stage One



Mrs Youll's

Elana for taking part in lots of home learning and doing some great work on initial sounds.

Heidi for taking part in lots of home learning and doing some super writing and drawing.

Miss Cawthorne's nomination

Harry for amazing home learning

Alice for always working hard and being helpful in school.



Miss Boundy's nominations

Evalyn has worked really hard in her phonics and maths! I've been so impressed with her adding! Well done Evalyn

Mr Quilter's nomination

Dexter is becoming an excellent learner; he has continued his great work into home learning and I am very proud of his efforts! Dexter wrote an amazing non-chronological report and has completed all math and phonic tasks. He is always smiling on camera and is engaging well! Great job Dext! Mr Q



Mrs Oldfield's nomination

Home learning: Rory has really impressed me with all his home learning but mostly in his maths. Rory has found a new confidence in himself with number work and he cannot get enough. He is flying through the subtraction work set this week and has even been asking for more challenges. I am super proud of you Rory keep up the amazing work super star.

In class: Haydn can often be one of the quieter members of our class but since being back in school in a smaller group he has started to flourish and really come out of his shell. This week he has really worked hard to write a little quicker and not worry so much about making mistakes, and he has produced a wonderful non-chronological report on penguins. Keep up this new-found confidence Haydn we love it.

Mrs Grimwood's/Mrs Huggins' nomination

Our star this week is Betsy. Betsy is in school half the and then online at the end of the week. Her art work is amazing and a joy to look at. She has also completed and uploaded all the tasks we have set.

Keep it up Betsy. You are our shining star of the week.



Star of the Week

Key Stage Two

Miss Gulliford's nomination

Libby has been working exceptionally hard from home. She has had many technical issues and has overcome them - not giving up or being deterred and has remained focused. She has shown that anyone can overcome learning barriers and absolutely fly with their learning. Libby - your work has been incredible and you should be so proud of all your hard work and progress.



Mrs Johnson's nomination

Freddy-James is our star of the week this week. He is someone who has consistently taken part and answered lots of questions whilst home learning, he has uploaded photos of all his work despite technical issues and has been really engaged. Well done, Freddy-James!



Mr Whapham's nomination

Ethan is our star of the week for his hard work through online learning. He has joined in video calls and live lessons, completed his work carefully and thoughtfully, as well as uploading and organising his work on his notebook. He had begun to participate more in live lessons too, sharing his ideas and answering questions. Keep up the hard work Ethan, you are doing great! Mr W



Mrs Lavictoire's nomination

This week, Mya has shown great commitment to all tasks in all lessons and has worked super hard throughout the week! We have been learning about Benin in Africa and its history. Throughout these lessons Mya has increased her knowledge of the history of Benin and has completed work to an outstanding level. Mya's final project presentation is amazing! Throughout maths this week, Mya has shown great understanding of decimals and continues to shine every day! Well done Mya. Keep up the good work!



Mrs Harding's nominations

Lennox is very busy working from home at moment and he has sent me some fantastic work over the last 3 weeks which I have really enjoyed reading. Lennox has worked very hard on every task that I have asked him to do, and he should be very proud of himself.



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

Ethan has been excellent at completing all his online work, asking questions when he doesn't understand something or needs support and answering questions and sharing ideas with the rest of the class. It's been great to see how well he has managed to do online so far! Well done Ethan.



Miss Squire's nomination

My star this week is William P. Despite working from home, it has felt like Will is in school, as he has been so involved in all of our live sessions, using his netiquette skills to raise his hand, contribute to the chat and unmute himself to share his ideas. He has completed every task set and when we have had our small group catch up meetings, he always joins with a big smile! Keep up the incredible hard work Will, you are a fantastic home learner.





Sarah Felgate is our Pastoral Teaching Assistant and is available on Monday, Tuesday and Wednesday—9am to 3.15pm to offer emotional support/advice to our parents and children during Lockdown 3.0.

Sarah's recommendations:

The film: INSIDE OUT

It's not new so you may well have seen it, but I think it's SO great for now.

This is a brilliant Pixar comedy animation all about a little girl who has to move to a new house and shows how we are driven by our emotions and how our brain works. Its suitable for all the family. Funny and interesting.

Hope you like it.

Dance: Have a look at **Oti Mabuse's** dance classes on You Tube. She's a great teacher, does a special section for kids including routines to Harry Potter, Frozen, The Greatest Showman....

If its rainy, here's your energy bust.

The lesson is about 30 mins – so time for parents to sit back and relax with a cuppa Zzzzzzzzzzzzzzzzzzz ☺

Year 3 and 4—Proud Cloud (High Flyer Readers)



Throughout lockdown 3.0 please could the children continue to log their reading using the "high flyer reading tracker sheet" found within the class Teams English Channel—Files.

When we return to school, after lockdown, we will ensure all of the children receive their certificates and recognition for the reading they are completing

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 Harding's class 100 days logged—Logan we are very proud of him.

Miss Squire's class 100 days logged—Olivia J, Amber, William P

50 days logged—Ewan, Lily-Mae

25 days logged—Miley, Alfie, Khloe, Kiaron



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 1/2- Asher for adapting really well to the new rules in PE

Years 3/4- Nieve for excellent team work

Years 5/6 Alesha for brilliant gymnastics

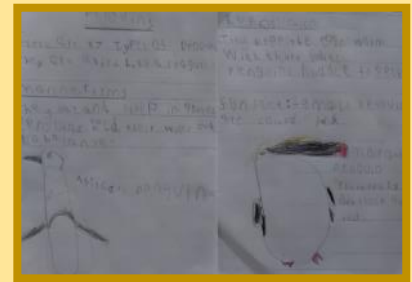
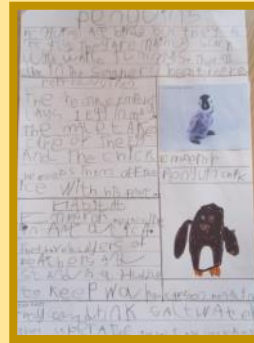
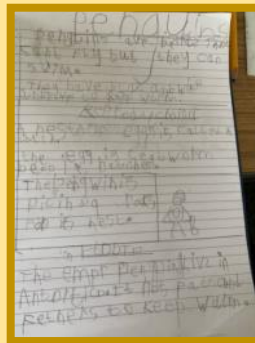
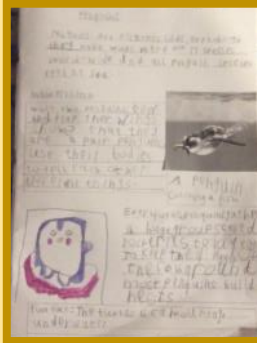


Hollie G awarded Mrs Oldfield this certificate

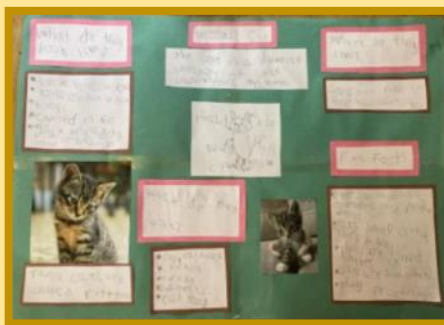


Betsy's penguin

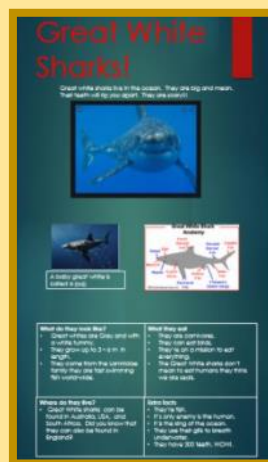
For the past two weeks Mrs Oldfield's class, online learners and those in school, have been gathering all the information they would need on penguins to be able to produce a non-chronological report and I am very proud of what they have all achieved.



Here some of Mr Quilter's class excellent home learning animal fact files.



Jenson

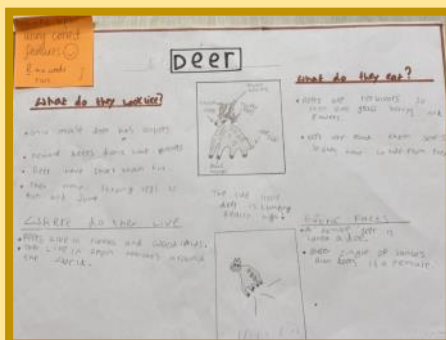


Bella

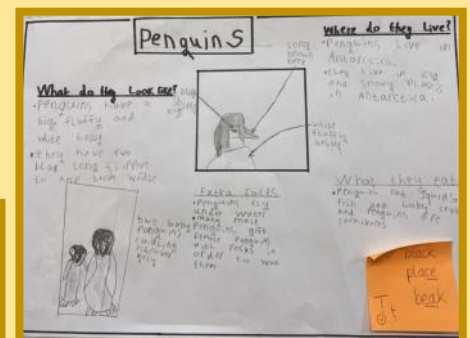
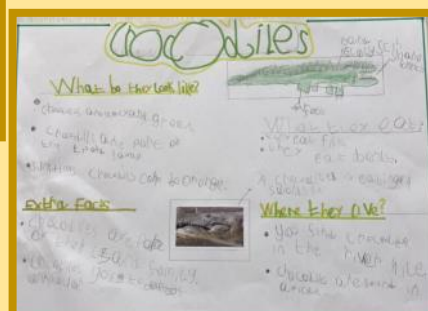


Charlie E

Here of Mr Quilter's class fantastic non-chronological reports on animals we completed in school



Luna



Noah L

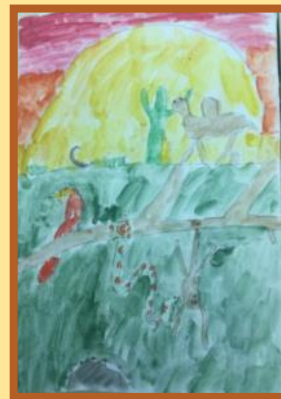
Year 5 have been learning about the different biomes you can find in Africa. We had a go at drawing some of them and recording some facts.



Ryan



Coby



Freddie

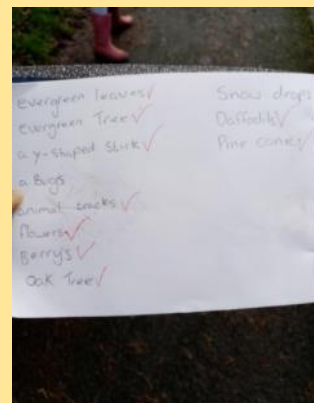


Naima

In Miss Gulliford's class those at home were encouraged on their daily walk to complete a scavenger hunt - pick a colour or letter and find as many things as they could with that colour/letter.



Mia J enjoyed her club gymnastic session via zoom



Charlotte on her hunt!

Menu for the week commencing 25th January

Week 2

Jan 11th, 25th Feb 8th, Mar 1st, 15th, 29th

Monday	Tuesday	Wednesday	Thursday	Friday
M —Cheese/beans/tuna	M - Focaccia bread pizza with crispy round potatoes, carrots and peas	M – Roast chicken, potatoes and 2 fresh vegetables with gravy	M – Hotdog, potato wedges and peas	M – Breaded fish with French fries and peas
	JP - Cheese/beans/tuna	JP – Tuna/beans/cheese	JP – Beans/cheese/tuna	V – Quorn nuggets with French fries and peas
SPL - Sausage roll	SPL – Cheese sandwich	SPL – Sausage roll	SPL – Cheese & onion pasty	JP – Cheese/beans/tuna
D – Fresh fruit	D – Banana cake	D – Fruit smoothie	D – Apple cake	SPL – Ham sandwich
				D – Cookie

Yoghurts and fresh fruit will be available daily

Gluten free menu available on request



Coronavirus (COVID-19)
Devon County Council

COVID19 School Absence

The national lockdown restrictions are helping bring coronavirus transmission back under control.

Devon County Council have created some useful resources to help you identify the symptoms of coronavirus compared to a cold or seasonal flu and what action you need to take if your child or anyone in your household develops symptoms of coronavirus. [You can find them on our website.](#)

It's extremely important that [anyone with coronavirus symptoms stays at home and gets tested](#) to avoid the risk of spreading the virus to others, including the more vulnerable in our communities.

That means if your child, or anyone in your household, has any of the symptoms of coronavirus, no matter how mild, you must keep your child off school and self-isolate your whole household while the person with symptoms gets tested and waits for the results. Just the person with symptoms needs to get tested. If you don't have symptoms, you don't need to get tested unless you are asked to by a health professional, but you do need to self-isolate until your household member gets their results.

REMEMBER to call the school office to advise us your child is self isolating and again once you have the results of the Covid 19 test.

Do you need financial help?

If your income has changed and you are struggling to pay for basic household essentials, [the Government have made money available via local District Councils](#) to provide small emergency grants to people in financial hardship as a result of COVID-19.



The funds can be used for different things such as access to emergency short term support through shopping vouchers, utility top ups, paying for essential travel needs or essential advice and support services.

The Government have also published information on our website about [financial help in your local area](#), including links to national support and information on what to do if you were employed but have now lost your job.

There's [more information about what to do if you're employed and cannot work](#), on the government's website.

If you're [self-employed and getting less work or no work because of coronavirus](#) (COVID-19), there is also support available, such as the Self-Employment Income Support Scheme.

The government is [extending the Job Retention Scheme \(furlough\)](#) until March 2021. This means that workers in any part of the UK can retain their job, even if their employer cannot afford to pay them, and be paid at least 80 per cent of their salary up to £2,500 a month.

Big Schools' Birdwatch 2021



Orchard Vale have signed up to the RSPB for the children to take part in an award scheme throughout the year.

The first activity is the **Big Schools Bird Count on Friday 29th to Sunday, 31st January.**

Next week children will have access to a new Team called 'OV Weekend Club' where they can send their findings. Children can use the survey sheet on the next page as their log. Here are some of the challenges:

Wild Challenge - How it works

What makes up the Wild Challenge is up to the children.

There are a range of fun activities to choose from, with bronze, silver, and gold awards to achieve depending on how many tasks they complete.

The activities are divided into two sections:

Help Nature - making our gardens and schools brilliant homes for nature and our outdoor spaces wonderfully wild-life-friendly!

Experience Nature - getting up close and personal with wildlife and exploring the world of amazing nature right under our noses!

They should complete three activities from each section to earn each level of the award. The activity can be repeated as many times as they like as you're sure to discover something new each time. Note that repeat activities will not count towards the Challenge total, even if they do it differently.



Bronze award: You need to complete 6 activities, 3 from Help Nature and 3 from Experience Nature.



Silver award: 6 further activities, another 3 from each.

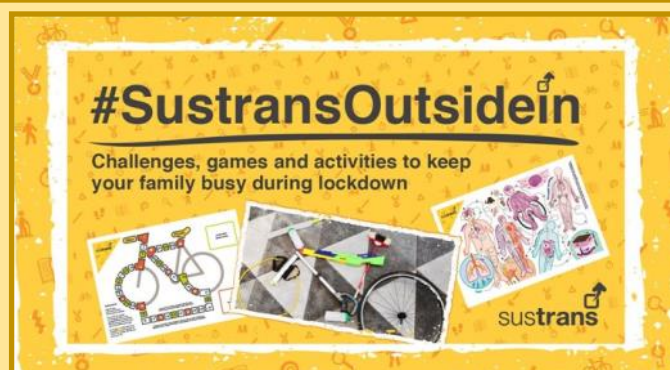


Gold award: Again, a further 6 , 3 from each.

To complete each activity and move a step closer to getting the awards, children must submit some confirmation to show that it has been done. It could be a photo, a drawing, a video, even a piece of writing, showing, or describing the adventure.

Challenge awaits!

Take up any of the activities in class forest school or outdoor activity to help towards our school's challenge.



Following the UK-wide lockdown, schools remain closed for the foreseeable future, with families encouraged to engage in home learning.

Whilst we are all focused on staying at home, it is important that children remain active. That's why we have created **Sustrans Outside In**, a schedule of educational and active-themed activities children can enjoy at home. The activities are delivered by newsletter to parents and schools over the course of four weeks.


Designed by our experienced school officers

The content has been developed by Sustrans' school officers who are experienced at developing fun and educational resources suitable for the school setting.

Each week, the Sustrans Outside In programme provides families with five activities themed for wellbeing, keeping active, being creative, investigating and 'anything goes', as well as a challenge to keep children active whilst at home.

[Visit the parents' registration and free resource page](#)

Sustrans Be a heart detective
Today, we'll investigate what activity makes your heart beat the fastest.



What you'll need


- A timer
- A piece of paper

About the heart

Your heart is a very strong muscle. It pumps blood containing oxygen around your body, to every part of you.

It's super important that we all keep our hearts healthy. This can be done by doing activities that make our heartbeat faster.

The Heart



Fun fact

Your heart is roughly the size of your closed fist

How to measure your heartbeat?

Your heartbeat is also known as your pulse. You can feel your pulse by placing two fingers on the left side of your neck.

To measure how many times your heart beats in one minute. Sit down quietly.

Use a timer to count how many beats you feel in 15 seconds. Multiply this by 4. E.g: 19 beats in 15 seconds x 4 = 76.

This will give you how many heartbeats you have in a minute while you are resting, also known as your resting heartbeat.

[Watch the video: How to feel your heartbeat](#)

Instructions

1. Measure your resting heartbeat. Record this number
2. Choose an activity that will get your heart racing. Do this activity for a minute, as fast as you can.
3. Now measure your heartbeat - you should see a big difference. Record your heartbeat again.
4. Make sure your heartbeat has come right back down to your resting rate before trying another activity.
5. Repeat the steps and measure your heartbeat against some of the activities below.

Here are a few to get you started:

Activity	Heartbeat
Sitting quietly	(This will be your resting heartbeat)
Jumping for one minute	
Skipping for one minute	
Running on the spot for one minute	
Scotting for one minute	
Cycling for one minute	
Handstand for one minute	

What other activities can you think of to get your heart racing? Make your own list and measure your heartbeat against each activity.

<https://sustrans-info.org.uk>

Free link to subscribe to both Indoor and Outdoor Activities.

Orchard Vale has signed up to the RSPB special 20th
anniversary year of the
Big Schools' Birdwatch 2021!
Friday 29th to Sunday 31st January



How to take part

You can do this anytime starting on the Friday through to the Sunday.

If you can, encourage birds to come to your chosen spot by feeding them during the week leading up to the Birdwatch. You can get ideas for making feeders at [rspb.org.uk/foodandwater](https://www.rspb.org.uk/foodandwater).

Take yourself to a quiet spot, for as long as possible, ideally an hour, some distance from the feeders or where you might see birds. Use the attached sheet to simply count and record what you see. Once you have completed the survey download it onto teams under RSPB.

What did you see?

How many birds of the same kind did you see at the same time?

House sparrow
| saw



Blackbird
| saw



Blue tit
| saw



Robin
| saw



Starling
| saw



Chaffinch
| saw



Woodpigeon
| saw



Magpie
| saw



Your name

For more information, visit: [rspb.org.uk/schoolswatch](https://www.rspb.org.uk/schoolswatch)
The RSPB is a registered charity in England & Wales 207070, in Scotland SC037664.
Drawings by Mike Langman. 207 0208 10-21.



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Health and Wellbeing

Keep it up as hope on the horizon

Message from Steve Brown, Devon's Director of Public Health

Hope is on the horizon but for now, please stay home as much as you can and be extra careful when you need to go out”.

“The steep rise in Covid cases we have seen since Christmas now looks like it’s beginning to level off in Devon and our numbers are stabilising,” he says.

“That is down to each and every person sticking to the spirit of the lockdown rules as much as they can to break the chain of transmission.

“Most people across Devon have responded really well yet again and I can only thank and applaud them as I know how difficult and dark a time this is for many.

“But even though the tide looks like it might be beginning to turn I encourage everyone to keep it up, stay focussed and to each do our bit for a little while longer.

“Our hospitals are working flat out, our care homes are battling to protect vulnerable older residents, and tragically we are still seeing an increase in the numbers of deaths. Sadly, this is likely to continue for several more weeks to come.

“Hope is on the horizon. The vaccine programme is rapidly gathering pace and everyone in our care homes and the rest of the over 80s should have had the chance to have a first dose over the next few weeks. More will follow.

“More community testing is also on the way for all those key workers who have to go out to work so we can find cases in people with no symptoms and so they can isolate and help break the chain of transmission and protect those they might come into contact with.

“In the meantime, the advice is simple. The best way to do your bit is to stay home as much as you can and to think twice before leaving your home.

“Every time you leave your home you risk coming into contact with an infected person or touching a surface, door handle or petrol pump which may be contaminated. Any one of these interactions could be a crucial link in the chain of transmission which could lead to someone becoming seriously ill or dying from COVID-19.

“While there are times when we all need to make essential journeys for childcare, work, medical appointments and food, we also need to consider if other journeys are essential.

“And while it’s really important to take daily exercise in the fresh air for physical and mental wellbeing, please stay as close to home as possible – ideally start and finish your exercise at your front door – and if you meet another person from another household to join you on your exercise, make sure you stay two metres apart at all times.

“Staying at home and avoiding non-essential journeys and social contact are the most important steps we can all take to protect ourselves and our loved ones. Please, think very carefully before you leave your home and be absolutely certain that the journey you are about to make is essential. By doing this, we can all play a vital part in our fight against this horrendous disease.”