

Dear Parents/Carers

7<sup>th</sup> June 2019

It is lovely to see you all back after the half term break. This week we have worked hard to create our biographies of King Alfred. We have had debates about who was the most superior Anglo-Saxon king during the Viking era- King Alfred or King Athelstan. Maybe your child could explain their opinion!

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!

We are not setting the children any extra homework or spellings for next week

### **School Council – Sandcastle Competition**

Thank you for your brilliant photos of sandcastles entered into our competition. Winners from Key Stage 2 are Joe S, Sophia H and Max H, who have all received a fantastic bundle of outdoor games.

### **Paignton Zoo Residential – Monday, 10<sup>th</sup> to Thursday, 13<sup>th</sup> June**

The children are really excited about our residential next week. Please bring your child to the school hall at 8.45am on Monday ready for registration etc. A copy of the kit list can be found on the 'News' heading of our website.

We have lots of fun activities planned for the children not attending the residential, including a walk to Rock Park for some fun and games.

### **Friends of Orchard Vale – Ice Cream Sale – Friday, 14<sup>th</sup> June**

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

### **Viking Experience for Years 3 and 4 – 28<sup>th</sup> June**

To help bring the Viking era to life we have arranged for Ulf Trygvesson will be raiding Orchard Vale to provide the children with an exciting, interactive insight into Viking life and times. Children will be bring home a letter today with full details.

### **North Devon Fringe – 27<sup>th</sup> to 30<sup>th</sup> June**

The North Devon Fringe TheatreFest is back over the weekend of 27<sup>th</sup>-30<sup>th</sup> 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, 6<sup>th</sup> 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 20<sup>th</sup> 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, [www.ovschool.co.uk](http://www.ovschool.co.uk) for up to date information)**

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

Thur, 27<sup>th</sup> June – Key Stage 2 Swimming Gala

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

Tues, 9<sup>th</sup> July – Years 3 and 4 Sports Day

Tue, 23<sup>rd</sup> July – Last day of summer term

We hope you a wonderful weekend.

Miss Gulliford   Mrs Johnson   Mrs Benn   Mr Whapham



# ORCHARD VALE SCHOOL SUMMER FAYRE 6TH JULY 11-4 PM

**RAFFLE**  
**TOP PRIZES**  
**2 X £100**  
**CASH,**  
**STOWFORD**  
**FARM MEAD**  
**OWS CAMPING**  
**WEEKENDS**

**SEASON PASS FOR**  
**CROYDE DOWN END**  
**CAR PARK**

**SUMMER HOLIDAY**  
**HAMPER WORTH**  
**OVER £100,**  
**FAMILY ENTRY TO**  
**THE EDEN PROJECT**  
**PLUS A CELESTRON**  
**POWERSEEKER 60**  
**TELESCOPE.**

**BAR**  
**AND**  
**BBQ**

**STALLS**  
**LOCAL CRAFTS**  
**GAMES**  
**SWEETS**  
**AND MORE**

## JOINING US WILL BE



**Proud to support**  
**Barnstaple Town**  
**Majorettes.**

## WITH THANKS TO OUR SPONSORS



**All in aid of Relay For Life North**  
**Devon Cancer Research UK**

# Copper mile

**Saturday 15th**

**June**

**Bring your coppers 4 laps**  
**makes a mile!!!**

**Yummy cakes** **Meet mickey**  
**mouse**

**Plus games**

**Great family day**

**Westacott Rd Park**

**10am-4pm**

**Team: Buns on the run**



**Put on a Musical in a Week!**  
**Monday 26th to Friday 30th August**

**SENIORS**

**JUNIORS**



**9am to 5pm**  
**Ages 9 to 18**

**9am to 1pm**  
**Ages 4 to 8**

**For more details or to book your place contact:**

**tolley.angell@yahoo.co.uk**

## CBT for Sleep Workshop

### What is it?

A workshop of 2.5 hours; it is a CBT-based course to teach you about healthy sleep, sleep problems and ways to tackle them. CBT (Cognitive Behavioural Therapy) is a research-based intervention shown to help people with sleep problems and also with mild-moderate depression and anxiety.

### What can I expect?

This is a workshop to help you self-manage, it is not group therapy. You will not be asked about personal problems and you won't be directly asked to talk about your sleep difficulties (although you are very welcome to if you are happy to share). You will learn about sleep problems and ways to cope yourself.

### Who is it for?

The course is for people who would like to gain a better understanding of sleep and sleep problems and learn new ways to improve sleep quality. You must be over 18 and live in North Devon or Torridge.

### Will it help me?

The course material is based on research about what is helpful to people with sleep difficulties. We will discuss practical techniques for helping sleep as well as introducing you to tools to measure the efficiency of your own sleep and learn about sleep hygiene.

### Does it cost anything?

No – the course with all the information is free of charge.

### I'm interested-what do I do now?

If you are not already a patient of TALKWORKS then you can self refer or be referred through your GP. If you are only interested in the sleep workshop, you can call and ask to be booked on. Alternatively, if you would like an appointment with one of our staff first, you can ask to have an initial assessment where we can discuss your own difficulties and the course in more detail with a Psychological Wellbeing 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 4<sup>th</sup> July 2019

10am – 1pm

Chivenor Chaplaincy  
RMB Chivenor  
EX31 4AZ

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](mailto: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](mailto:dpt.talkworks.northdevon@nhs.net)  
Web: <https://www.talkworks.dpt.nhs.uk/>