

Week Beginning 4th June 2019

My week at Nursery

Things I have been doing this week...

We have been learning about the Life Cycle of the bean.
We have been learning about the letter 'p.'

Other things I may have enjoyed are:

Looking at beans using the magnifying lens and drawing pictures.
Counting beans and putting numbers in the correct order 0-10.
Making beans with play dough.
Number puzzles.
Parachute games.

Stories and songs, we have taken part in this week...

Jaspers Beanstalk.
Getting to Grandad Bears.
Singing songs from Jolly Phonics.

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 Theatre Festival 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, www.ovschool.co.uk for up to date information)

Thur, 20th June – School Council on-uniform day/whole school water fight
Tues, 2nd and Wed, 3rd July – Parent/Pupil/Teacher interviews (letters sent home)
Tue, 23rd July – Last day of summer term

Have a fantastic weekend

Sue Youll



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

HIGH
SCHOOL
MUSICAL JR

Roald Dahl's
Matilda
THE MUSICAL

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 4th 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 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/>