

# Orchard Vale's Weekly News

## 3rd April 2020

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

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



### THANK YOU



Orchard Vale would like to say a huge thank you to the NHS for the fantastic job they are doing in treating those of us who have become sick. Also thank you to the numerous other critical workers who continue to keep things going across the country.

Our Food Tech Room is now sporting a stunning rainbow created by the staff, who are on duty this week, and the children of critical workers we are supporting during this difficult time.

Don't leave the house unless it's for the.....



We hope you are all staying safe and making the most of your time at home. Our teachers are still working hard to post helpful and interesting pieces of work for the children on the online platforms Tapestry - Reception/Nursery and Seesaw for Years 1-6. Please contact the school by email [orchardvale@ventrus.org.uk](mailto:orchardvale@ventrus.org.uk) or phone 01271 375074 if you are experiencing difficulties.

Please also see document attached to this email which contains the latest coronavirus update from Devon County Council dated 1st April found on <https://content.govdelivery.com/accounts/UKDEVONCC/bulletins/2844976>

Here are some official sites which might provide you with more up to date information about the current situation.

Government's information on closure of Educational Settings

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Public Health England—<https://www.gov.uk/government/organisations/public-health-england>

Devon County Council—<https://www.devon.gov.uk/coronavirus-advice-in-devon/>

### Cancelled Residential—Heatree Activity Central and Nethercott Farm

If your child was booked to attend one of the residentials this year we are in the process of refunding all payments. If you have any questions please contact the school office on 01271 375074 or email on [orchardvale@ventrus.org.uk](mailto:orchardvale@ventrus.org.uk).

Cash payments— cash payments have been refunded directly to your bank accounts this week.

Parentpay payments— Due to restrictions with Parentpay we are having to refund each individual payment separately. These should appear on the Parentpay account of the payee. You will then be able to move it back to your bank or use it to pay for something else eg lunches, breakfast club etc when we are back at school. We are working on this and hope to complete all transactions in the next week.

### Living history

This thing we are all a part of, it's living history.

Our children are all a part of this, and it will be talked about for generations to come.

Schools are closed; sports are cancelled; people are quarantined... on a GLOBAL level.

A good thing your children can do is to keep a journal over the next few weeks. Handwritten, typed, in photographs or drawings... record events, day to day activities, fears and feelings.

Let them make a video journal, if that's the media they prefer.

As parents, let them interview you, be a part of it.

When it's all over, save it/store in a safe place for them.

They will share this with their children and grandchildren.

Help them create a tangible, primary source of their own history.



## Mr Ovey's PE at home ideas

Whilst families are socially isolating over the next few weeks you might like to check out some of these fitness/PE activity websites/activities.

Joe Wicks Kids fitness sessions <a href="https://www.youtube.com/watch?v=mhHY8mOQ5eo">https://www.youtube.com/watch?v=mhHY8mOQ5eo</a>	Go Noodle- An app for them to download with games. <a href="https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/">https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/</a>
Cosmic Kids- Yoga <a href="https://www.youtube.com/watch?v=9JI01thiHYI">https://www.youtube.com/watch?v=9JI01thiHYI</a>	Super Movers- Dance <a href="https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p">https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p</a>

## WHAT'S YOUR NAME?

<b>A</b> 5 Burpees	<b>N</b> 14 High Knees
<b>B</b> 10 Arm Circles	<b>O</b> 5 Jumping Squats
<b>C</b> 30 Second Jog	<b>P</b> 6 Crunches
<b>D</b> 10 Mountain Climbers	<b>Q</b> 5 Squats
<b>E</b> 5 Jumping Jacks	<b>R</b> 8 Russian Twists
<b>F</b> 8 Sit Ups	<b>S</b> 30 Secs Running High Knees
<b>G</b> 5 Leg Raises	<b>T</b> 15 Side Lunges
<b>H</b> 30 Hop (15 secs on each leg)	<b>U</b> 10 Jumping Lunges
<b>I</b> 5 Lunges	<b>V</b> 5 Standing Calf Raises
<b>J</b> 5 Push Ups	<b>W</b> 8 Donkey Kicks
<b>K</b> 10 Second Plank	<b>X</b> 8 Bicycle Crunches
<b>L</b> 15 Second Wall Sit	<b>Y</b> 10 Bridges
<b>M</b> 10 Toe Taps	<b>Z</b> 10 Tricep Dips

**1. PUSH-UPS**  
10 SEC REST 20 SEC MOVE

**2. SKIER JUMPS**  
10 SEC REST 20 SEC MOVE

**3. ALT. LEG KICKS**  
10 SEC REST 20 SEC MOVE

**4. BURPEES**  
10 SEC REST 20 SEC MOVE

**5. SQUATS**  
10 SEC REST 20 SEC MOVE

**6. JOG IN PLACE**  
10 SEC REST 20 SEC MOVE

**6 HIGH INTENSITY INTERVAL TRAINING**

## See if you can...

(Exploring moving skills individually)

**Leap** over different objects

Balance on 1 leg with your **eyes closed**

Skip or gallop up and down a hill

**Pencil jump** in and out of hoops with your feet together

Find a way to balance with 2 hands and 1 foot touching the ground

Run **backwards** (carefully) as fast as you can

Run and jump as **far** as you can

Walk across a bench...  
 > sideways  
 > backwards  
 > while throwing and catching a ball

**Bouncing**  
Bounce the ball **in front** of you using your **fingertips**

**Underarm throw**  
Point your non-throwing hand at your target  
Step forward and swing your arm forward

**Overarm throw**  
Stand in the **warrior** pose  
Holding the ball at your ear  
Throw **over** your head

**Chest passing**  
Hold the ball against your **chest** then step and push out

**Catching**  
Make a 'bowl' with your hands

## Bouncing & Throwing skills.



Parents please ensure that your child is safe whilst using the internet and ensure you have set the appropriate parental safety settings.



### Storytime with Billy

Join Billy, a primary school teacher and performer as he reads some of the best loved stories and literature for all ages—Room on the Broom, Mr Tickle, The Gingerbread Man and many more.

<https://www.youtube.com/watch>



### Harry Potter at Home

On the new Harry Potter At Home hub you will find all the latest magical treats to keep you occupied. Teach your friends how to draw a Niffler!, fun articles, quizzes, puzzles and plenty more for first-time readers, as well as those already familiar with the wizarding world. They are casting a Banishing Charm on boredom!

<https://www.wizardingworld.com/collections/harry-potter-at-home>

### INDOOR SCAVENGER HUNT

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



### RAINBOW SCAVENGER HUNT

- Find something red.
- Find something yellow.
- Find something orange.
- Find something green.
- Find something blue.
- Find something purple.
- Name a fruit that is red.
- Name an animal that is yellow.
- Name a vegetable that is orange.
- Name a plant that is green.
- Name a flower that is purple.
- Name something outside that is blue.



### BOOK SCAVENGER HUNT

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



### MATH SCAVENGER HUNT

- Find 2 pencils and 1 blue crayon. How many items do you have now?
- Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left?
- Find 4 socks and 2 stuffed animals. How many items do you have all together?
- Find 8 crackers. Eat 4 of them. How many are left?
- Find 3 spoons, 4 books and 1 orange crayon. How many items do you have all together?





## Why not start a bucket list!

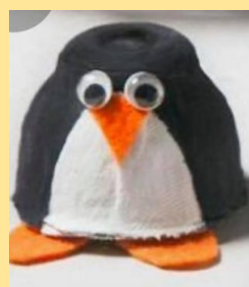
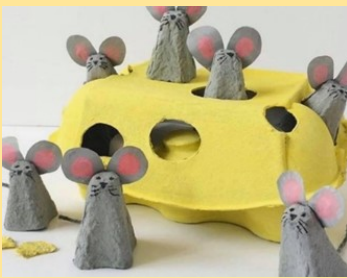


Every time you find yourself wishing you could do something, go somewhere, treat yourselves, see someone you love, visit a new place, invite people to visit you – **write it down on a post it note and put it in a jar.**

When life is back to normal work your way through the jar and be more grateful than ever for the little and lovely things in our lives. Until then enjoy seeing the jar fill up with magical things to do and look forward to.

## How about making your own egg box animals!

Why not send us a picture of your creations by email to [orchardvale@ventrus.org.uk](mailto:orchardvale@ventrus.org.uk) or using the online learning platforms of Seesaw or Tapestry.



## Why not make your own play dough or taste safe paint!



## Something to share? What have you been doing?

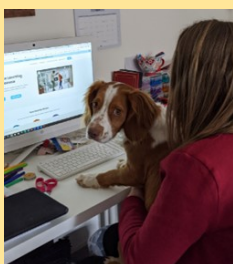
If you would like to share photos of things you have been doing whilst at home please either send photos/ comments to your class teacher via Seesaw or Tapestry and confirm you are happy for it to appear on the newsletter or email the school on [orchardvale@ventrus.org.uk](mailto:orchardvale@ventrus.org.uk).



Before we broke up from school Grace Rook had 15 inches cut off her hair to raise money for the Princess Hair Trust. Well done Grace.



Darcy has started to learn to play the ukulele. Fantastic!



Pippa has been helping Miss Squire putting tasks onto Seesaw for the children in Years 5 and 6. Such a clever pup!



Coral made these cakes from scratch—yum!



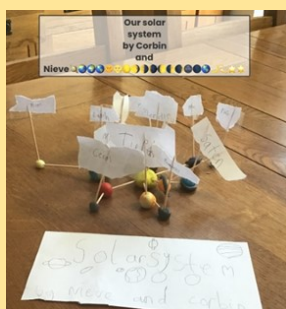
Here is the house Alyssa would build for her parents Day 3 of the 30 day Lego Challenge.



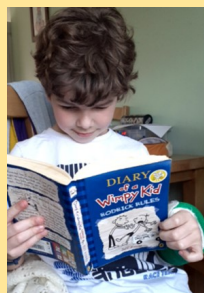
Annalise has been busy with Lego as well.



Who thinks Kyra is looking forward to pizza, ice-cream and a takeaway cold drink? Put this in your bucket list Kyra.



Stunning solar systems made by Corbin and Nieve.



Owen is enjoying reading Diary of a Wimpy Kid – Rodrick Rules.



Ella and Macie have been enjoying exercising with Joe Wicks.



Will P's Mattosarus looks very sweet.

Alfie-John, Talia and Josh have created some designs with wax crayons and greaseproof paper and transferred them onto some T-shirts. They are also waiting for some chicks to hatch in their incubator.



## Young Minds advice—Talking to your child about corona virus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

Your child may understandably be concerned or worried by what they see, read or hear in the news or online regarding coronavirus (covid-19). As a parent or carer, it's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Children look to adults in their life for comfort when they are distressed, and will take a lead on how to view things from you. Remember, you don't have to have all the answers, but it is better to have a gentle conversation to reassure your child that they can talk to you so they don't feel like they're on their own.

You may need to gauge their level of understanding or interest to decide what level of detail you need to go into when explaining what is going on. It's important to respond to their questions and concerns, so that anxieties don't build up. You could start by asking them what they think is going on, if their friends are talking about it and what they are saying, and if they have any questions.

Older children may have already read or seen a lot of information about coronavirus on social media or online. If they are feeling overwhelmed by what they are reading, encourage them to acknowledge what they are finding difficult. You could help them limit the amount of times they check the news, and encourage them to get information from reputable websites. The Government website is the most up-to-date and reliable source of information, and the NHS common questions has useful information if they are worried about symptoms or family members.

Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts. Above all, it's important to remember that as a parent, you do not need to know all the answers but you can help to contain their fears and anxieties by being there for them.

### Ten tips from our Parents Helpline

1. Try not to shield your child from the news, which is going to be nearly impossible at the moment. The amount of information on the internet about coronavirus can be overwhelming, so ask your child about what they're seeing or hearing online and think together about reliable sources of information.
2. Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know it is okay to feel scared or unsure, and reassure them that this will pass.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. [Have a look at our conversation starters and ideas for activities you can do with your children while isolating at home.](#)
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.