

Orchard Vale's Weekly News

Friday, 15th January 2020

www.ovschool.co.uk

orchardvale@ventrus.org.uk



Headteacher's message

Dear Parent/Carer

You are all doing so well in coping with the drastically different week than the one we were expecting or planned for! I am acutely aware of the sacrifices made by students and our families. The Orchard Vale team are working hard to continue to do our best to support our students and you, staying as positive as possible, remaining calm, ever adaptable and responsive.

As a school we appreciate that families are working under varying and sometimes challenging circumstances. Thank you for putting so much of your effort into this week to getting the children up and running with the Teams classrooms.

Could we ask families to please bear in mind that whilst the children are online using Teams the whole class are able to hear each user. We would ask that everyone is mindful of the noise and language used in the areas the children are working in.



Mobile Data for Disadvantaged Families

The Department for Education is working in partnership with mobile network operators to help schools support disadvantaged pupils in Years 3 to 11 who rely on a mobile internet connection when their face-to-face education is disrupted by coronavirus (COVID-19).

Disadvantaged families may be able to benefit from free increases to their mobile data if they're a customer of either:

EE

Sky Mobile

Tesco Mobile

Three

SMARTY

Virgin Mobile

You meet the eligibility for temporary increased data allowance if you :

- do not have fixed broadband at home
- cannot afford additional data for devices Applications can be made by contacting us in the first instance by completing the survey on [Mobile Data Request](#). (Please see document attached to this newsletter with Network Offer during lockdown)



Free School Meals

We are pleased to confirm that over the next few days Ventrus Head Office will be sending Tesco e-gift vouchers to parents of children who are eligible for free school meals. Vouchers will be provided for those children who have not been attending school full-time. The voucher will be emailed to parents with a link. These vouchers cover the first two weeks of this term.

From the week commencing 18th January the Department for Education will be opening up a national Free School Meal voucher scheme.

This scheme will again be administered through Edenred. Vouchers worth £15 per child, per week, will be provided to eligible parents. The sum received may alter if children have attended school during the specific week. Edenred will send parents an email with a code and a link to redeem and order vouchers for the supermarket of their choice.

If your financial circumstances have changed recently and you feel you may be entitled to free school meals, please visit [Devon Citizens Portal to check your eligibility](#).



Fiona Pearce, Headteacher



How to boost positivity for your family at home

The COVID-19 pandemic has changed how we live as individuals and as families. We are uncertain about the future and we are limited in what we can do. It's not surprising that we may sometimes struggle to feel happy and motivated.

This is true for both grown-ups and children. How often have we, as parents, felt frustrated or irritable during lockdown? How many times have we found ourselves snapping in situations that we could usually take in our stride? This is the same for children, and it often simply reflects that we have all been facing a difficult situation and need to find better ways of coping with it.

Unfortunately, we can't magically change our feelings, or our children's feelings, by clicking our fingers. However, we can work to change our behaviour, which in turn can influence our emotions.

Here are some tips to help you boost positivity within your family and manage difficult emotions that may arise at this time and in the future.

Be kind to ourselves

However much parents and carers try to be superheroes, it's a difficult persona to maintain! Every superhero needs some down time and private space - especially if your child hasn't returned to school or nursery - and it's very difficult to entertain and educate children while also trying to work. Children will get bored and parents and carers aren't expected to suddenly know and teach the whole curriculum. There just isn't enough time.

It's crucial to recognise that you've been doing the best job you can in a very difficult situation and to avoid comparing yourself with others who might have been living in very different circumstances. Be kind to yourself. Not just for your sake, but also to teach acceptance and compassion to your children. Now and in the future, this lesson may be more important than learning mathematics or history.

Building new routines

When old routines, like those from work or school, are lost, it is helpful to build new routines by writing down a plan together with your children. This should not be another form of imposed school timetable, and it can be done in a fun and creative way by presenting children with some choices over the activities, how the schedule is portrayed or decorated, and where it is placed in the home.

The schedule doesn't have to be the same every day or week, but some consistency is important (see tip 3). Most important of all is to schedule in those fun activities: playing a game, messy art and crafts, baking, or whatever it is your children enjoy (see tip 4). The trick is for you and your children to then act in accordance with the schedule rather than based on how you might feel when the time for a planned activity comes. Encourage them to stick to the plan and to notice how they feel as a result.

Don't forget the essentials

'Hangry' is now a well-established term in parenting blogs, describing the state when children become bad-tempered as a result of hunger. Now more than ever, children need to keep eating and sleeping at regular times to experience a consistent and predictable environment. Mealtimes are also a really important time to ensure that the family get together, talk, and have fun - children can write menus based on what's available at home, help prepare the meal, or even dress up for a special occasion.

Also make sure to keep in touch with friends and other family members through video calls and social media. This provides something to look forward to in the day, and a way for children to talk about what they have been doing and what they have enjoyed.

Make time for things you enjoy

When we're feeling that nothing is much fun anymore, it can be helpful to remind children what they like and what makes them feel good - typically activities that create a sense of achievement, closeness, and/or enjoyment. Sit down together and write a list of what is important to them, such as being creative or being a good friend. Then think together what it is they can do to show these valued qualities, such as drawing or texting their friends.

It is important to ensure a variety in activities, so they span across education, exercise, creative activities, and socialising. You can also encourage your children to try something new so they can feel a sense of accomplishment. It has never been more important to find new and creative ways of having fun and enjoying life.

Name and tame big emotions

When children and young people are feeling low, they are often irritable and get easily upset by what may seem to be small problems. Whether it is a small rip in a picture book, the loss of a piece of Lego, or a friend not contacting them for a couple of hours, these may all seem minor issues to us, but they can be incredibly important to your children at the time. It's helpful to acknowledge the problem and also the emotion that it has created. Naming emotions is the first step to helping children find ways to tame them. It's also helpful for children to know that it's okay to feel upset when things are tough, and to reassure them that the bad feelings will pass with time.

Calming techniques

When big emotions come up there are a number of techniques that can help children to manage them. For example, they can find a quiet space to calm down, take deep breaths, distract themselves with exercise, music, or reading, or talk to someone they trust. You can help children use grounding techniques, which involve paying close attention to their senses and the details of what they can see, hear, smell, taste, and feel around them. For example, listening out for lyrics or different instruments in music, focusing on brush or pencil strokes when painting and colouring, or eating mindfully to notice textures and tastes.

You can also help your children create their own box of calming activities that appeal to their senses including things such as modelling clay, slime, essential oils, candles, favourite music, and photos. Finally, you can encourage children to use their imagination to take themselves to a safe or fun place.

7. Reflecting and learning

Because it is hard to think clearly when experiencing big emotions, it is important to encourage children to consider their feelings, thoughts, and behaviours once they are in a calmer place. In this way, you can help your children think about other ways they could have coped with the situation and how they can be kinder with themselves or others. Over time, you can also help them notice early signs of big emotions, so they can use the above strategies before things get difficult. To begin with, it may be helpful to offer praise and little rewards when children manage to use those strategies to encourage good behaviours.

It's important to remember that you know your children best. Use your intuition to decide which tips might work for you and your children. Parenting is one of the most difficult jobs out there, and sometimes it's about trusting that you know your children and that you can understand and help them in difficult times.

Star of the Week

Foundation Stage and Key Stage One



Mrs Youll's

Arabella for an amazing first week in nursery and having super manners.

Charlie for taking part in lots of activities in his first week at nursery and trying hard in Mr Ovey's P.E lesson.

Miss Cawthorne's nomination

Luke for working so hard at home.



Miss Boundy's nominations

Chloe H for settling so well and working hard at school.

Ellie Mai for all of her fantastic home learning.

Mr Quilter's nomination

This has been a tricky decision as everyone has been amazing this week. I would like to nominate Jenson for my star of the week as he has taken part in everything I have asked him to do. He is always smiling when on camera. You have been an absolute legend.



Mrs Oldfield's nomination

Hollie G has impressed Mr Ovey and myself with her rolly polly video this week So proud of you and I know mummy and dady are. Kep up the great work.

Mrs Grimwood's/Mrs Huggins' nomination

Our online star of the week is Lexi P. Lexi is working incredibly hard at home to get all her tasks completed and uploaded despite the inevitable technical glitches. Lexi you are an amazing worker and I loved your Leaf Man. You are our shining online start of the week!



Star of the Week

Key Stage Two

Miss Gulliford's nomination

This week star of the week goes to Mia W. She has shone so brightly in school this week and has been flying through her learning. She is beginning to show perseverance and her confidence is starting to improve. Mia knows that her hard work is paying off and her attitude to learning is incredible. Mrs Quilter and I are so proud of you Mia - what a learning super star you are!



Mrs Johnson's nomination

Our star of the week this week has done some really great English work, creating some lovely Kenning poems on Mount Vesuvius. She has also done really well in her maths, especially in arrays. She's also been a really lovely friend and been kind to everyone in the class. So our star of the week is Elena!



Mr Whapham's nomination

Harmonie has really embraced home learning this week and has worked extremely hard! She has not only navigated Teams but she has completed all tasks set and uploaded her work for adults to check. She has also really impressed me by being a reflective learner this week, listening to feedback from adults and editing or adding more to a piece of work to improve it. Well done on having a great learning attitude.



Mrs Lavictoire's nomination

I'd like to say thank you to every member of my class, working both from home and in school- you have all been incredibly 'starry'.

My star of the week this week is someone who has not only completed every task to the best of his ability, but has taken fantastic ownership of his learning. A great example of this was when he created this image as a clay tile sketch when we were looking at the Guild of Craftsmen of Benin, this week. Kaito drew the sketch, scanned the image and then placed a filter over it. It's exciting to see your creativity continuing to develop through your virtual, home learning. Well done, Kaito!



Mrs Harding's nominations

Riley has settled back into school well and has been working very hard. He has listened well and been very independent in his learning checking in with adults during tasks and listening to advice. He has given each task 100% without any moans or groans. Well done Riley and enjoy being star of the week. We are proud of you. Mrs Harding, Mrs Knight and Miss Passmore



Mrs Rana's/Mr Boulton's nomination

Olivia has worked so hard on all her home learning, joining in to all the lessons well, asking questions when she needs to and answering brilliantly! She has really shone this week and it has shown in the quality of her online work. Well done Olivia.



Miss Squire's nomination

My star this week is Kiaron. I have been so impressed by his engagement with home learning this week - he has joined in our live sessions, made the most of drop in meetings and has been fantastically resilient with his devices at home. Well done Kiaron, keep it up!



Menu for the week commencing 18th January

Week 1

Jan 4th, 18th, Feb 1st, 22nd, Mar 8th, 22nd

Monday	Tuesday	Wednesday	Thursday	Friday
M – Chicken pasta bake with focaccia bread and sweetcorn	M – Brunch grill, sausage bacon, beans and sauté potatoes	M – Roast chicken, potatoes and 2 fresh vegetables with gravy	M – Minced beef Pie with crispy round potatoes and peas	M – Breaded fish with French fries and peas
JP – Cheese/beans/tuna	JP – Tuna/cheese/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna	JP – Cheese/beans/tuna
SPL – Sausage roll	SPL – Cheese sandwich	SPL – Sausage roll	SPL – Cheese & onion pasty	SPL – Ham Sandwich
D – fresh fruit	D – Chocolate sponge	D – Fruit smoothie	D – St Clements cake	D – Oaty cookie



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.

Mr Whapham's class have taken part in some Forest School art this week. Children at home and in school used natural resources (or items around their house) to create some animal artwork. We had lots of fun trying to guess what people had made. Can you guess any of the animals?



Daisie and Lauren



Archie



Lilly-Mai



Ronnie



Elijah



Harmonie



Jorja



Caen

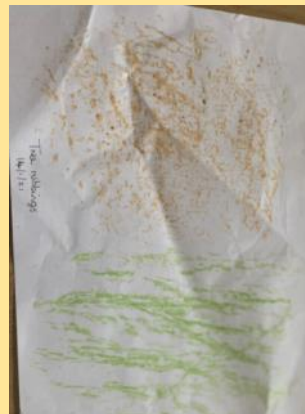
Guess where Charlotte is?

If the children in Miss Gulliford's class were able to safely go outside this week they completed some fun forest school activities:

bark rubbings
worked out the height of trees
worked out the age of trees.



Lilyana took her doll.



Aiden doing his calculations.

Key Stage One's Spring topic is 'Under the sea'.

Here are some lovely pieces of artwork from the children.



Jamie L



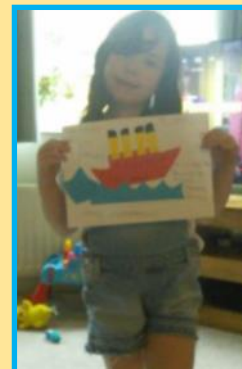
Cole



Luna's super sunflower



Here are some amazing Titanic pictures by Olivia D and Olivia T



Year 5

Kaito created this wonderful clay tile sketch whilst looking at the Guild of Craftsmen of Benin.

He drew the sketch, scanned the image and then placed a filter over it resulting in this stunning piece.

Freedom Community Alliance
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Freedom
Transforming Lives

6th January, 2021

Mrs Fiona Pearce
Orchard Vale School
Westacott Road
Barnstaple
EX32 8QY

Dear Everyone at Orchard Vale School,

I am writing on behalf of the management and staff at Freedom Community Alliance to express our heartfelt thanks to you for the treat boxes you donated to our work in the lead up to Christmas. It means so much to us and we want you to be reassured that we will make every effort to be sure your gift is put to good use in our efforts to support those that are most vulnerable within our local community.

At the end of such a challenging year for everyone, we have been so blessed by the amazing generosity shown by supporters such as yourself. Your contribution means so much and helps to renew our passion for the work we do that we know is needed more now than at any time.

Whilst 2020 has been challenging for us in many ways we are pleased to have been able to continue providing safe and stable accommodation in the 53 bed spaces across our Treatment and Recovery and Housing programmes. In addition, with partners, we have seen more than 48 individuals move from rough sleeping and into accommodation and we have continued to provide hot food, clothing, showers and essential support to many through our day centre.

We would love to keep you up to date with developments here at FCA in a twice a year email update to our friends and supporters. If you do not already receive this and would like to, simply drop an email to roger@freedomcommunityalliance.org.uk to indicate you are happy to be included in the circulation list used just for this purpose.

Thank you once again for standing with us and we pray for God's blessing on you and your loved ones for the coming year whatever you have planned.

Yours sincerely

A handwritten signature in black ink, appearing to read "Roger Bartlett".

Roger Bartlett
Operations Manager