

Orchard Vale's Weekly News

Friday, 26th January 2024

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Associate Head's message

Dear Parents/Carers

What a lovely change to the weather this week - long may the sunshine and dry days continue! It was wonderful for the Years 3 and 4 children taking part in the Bikeability—Level 1 training today.

This week, it has been lovely to see wonderful and creative learning in the classrooms. Classes have been immersed into their topics and I have been impressed with the facts and key information children have been sharing with me in passing conversations!

Key Stage 1 and Key Stage 2 children have been busy creating their entries for the School Council Lego competition. There are so many brilliant benefits that come from playing with Lego, including problem solving; spatial reasoning; creativity; and critical thinking. All classes were tasked with creating a Lego structure based on either their class colour or topic. There were a fantastic range of entries which really impressed the School Council and made the judging extremely difficult! Why not have a look at all of them on page 2.

Our winning classes were:

Key Stage One – Mr Quilter's class with their Fire of London scene

Key Stage Two – Mrs Scott's class with their landscape of Barnstaple and the River Taw

A gentle reminder that the end of the school pick up time is extremely busy and there are no bikes or scooters permitted on the school playground. Please could we ask parents to ensure all scooters and bikes are placed in the bike racks by the front of school and collected after you have collected your child(ren). Thank you for helping keep our children and parents/carers safe.

Have a wonderful weekend



Emily Gulliford
Associate Head

Parenting Quotes

If you want your children to improve,
let them overhear the nice things
you say about them to others



Haim Ginoti

Sports for Champion – Friday, 9th February

As you are aware Orchard Vale will be taking part in the Sports for Champions fundraising. The aim is to raise money as a school and to help support an athlete on their sporting journey. Jaydon Paddock; a gymnast who has competed at the World Championships will be visiting us.

On Friday, 9th February, the children will have the opportunity to take part in a sponsored fitness circuit led by Jaydon

We hope the children are managing to get some sponsors.

**PLEASE COULD CHILDREN BRING ALL SPONSORSHIP MONEY
AND THE FORM INTO SCHOOL BY THURSDAY, 8TH FEBRUARY.**

Tempest Class Photo Orders

If parents are ordering class photos the closing date for **free delivery** back to school is **Thursday, 1st February 2024**.

Order through the Tempest website using your unique link, which was emailed to parents last week, or visit www.tempest-orders.co.uk

If you need any assistance in ordering your photos, please contact Tempest on 01736 751555 (option 3).

Measles and MMR vaccinations

The Government have advised there have been recent localised outbreaks of measles centred around the West Midlands. There is a risk of further outbreaks in other areas unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination take up in areas with low MMR vaccine rates.

Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The best protection against measles for children and adults is to get both doses of the MMR vaccine. It is never too late to have these vaccinations.

See the poster on page 2 with information about Measles or [click here to read the NHS advice on Measles and complications it can cause](#).

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or play-group when they're unwell.

[Click here for the NHS/Government advice to parents.](#)

This explains when children should be kept off school and when they shouldn't.

Measles

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Check if you or your child has measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

Spots in the mouth

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.



Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

The measles rash

A rash usually appears a few days after the cold-like symptoms.

The rash starts on the face and behind the ears before spreading to the rest of the body.

The rash looks brown or red on white skin. It may be harder to see on brown and black skin.



The spots of the measles rash are sometimes raised and join together to form blotchy patches. They're not usually itchy.



If you're not sure it's measles

It's very unlikely to be measles if you've had both doses of the MMR vaccine or you've had measles before.

How to look after yourself or your child

Measles usually starts to get better in about a week.

After seeing a GP, there are things you can do to help ease the symptoms and reduce the risk of spreading the infection.

It can help to:

- rest and drink plenty fluids, such as water, to avoid dehydration.
- take [paracetamol](#) or [ibuprofen](#) to relieve a high temperature – do not give aspirin to children under 16 years.
- use cotton wool soaked in warm water to gently remove any crusts from your or your child's eyes.

Important

Stay off nursery, school or work for at least 4 days from when the rash first appears.

Also try to avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

How to avoid spreading or catching measles

Measles is spread when an infected person coughs or sneezes. There are things you can do to reduce the risk of spreading or catching it.

DO

- wash your hands often with soap and warm water.
- use tissues when you cough or sneeze.
- throw used tissues in the bin.

DON'T

- do not share cutlery, cups, towels, clothes, or bedding

For more information on Measles and about the MMR vaccination please [Click here](#)



STARS OF THE WEEK



The Pink Panthers

Millie for excellent tidying and always being willing to help.

Harry for good listening and playing nicely with his friends.

The Curious Corals

We love having Harrison as part of our class. Harrison always has a trick or two up his sleeve to keep us smiling and we can always count on him to share his brilliant selection of fact books with the class when we want to learn something new. This week, Harrison has particularly impressed me with his attitude to learning. Since starting our class drawing club, Harrison is always the last person at the tables perfecting a sentence to accompany his next drawing. He never takes the easy route which is great to see but means he has to work extra hard to decode and write the fantastic words and sentences he comes up with. Harrison always thinks about the phonics he knows to write these words, and consistently uses finger spaces to present his work clearly. Well done, Harrison, you are a star!

The Silver Sweethearts

Theo F has worked so hard with his phonics and has made fantastic progress. Theo is a fantastic member of the class; he is always willing to help and is a great friend. Well done Theo, you are a superstar.

The Dancing Red Ravers

We are incredibly proud of how hard George has worked in class this week. He has worked independently in his writing and has not needed any prompts or reminders for finger spaces or capital letters. George has had a great attitude for learning this week and has shown great enthusiasm in our new topic! We love having George in the classroom because he is such a lovely, friendly, and kind-hearted boy! Keep up the amazing work George! Mr Quilter x

The Marvellous Midnight Blue Macaws

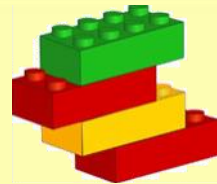
My star of the week this week is Sophia. Sophia continues to impress us with her excellent attitude to her learning, she is never afraid to face a new challenge and will always give 110% in everything she is asked to do. Mr Quilter has very high praise for her fluidity and how she is beginning to add emotion into her reading. She is our maths Queen and has really impressed us with her quick times tables knowledge. Finally, we loved Sophia's dragon she invented for our dragon book, her writing is a pleasure to read and her imagination shines through. Well done Sophia you are a star! Mrs O x

The Lively Lilac Learners

My star of the week is Aiden. Aiden has been quietly beaver away in class and sometimes appeared not to be quite with us. But suddenly he is on fire! He has made brilliant progress with his phonics and is making brilliant progress. He just suddenly seems to have a real thirst for learning and it is so exciting to see. He has lots of ideas, is joining in with reading words and making great attempts at everything he does. It is clear to see that with this excellent attitude, Aiden is just going to go from strength to strength. So proud of you, Aiden. Keep it up!



The School Council Class Lego Competition



Key Stage One Winners
Mr Quilter's class
Fire of London



Key Stage Two Winners
Mrs Scott's class
Barnstaple and the River Taw



Years 1 & 2

Reception



Years 3 & 4

Years 5 & 6



Congratulations to KS1 Reading road champions

Farai

On reaching 125 reads

Evie Gwendoline

On reaching 25 reads

Congratulations to Years 3 and 4 - High Flyers

Evalyn

On reaching 100 reads

Owen

On reaching 75 reads

Congratulations to Years 5 and 6

Tri-reading tournament champ

Dexter

On reaching 25 reads

The prize for the
tidiest cloakroom
goes to
Mrs Oldfield's class
class this week.

PE CHAMPS

Mr Ovey has selected the following children to be this week's PE Champs.

Years 1 and 2

Alice S for always being ready to learn

Years 3 and 4

Liam M for bravery in swimming lessons

Years 5 and 6

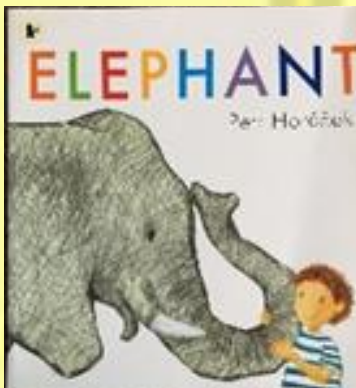
**Rafi for representing the school brilliantly at athletics and
being an all-round superstar**

Years 3 and 4 Bikeability - Level 1

The first 2 groups of Years 3 and 4 children took part in their Bikeability Level 1 session. They were all very lucky with the weather and performed brilliantly.



READING CHAMPIONS



Year 1 and 2 **Elephant by Petr Horacek**

I chose this picture book because it is a happy story about a young boy and his best friend. It has a positive feeling to encourage young readers as they flick through its pages.

Grazynka



Year 3 and 4 **Harper and the Circus of Dreams by Gerri Burnell**

I chose this book because it allows children's imaginations to run wild, and it is an immersive book.

Lily-Rose O



Year 5 and 6 **Matilda by Roald Dahl**

I chose this book because it is a classic and is hilarious. It shows Matilda's love of reading, which is what the Reading Champions would like to share.

Mila-Monroe G

You can find all of this week's Reading Champion picks on display in the school library. Happy reading!

Written by Theo C and Martha

Week commencing—Monday, 29nd January
Please see website for Vegan/Dairy and gluten free options

<div>  </div>				
<div> LUNCH MENU – WEEK 3 13th Nov / 4th Dec / 8th & 29th Jan / 26th Feb /18th Mar </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese & Pepperoni Pizza	Butchers Mince Beef Cottage Pie	Roast Chicken with Sage & Onion Stuffing	Fish Shop Breaded Cod Nuggets (New)	Carbonara Pasta Bake
Handmade Falafel Burger in a Bun (New Recipe)	Handmade Cheese Wheels	Vegan Cauliflower Bites	Vegan Sausage Bap	Chinese Style Vegetable & Noodle Wrap(New Recipe)
Jacket Potato with Beans, Cheese or Tuna	Jacket Potato with Beans, Cheese or Tuna		Jacket Potato with Beans, Cheese or Tuna	
Wholemeal Pasta, Baked Beans & Sweetcorn	Peas & Cauliflower	Roast or Mash Potato, Sliced Carrots, Broccoli & Gravy	Chips, Wholemeal Pasta, Peas, Tomato Sauce & Coleslaw	Fresh Batons of Carrot & Cucumber Sticks
Fresh Fruit	Fruit Jelly	Pear & Vanilla Crumble & Custard (New Recipe)	Fruit Cookie	Pineapple Oaty Slice (New Recipe)
Ham Roll	Cheese Roll	Ham Roll	Tuna Roll	Sausage Roll

School Diary Dates

Mon, 29th Jan	Year 2 and Year 5—Fire Safety Awareness Workshops
Wed, 31st Jan	Year 4—Swimming lessons
Wed, 31st Jan	Years 5/6 Netball—Park School
Fri, 2nd Feb	Years 3/4—Group 3—Level 1 (9.30am) Bikeability
Mon, 5th Feb	Years 3/4—Heatree Parent/Child Briefing Meeting—3.45pm
Wed, 7th Feb	NHS Dental Survey—Selected 5 year olds (parents will have received information)
Thur, 8th Feb	Explore the Orchestra—Years 5/6— Visit to University of Exeter
Fri, 9th Feb	Sports for Champion Day—sponsored day
Mon 12th to Fri, 16th Feb	Half Term
Mon, 19th Feb	Return to school
Mon, 26th Feb	Year 2 visit to Exmoor Zoo
Tue, 27th Feb	Year 1 visit to Exmoor Zoo
Wed, 28th Feb to Fri, 1st Mar	Years 3/4 Residential to Heatree Activity Centre
Fri, 1st Mar	Year 6 Rising Stars—Basketball at Pilton Community College
Wed, 6th Mar	Years 4,5,6—Dance Workshop (selected children)
Thur, 7th Mar	World Book Day (information to come)
Wed, 27th Mar	KS1—Oral Health assembly and class workshops.
Fri, 29th Mar	Bank Holiday
Mon 1st to Fri, 12th April	EASTER HOLIDAYS



PETROC

Multiply

MATHS FOR EVERYDAY LIFE AND WORK

Are you anxious about maths? Do you want to improve your maths skills?

This course will demystify maths and help you understand the language of maths. Through our interactive and fun workshops, you will improve your skills and feel confident in using maths in everyday life and at work.

If you are 19+ and do not have a Level 2 maths qualification, the workshops are free to attend.

WHERE: Petroc Liberty Café, North Devon Campus, Old Sticklepath Hill, Barnstaple.

WHEN: Starting Wednesday 31st January, then every Wednesday and Friday, 1.30-3.30pm up until 27 February (excluding half term).

To book your place or for general enquiries, please contact
multiply@petroc.ac.uk

