

## Headteacher's message

*Dear Parents/Carers*

Could I thank you all for taking note of our requests and helping improved our school community. We have noticed an improvement in people not using the car park and parking respectfully in areas around the school grounds at pick up and drop off and using the paths to wait. Dogs are no longer on the playground, and this has reassured the children, especially those that are unsure of unfamiliar animals. The children are also looking great in their uniforms, having the right colour tops and school shoes making them look much smarter. Please remember to check teams for PE and forest school days now the weather is changing.

This week the children in 3 and 4 attended a cross country event at Park School. It was a pleasure to celebrate the top 10 finishers in assembly today and to hear about those children who did their very best and either beat their own times or just had a go and completed the course. Some of the older children visited secondary schools this week and have started thinking about their choices for moving up to Year 7 next September. I know that many of them were excited about this and have really enjoyed their visits.

Thank you to the parents who attended the RWI session for Reception/Year 1 and the drop-in teams sessions in year 5 and 6 this week. It was lovely to see you and we hope you found it helpful.

Classes have elected their School Council representative and we were delighted to meet them today. I am sure they will be confident leaders and help shape the events and opportunities children will get this year.

### **Tesco Stronger Start Tokens**

As we approach October, if you are shopping in Tesco don't forget to pick up a blue token at the till, please look out for Orchard Vale in the collection box. We are trying to raise much needed funds to support our outdoor learning and well-being provision. Your help will be much appreciated.

### **Attendance**

We are keen to improve the overall attendance of pupils this year. We have made a great start and the average attendance for September is 96.15%. We are trying to get this to a minimum of 97% for all children in agreement with the Devon charter.

In September, 24 children were late on one or more occasion. We would really like to get this number down. Lessons start promptly and if your child is late there can be consequences on their learning and friendships. I am the sort of person that doesn't like walking into a room on their own; and can feel very self-conscious doing this. Imagine if you were a child walking into a lesson where all other children are working quietly, and you have missed the start. Not only would you feel very self-conscious, but you may be worried about what the expectation is of the lesson and what you must do. You have also missed the morning chat with your friends finding out all the latest news. Please try to ensure your child is in school before the gate closes at 8:50am.

Have a wonderful weekend.



Fiona Pearce  
Headteacher

## Thank you

We would like to say a huge thank you to Karen, Neil, Jack and Lauren Partridge for organising a fundraising event for the school and to everyone who attended.

People were able to take part in a woodland walk, kids treasure hunt, quiz, guess the weight of the cake and a 5K run. There were lots of lovely cakes and teas and coffees.

You raised an amazing £215 for Orchard Vale. Thank you!



# Stars of the week



## The Pink Panthers

Ted for settling in well, doing some super tidying and remembering to come to an adult when he needs help.

Alice for sitting nicely and showing improvement with lunchtime routines.

## The Curious Corals

Isobel has settled into life in Reception beautifully. This week, she has been pushing herself out of her comfort zone and it is great to see her interacting with new children and trying new activities. Isobel follows school routines beautifully and is a wonderful role model in our class. Keep shining Isobel, you've had a fantastic start to the year!

## The Silver Sweathearts

Molly - When taking part in activities Molly shows a lot of maturity for someone who is only five. She can be relied upon to carry out tasks and follow instructions independently and is a super helper! Well done, Molly. I am so glad that you are in my class!

## The Dancing Red Ravers

Erin is growing in confidence, and I have loved watching her become more animated in class. Although a little shy she clearly has lots of ideas and she is now more willing to communicate. Erin is an extremely helpful member of my class who is always doing the right thing at the right time! She works incredibly hard, and I can already see that she is going to have a wonderful year making lots of progress on the way! Great job Erin, you little superstar! Mr Q x

## The Marvellous Midnight Blue Macaws

This week I have had a number of different adults approach me to say what a wonderful, hard working girl Farai is. In Phonic Mrs Owen is so impressed with her attention and effort in reading. Mrs Dunn was very proud of the effort Farai has put into her writing this week. I am so proud of you Farai, you are a fantastic year 2 role model and a pleasure to have in the class. Well done! Mrs Oldfield

## The Lively Lilac Learners

My star of the week is Mason. I am so impressed with the way Mason has started year 1. He has come in with a can-do attitude, he is brilliantly behaved in the classroom, he listens well, he asks questions if he needs clarification, and he gives his very best to his learning. He is the whole package! I know new situations have not always been easy for Mason, but he has really pushed through this and come out victorious! Mason, you are a star! Keep doing what you are doing and you will have a fabulous year!



Orchard Vale needs your help!

## Tesco Stronger Starts



We are delighted to inform you that we have been successful in our funding application with Tesco Stronger Starts.

We are in the process of upgrading our existing Forest School area into an accessible outdoor learning and well-being provision. There are 3 grants available, £1500, £1000 and £500. The amount we receive will depend on the public voting for us instore with the blue tokens.

Please could we ask for your help when shopping at Tescos by using the blue tokens, available at the checkout, to vote for Orchard Vale before you leave the shop.

### Spread the word

Ask your family and friends to vote for us too.

Voting will commence in stores from  
First week in October 2023 until mid-January 2024

Participating stores are:  
Tesco Extra – Barnstaple Retail Park  
Tesco Superstore – Rose Lane  
Tesco Express – High Street



Dear Parent / Guardian

We are pleased to announce that Orchard Vale has organised a clothes and shoe collection with Bag2School in order to raise funds for our Forest School.

Bag2School is the UK's leading textile recycler and fundraiser working with schools and since its inception in 2001 it has now paid out over £36 million.

As well as raising vitally needed funds for Orchard Vale, it also helps the environment by helping to divert unwanted textiles away from landfill. A recent DEFRA report has shown that textile collection schemes are helping to reduce the volume of textiles discarded as municipal solid waste. However it is a fact that as a nation we still send 350,000 tonnes of textiles to landfill every year.

By getting involved in our Bag2School collection, you have an opportunity to sort through your cupboards and wardrobes and donate unwanted textiles in the bag provided – this can include adults' and children's clothes, shoes (tied together please), hats, belts, handbags and soft toys, (please refer to <http://uk.bag2school.com/> for full details). In addition to raising much needed funds it will also raise awareness amongst the children of the benefits of recycling and reuse.

If you fill the donation bag and still have more then you can use any other bag to donate your items and don't forget to ask grandparents, friends and neighbours to have a sort out as well!

Bag2School will be collecting from Orchard Vale on **Thursday 2<sup>nd</sup> November**. Please bring your bag (or bags!) to the main courtyard behind the trellis before this date and help us have a good collection.

Many thanks indeed for helping us with this unique fundraising opportunity.

Yours faithfully

Fiona Pearce  
Headteacher



## Restart a Heartbeat Monday 16<sup>th</sup> October

With our ongoing fundraising to support our community defibrillator we will be holding the above 'Restart a Heartbeat' day.

During the day children from Year 1 to 6 will have a "999" workshop run by the SWAST.

Throughout the day Mr Ovey will also be running various activities to increase the children's heart rates.

This will also be a non-uniform day. Children can come dressed in something red and a donation of £1 would be appreciated. Money raised will go towards the upkeep of the defibrillator.

# Restart A Heart Day

## 16 October



# Supports Restart A Heart



## Congratulations to Years 5 and 6 Tri-reading tournament champs

**Lara**

On reaching 25 reads

## Years 3 and 4 - Cross Country at Park School

Well done to the children in years 3 and 4 for take part in the Barnstaple Primary Schools cross country races at Park School on Thursday.

The children competed against 7 other schools in the area.

A special well done to:

Colby (2nd)  
Chloe-Grace (7th)  
Renzo (4th)  
Olivia T (5th)  
Evy (10th)



Top 20 children

## Thank you

A big thank you to Tesco Rose Lane for their very kind donation of fishing nets and beach umbrellas which will be a great addition to our outdoor resources through the school year.

## Read Write Inc Phonics workshop

It was lovely to see some of you at the reading meeting on Thursday. I shared about the structure of the Read Write Inc programme and some tips and thoughts for helping your child with reading.

Please be aware that reading books are sent home on Fridays and need to be returned the following Wednesday in KS1 (and reception when they start getting books).

Please record your child's reading in the reading record book. If you have any questions about reading, please feel free to chat to us.

Judy Grimwood—Reading Leader

## School Diary Dates

Mon, 2nd Oct	Y5/6—Shakespeare in school workshop
Wed, 4th Oct	Y5/6—Group 1—swimming lessons
Thur, 5th Oct	Y5/6 Cross Country—Park School
Wed, 11th Oct	Y5/6—Group 1—swimming lessons
Thur, 12th Oct	Tempest—Individual and Sibling photos (more information to come)
Mon, 16th Oct	Restart a Heart Day
Tue, 17th Oct	Y3—Multi Sports Festival—Park School
Wed, 18th Oct	Y5/6—Group 1—swimming lessons
Fri, 20th Oct	Non Pupil Day
Mon, 23rd to Fri, 27 Oct	Half Term
Mon, 30th Oct	First Day back after half term
Mon, 30th Oct—Thur, 2nd Nov	Parent/Pupil/Teacher update—dates and times will be made available on Arbor nearer the time.

## We would like to share this letter from Mea's parents:

Dear Parents/Carers

Our daughter Mea is at Orchard Vale with your son/daughter.

Could we please ask you to spare five minutes to read this letter regarding Mea. Mea was born with a genetic condition known as achondroplasia.

- Achondroplasia affects 1 in every 30,000 births each year.
- It is one of over 200 different types of dwarfism.
- Dwarfism means she has restricted growth with shorter arms and legs than average statured children.
- Her head is also slightly larger, which can affect her balance.
- Due to the length of her legs Mea has to walk a lot further to complete the same distance as one of her peers. This means she is unable to walk far before she has either back or leg pain or needs to rest.

We all have the same goals for our children; to have a happy and fulfilling life at school and beyond. As Mea's parents we are trying to instil in her sufficient self-esteem to help her cope with the many hurdles she will face in life because we won't always be there to protect her.

With your help and support, we may be able to make Mea's life that bit easier. We have highlighted some issues that Mea's condition may raise according to other parents experiences, but she is very determined and independent young girl and normally finds a way to make things work especially when it involves something she should not have, eat, wear or break!

Because of her size Mea is sometimes treated as though she is younger than she is; size apart Mea is no different to any other child of her age with few physical limitations apart from the obvious.

Due to her disproportion Mea's balance isn't as good as it could be so she is prone to falling. This along with shorter step length means she is unable to walk far before she has some leg or back pain and she is at an increased risk of injury.

We are encouraging Mea to be independent. Sometimes this may mean finding a creative way for her to reach something or to do a task. This may take more effort than doing it for her or simply lifting her up, but it is important for her to accomplish things herself. Children love to try to be helpful, not realising that this may not be good for Mea. but being as determined and independent as she is she may not always appreciate people doing things for her and is being encouraged to speak up nicely.

As other children interact with Mea they will most certainly be curious. One of the main ways parents/carers can help is by talking to your child about Mea's condition. We appreciate that your son/daughter may start asking questions as they become aware of her and may comment on her. We are asking for your help and support in trying to educate your child about Mea's condition in a positive way.

We plan to ensure that Mea is aware that we are all different and all have our own unique skills and talents. It has been suggested that the following might be helpful to use for primary aged children; "every single person in the world has to look different or we wouldn't know who our mums and dads are when they come to pick us up at school. Mums need to see a difference in each child in the playground to spot their little ones"

Within the restricted growth community, it is unacceptable and abusive to use the word 'midget' something of which we have experienced. Many accept the word dwarf or little person, but if possible, we would ask that you try **not** to refer to Mea as these, but only as Mea.

We don't want this condition to define Mea, talking about Mea's condition we have found that the best route to take is to be open, direct and honest.

Thank you for taking the time to read this letter and for your help and support.

Yours sincerely

Mark and Sharron



### Check if your child can get free school meals and additional funding support

All children in reception, year 1 and year 2 at state schools in England automatically get free school meals.

However, parents and guardians are encouraged to apply for free school meals when they enrol their child in school, as this can help their child's school to attract additional '[pupil premium](#)' funding to support learning.

From year 3 onwards, children whose parents are getting any of the following are entitled to free school meals:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods).
- Income Support (IS).
- Income-based Jobseekers Allowance (IBJSA).
- Income-related Employment and Support Allowance (IRESA).
- The guaranteed element of State Pension Credit.
- Support under Part VI of the Immigration and Asylum Act 1999.
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income that does not exceed £16,190).
- Working Tax Credit run-on (the payment you get for a further 4 weeks after you stop qualifying for Working Tax Credit).

#### How to apply

Apply through the [Devon Citizens Portal](#). This is the quickest and easiest way to apply and will result in you getting an instant decision. Alternatively, call the Education Helpline on 0345 155 1019.

### Week commencing –2nd October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
M	Cheese & onion pasty	Chicken & bacon tagliatelle	Roast Turkey and Stuffing	Fish Fingers	Meat feast pizza baguette
V	Spanish omelette	Broccoli & cauliflower bake	Quorn Fillet	Quorn nuggets	Plant based meatball sub with tomato sauce
Sides	Wedges or pasta, sweetcorn & baked beans	Crusty bread, green beans & peas	Roast or mash potato, sliced carrots, broccoli & Gravy	Chips or pasta, carrots & cucumber sticks	Pasta, coleslaw & sweetcorn
JP	Cheese/Beans/Tuna	Cheese/Beans/Tuna	Cheese/Beans/Tuna	Cheese/Beans/Tuna	Cheese/Beans/Tuna or Coleslaw
SPL	Cheese Roll	Ham roll	Turkey and stuffing roll	Sausage Roll	Sausage Roll
D	Fresh smoothie	Chocolate brownie	Fresh fruit	Cookie	Pip organic fruit lolly

Low Fat Yoghurts, Fresh Fruit, Bread, Water will be available daily, Milk on request.  
Gluten Free/Dairy Free/Vegan menu available on request



# SPOOKTACULAR OCTOBER FUN!

**A GAME OF BOWLING  
A DRINKS VOUCHER  
1 HOUR KARAOKE POD  
£12.50 PER PERSON**

24 hours notice required. Subject to availability. Available  
Monday to Sunday 12noon - 8pm

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COME & JOIN US...

# JUNIOR HANDBALL Sessions

FUN GAMES & ACTIVITIES

At Park School  
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Barnstaple  
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Come & Try  
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**Bideford Blacks  
Handball Club**

**Mondays**  
Y2 to Y5: 5-6pm  
Y6 to Y8: 6-7pm



ENGLANDHANDBALL



[bidefordblacks@gmail.com](mailto:bidefordblacks@gmail.com)

@Bideford Blacks Handball Club

**OPENING  
SATURDAY 7<sup>TH</sup> OCTOBER**

UNDER  
NEW  
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## Stoppers Roller Rink

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North Devons one and only Roller Rink is back!

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For more info scan QR code





### October Dates

**Tuesday 3<sup>rd</sup>** - Morrison's Supermarket Café, Bideford from 10:30am.

Any questions please contact Natalie: **07966910527**

**Friday 13<sup>th</sup>** – St John's Garden Centre Café, St John's Lane. (Next to Tesco)

Any questions please contact Bonnie: **07377625276**

**Tuesday 17<sup>th</sup>** – Lemon Tree Café, Holland Walk, Barnstaple from 10am

Any questions please contact Janice: **07869436621**

**Thursday 19<sup>th</sup>** – Online Specialist Education and EHCP support session.

Any questions and to book a place contact Tracey: **07921220840**



**Atlantic Academy**

Part of the Athena Learning Trust

Open Evening 2023

Wednesday 4<sup>th</sup> October  
2023

5:30pm – 7:30pm

No appointments  
necessary