

Orchard Vale's Weekly News

Friday, 9th February 2024

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Headteacher's message

Dear Parents/Carers

We were delighted to be joined by British tumbler, Jaydon Paddock, today as part of our Sports for Champions Day. He treated us to an inspirational assembly, where children listened intently to his journey and watched video clips of him taking part in major European and world competitions. The children loved watching his routines and asked some very interesting questions. He even treated us to a few tricks! It is the first time I have ever had someone backflip over me. I know the children have been inspired, especially our gymnasts of the future. Jaydon also works on major films as a stunt double, which has inspired many children thinking about future possible careers. The children went on to complete fitness circuits, coached by Jaydon, which they thoroughly enjoyed. Thank you to everyone who took part, making this day such a success and to all those who were so generous with their sponsorship. Orchard Vale will receive £556.38 – wow thank you all, you are amazing!



Some of our older children visited Exeter University yesterday to experience a professional orchestra performance. Bournemouth Symphony Orchestra incorporated a fun introduction to a variety of instruments. They listened to some pieces of music linked to dance, including the Strictly theme tune and were all inspired by the experience and thoroughly enjoyed the day.

Next week is half term. I hope you all have a lovely restful week and return completely rested and ready for school on Monday 19th February. Although I am always delighted to see children gathering at the gates in the morning eager to get into school, I must remind children and parents to wait on the pavements and not in the middle of the car park. The staff car park is used throughout the morning and is not a safe place to wait.

Have a restful half term.



Fiona Pearce
Headteacher

EmpathyLab

Young people are growing up in a society with a major empathy deficit; hate crimes are at their highest level since records began and there are increasing concerns about the negative effects of social media.

EmpathyLab is the first organisation to build children's empathy, literacy and social activism through a systematic use of high-quality literature. Their strategy builds on new scientific evidence showing the power of reading to build real-life empathy skills. We believe that empathy is a beacon of hope in a divided world.

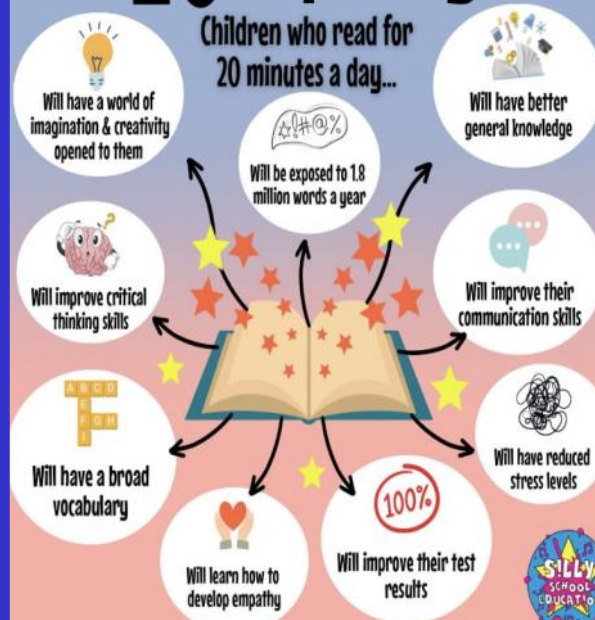
[Click here to learn more and to download free resources.](#)

The 2024 Read for Empathy collection is here!



20 is plenty!

Children who read for
20 minutes a day...



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.

Chinese New Year Celebrations



The nursery has taken part in various activities for our topic, Chinese New Year. We have enjoyed role-play in our Chinese restaurant, eaten noodles, rice and prawn crackers, made lanterns and a dragon collage. We have also played drums and had fun doing a dragon dance.



NEW YEAR
2024
OF THE DRAGON

Mr Bayliss' class created paper chain dragons and masks to celebrate the Chinese New Year.



Explore the Orchestra—Exeter University



Our visit to Exeter University, to take part in the Explore the Orchestra, started at 10.30am when we got on the minibus with Miss Williams and Mrs Oldfield. When we arrived at the university we had lunch, took our seats and the hosts spoke to us about what was going to happen.

We listened to the Bournemouth Symphony Orchestra play some pieces and we joined in with the one we had been practising 'I wanna dance, dance, dance'. This was a brilliant day.

By Theo and Ezra

STARS OF THE WEEK

The Pink Panthers

Frank for settling in well, showing good independence and sitting nicely on the carpet for learning time.

Elma for having a super start to each day and playing nicely with her friends.

The Curious Corals

My star of the week this week is Charles. Mrs Golding and I have really noticed Charlie has found his positivity this week. He is approaching every new challenge with a big smile on his face and reaping the results! He is making great progress in his reading and has worked so hard to perfect writing his name by practising every morning. Charlie, well done for not giving up and trying your best at everything you do.

The Silver Sweethearts

Nixie has worked super hard with her phonics and reading all term. Nixie has also been trying really hard with her listening on the carpet and being a good friend to others. Well done, Nixie, you are a superstar.

WOW MOMENT for Jake



Jake has achieved his Junior Black Belt in Kickboxing last weekend.

He has been with Strike Martial Arts since he was 6 years old and has now achieved his Blackbelt through lots of perseverance and hard work.

Internet Safety Day—Tuesday, 6th February

For safer internet day Mrs Brown's class read a story with Buddy the Dog which talked about how to use the internet on our tablets safely.

Buddy taught us a song that reminded us to always ask our grown ups if we were unsure about anything that pops up.

Congratulations to Years 3 and 4 - High Flyers

Hollie G

On reaching 100 reads

Mental Health Ambassadors

We are here to talk to you about things to do over the half term!

- You could take yourself on a walk.
- Try a little meditation.
- Sport.
- Meet up with some friends.
- These activities will help you stay peaceful, calm, and happy.

Natter Club

This week we have been trying to connect with others out on the playground. We hold our Natter Club at 12.45pm to 1.15pm on Thursdays, this is proving to be a big hit with the children.

We are glad to inform you that our worry box has been less full lately!

To leave you on a nice note 'The bigger you dream, the further you'll go.'

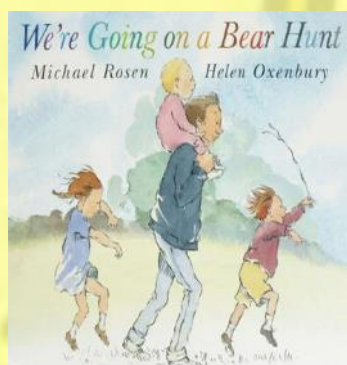
You are unique and no one can do things quite like you. Have a restful half term.

Sports for Champions

The children have been inspired by Jaydon Paddock's visit today as part of the sponsored fitness circuits.



READING CHAMPIONS



Year 1/2

'We're going on a bear hunt'

I have picked this book because it is about an adventure. At the end they find a bear and run away as fast as they can.

Grazynka

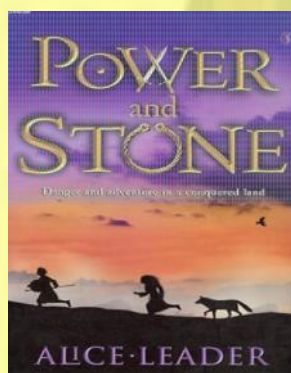


Year 3/4

'Evie's war'

I have chosen this book because it is a very calm book. It is about the life of a girl called Evie during the war and is based on real life.

Lily-Rose



Year 5/6

'Power and stone'

I have chosen this book because it is a beautiful story and I am sure that everyone will like it.


Mila

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

Happy reading!

Written by Written by Grazynka, Mila and Lily-Rose

Week commencing—Monday, 19th February
Please see website for Vegan/Dairy and gluten free options

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|--|---|---|---|-----------------------------------|---|
| <div> LUNCH MENU – WEEK 2 6th & 27th Nov / 1st & 22nd Jan / 19th Feb / 11th Mar </div> | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| Cheeseburger (100% Beef) in a Bun | Handmade Chicken Curry, Wholegrain Rice & Naan Bread (New Recipe) | Toad in the Hole (Butchers Sausage & Yorkshire Pudding) | Jumbo Fish Fingers (New) | Chicken Goujons with Tomato Pasta |  |
| Roasted Stuffed Feta Peppers | Macaroni Cheese & Crusty Bread | Herby Lentil Loaf | Vegan Sausage Roll | Sweet & Sour Quorn with Noodles | |
| Jacket Potato with Beans, Cheese or Tuna | Jacket Potato with Beans, Cheese or Tuna | | Jacket Potato with Beans, Cheese or Tuna | | |
| Potato Wedges, Peas & Corn on Cob | Mixed Vegetables | Roast or Mash Potato with Fresh Sliced Carrots, Cabbage & Gravy | Chips, Wholemeal Pasta, Peas, Tomato Sauce & Coleslaw | Sweetcorn & Green Beans | |
| Pip Organic Ice Lolly | Fruit Muffin/Tray Bake | Fresh Fruit | Date & Rice Crispy Cake (New Recipe) | Apple Cake | |
| Ham Roll | Cheese Roll | Ham Roll | Tuna Roll | Sausage Roll | |

School Diary Dates

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|-------------------------------|--|
| 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) |
| Wed, 6th Mar | Easter Disco (more details to come) - PTA |
| Thur, 7th Mar | World Book Day—Come in your Pyjamas |
| Fri, 8th Mar | Rock Steady music workshops—Years 1,2,3,4,5,6 |
| Tue, 12th Mar | Years 5/6—Group 1—Guildhall visit |
| Wed, 13th Mar | Years 5/6—Group 2—Guildhall visit |
| Thur, 14th Mar | Years 5/6—Group 3—Guildhall visit |
| Fri, 22nd Mar | Wheelie Big Breakfast (more details to come) |
| Mon, 25th Mar | Learn to Ride (selected children) |
| Wed, 27th Mar | KS1—Oral Health assembly and class workshops. |
| Wed, 27th Mar | KS2 Cycle to Rock Park (details to come) |
| Thur, 28th Mar | Easter Fayre (PTA) |
| Fri, 29th Mar | Bank Holiday |
| Mon 1st to Fri, 12th April | EASTER HOLIDAYS |

We're celebrating World Book Day® & you're invited!

WORLD
BOOK
DAY

When:

7th March 2024

Where:

OV School

How we're celebrating:

Wear pyjamas
Bedtime Stories

Contact info:

Your teacher!



Created with our partner, Party Twirls, part of the Wonder Group

Changing lives through a love of books and reading

World Book Day is a registered charity (no. 270762) and registered company (no. 1512019) in the UK. World Book Day and the associated logo are the registered trademarks of World Book Day Limited. World Book Day themselves © Vivian Truong and World Book Day is a charity sponsored by National Book Tokens.

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EXTREME READING

COMPETITION

Upload a photo onto your class teams
of you reading a book somewhere unusual,
bizarre or extreme!



Entries open: Monday 5th February.

Closing date: Monday 11th March.

Winners will be announced in celebration
assembly on 15th March.

Good luck and happy reading!

CARNIVAL!

FREE EXHIBITION & WORKSHOPS

TUES 18 - SAT 17 FEBRUARY

GET INVOLVED IN THE FUTURE OF BARNSTAPLE CARNIVAL

Supported using public funding by



ARTS COUNCIL
ENGLAND



Tuesday, 13 February, to Saturday, 17 February (Half-term holidays)

Location: Barnstaple Pannier Market

Highlights:

- Photography exhibition: Immerse yourselves in large-scale photographs capturing the essence of past carnivals in Barnstaple and around the world.
- Family Fun Day - Mardi Gras: Join us on Tuesday, 13 February, for a day filled with live music, face-painting, crafts, circus fun, and magic – a perfect opportunity for families to enjoy the joy of carnival traditions.

Free workshops:

Throughout the week, there will be free workshops on drumming, dance, circus skills, and carnival crafts. A chance for individuals to explore their potential contributions to this year's carnival.

Events like these play a crucial role in fostering community pride and creativity. We invite students to actively participate in the workshops and contribute their ideas to the organisation of this year's carnival.

Please note that workshop participation is on a first-come-first-served basis.

This initiative is made possible thanks to the generous support from the Cultural Development Fund, administered by Arts Council England, on behalf of the Department for Digital, Culture, Media, and Sport.



**THE PARK
COMMUNITY
SCHOOL**
Generations of Success

SPARKS
YOUTH THEATRE COMPANY

Peter Pan

written by J M Barrie and adapted by Ms Tarling



Tickets

Available from MCAS,
School Reception and QR code
£6 Adult
£4 under 18s

Performances

7pm

29th February

1st March

2nd March



IN AID OF
**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**



SCAN ME

10% of profits towards GOSH