

# Orchard Manor School Newsletter

April 2019



Dear Parents and Carers

I would like to start off this half term's newsletter by saying a big thank you to all our staff who support our young people and help to make Orchard Manor School a fabulous place to be.

I am delighted to share with you that after our recent Ofsted inspection our residential provision has been judged GOOD. We are already working on steps to develop this further and we are looking forward to being able to making our residents' home from home experience even better. Talking of developments, we have this month installed our new Upper Site library and our young people have been enjoying having their lessons in this new space, using the interactive boards to support their reading and learning.

We have taken full advantage of the glorious weather recently and have spent as much of our lesson times outside. There have been practice walks and overnight camping trips for the Ten Tors expedition in May, plus lots of other trips, including a visit to the Zoo. Our Forest School has been showing our young people the abundance of spring wildlife in our grounds and our outdoor pizza oven has been fired up several times already. We have some very proficient pizza cooks here!

Our horticultural area is also bursting into life after the winter and lots of plans are in progress to make use of the space we have available. Everything is looking very green and healthy.

With the exam time just around the corner, I would like to wish our Year 11 students every success in the coming weeks as they pursue their qualifications. I know that they have been working really hard to ensure that they do the best that they can. All that is left is for me to do is to wish you all a good Easter Break and we all look forward to seeing you at the start of our first Summer Term at Orchard Manor School.

Best wishes **Mark Rose—Executive Principal**

## Early Help for Mental Health



At Orchard Manor we have been working with the Early Help for Mental Health (EH4MH) team at Virgin Care and have carried on the work which started in 2017. We continue to appreciate how important looking after our Mental Health is, how we do this and how we help to look after the mental health of others.

The whole staff team have had training to raise awareness of mental health, to recognise signs and symptoms of emerging mental health needs amongst our children, young people and ourselves, and how we can help.

Promoting positive mental health is a culture across the school and is based on the '10-A-Day' choices. We have sent home a copy of the '10-A-Day' poster we have displayed around the school that you may like to use at home.

If you have any questions about EH4MH, please do not hesitate to ring the school, and either myself or one of our Wellbeing team will get back to you.

**Bryan Webster, Assistant Principal and Mental Health Lead**

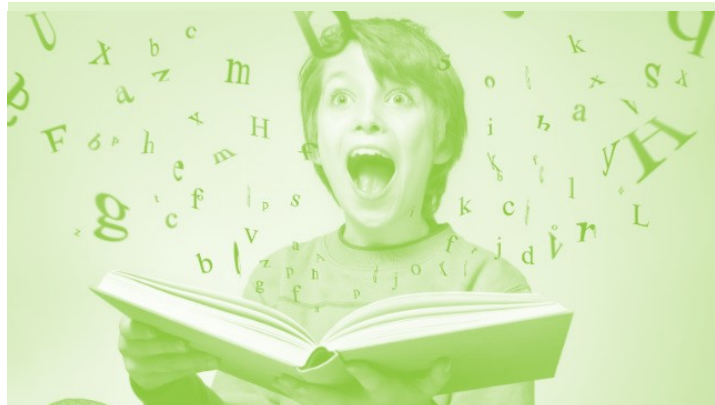
## Term Dates

Term dates for this and next year can be found on our school website. Dates for 2020 and 2021 are still under consultation and will be uploaded as soon as they are finalised.

## School Reports

Parents/Carers Keep an eye out for our new look school reports. They will be with you in the Summer Term!





## Read Write Inc Phonics and Fresh Start for Orchard Manor School

We believe that teaching all our pupils to read fluently at their level is key for their future success. To further develop our approach, we will be investing in training and resources to help us teach decoding, language comprehension and above all else, develop a love of reading.

Read Write Inc is a highly successful scheme which is used across main stream schools and other special schools across the UK and we will be introducing it here at Orchard Manor.

Read Write Inc Phonics teaches children to read accurately and fluently with good comprehension. They learn to form each letter, spell correctly, and compose their ideas step by step. This is aimed at pupils cognitively working at between 4-9 years. In addition, we will be using the programme "Fresh Start" which is a successful platform developed to support pupils aged 9 and above who are below age related expectations and need a bit of help to move their learning on. For both schemes, the young people learn the alphabetic code; then they learn alternative ways to spell and read them.

Whilst doing this, they experience success from the very beginning. Lively phonic books are closely matched to their increasing knowledge of phonics and 'tricky' words are repeated as children re-read the stories, which then increases their fluency and comprehension.

Along with a thought provoking introduction and prompts for think out loud and discussion, children are helped to read with a story teller's voice where appropriate. Pupils will still meet a huge range of fiction and non-fiction books outside of their phonics and reading lessons to further develop their curiosity and understanding of language and the world around them.

If you would like to know more then please visit Read, Write Inc's Facebook page or click on the link to their website: [www.ruthmiskin.com](http://www.ruthmiskin.com)

**Nicola Jones—Head of Education**

# Read Write Inc.

## Parents Evening

Parents Evening will be held on  
**9 July from 4:30—6:30**  
Please keep the date free and you will be contacted via Parent Mail with how you can make your appointments. There will be tea, coffee and refreshments on the night. We look forward to seeing you!

Don't forget  
Parents'  
Evening!

## Exam News!

The summer examination season will soon be upon us – The Exam Timetable will be sent home to all participating candidates and is also available on the school website.

## Good Luck!

### Key Dates for your Diary

**13th – 16th May**

**KS2 SATs**

Summer Exam Timetable available on the School website

**26 June 2019**

**Exam Contingency Day**

Summer season exams can be re-scheduled up to and including this date.

**22 August 2019**

**Results Day 10-11 am**

More details about examinations can be found on the school website, in the Families section.

**Jo Potts – Exams Co-ordinator**





## Queen Geraldine and her Entourage at the OMS Hive



The bees have, so far, had a good winter. During the autumn of 2018 they reduced their numbers by not feeding the drones and kicking them out of the hive. Deformed Wing Virus Disease was seen at the beginning of December but, after consultation with Clare Densley at Buckfast Abbey Bees, we were advised to leave them to sort it out — which they duly did.

Fondant has been fed to them regularly from the beginning of 2019, and Varroamed — a liquid treatment for Varroa, was given in January. The next treatment will be given after the honey extraction in August.

Only the top super box was treated in January as the bees have “glued” the brood box and super box together. Clare Densley will be coming over in the spring to help us inspect this and to check the hive.

We have already got the equipment and a spare brood box to do a “Bailey” change which means to swap over the frames on the brood box as they become old and dirty. This is done at about the third year of a hive. We have also put the hive onto a paving slab to keep it out of the mud and the smoker and Varroa inspection tray have been cleaned regularly. During the milder spell of weather, the tray has been removed to enable ventilation in the hive. This will be replaced once the temperature drops. The bees have been already been foraging in this lovely spring weather and have been returning with pollen, mostly from pussy willow catkins, crocus, mahonia and celandines.

The spring of 2019 is a busy time for our bees. As it is a large colony, Queen Geraldine may decide to swarm. We will have to keep an eye out for this and, if swarming looks like it’s going to happen, we will split the hive into two colonies. The equipment for another hive is already in the bee shed at the school. Siting the second hive in the compound will need to be carefully considered.

*Teresa Dudman—OMS Bee Keeper*

## What is a Varroa Mite and how do bees get them?



The Varroa Mite is passed from bee to bee. It is like a tick and fastens itself to the bee with its jaws and then hitches a ride into the hives. Varroa mites are extremely dangerous to bee colonies as they transmit pathogens like viruses and bacteria which are damaging to bee health.

The mite falls off the bee host and then burrows down into the honeycomb where it hides and lays its eggs in amongst the bee eggs. Whilst the Varroa mites eggs grow in the

honeycomb, they feed off the baby bees (haemolymphs). This makes it easy for any viruses they are carrying to be passed directly into the young bees bodies.



The Varroa mites transmit viruses which attack the immune systems of the honeybee which causes diseases to spread. These viruses are then spread between colonies from bee to bee and can be fatal.



One of the viruses which the Varroa Mite spreads is the Deformed Wing Virus, which is what we had in our hive at the beginning of December. Our Beekeeper saw that some of the wings on the bees were not forming properly and some of the bees couldn't fly. This is why our bees were being treated for the mite in January and the second dose of treatment will be given in August.

## Sunflower Competition 2019!



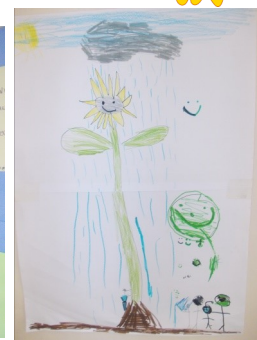
17 classes across school have taken part in a sunflower growing competition. It's not just the tallest which might win, although we hope to have some sunflowers over 8 feet tall by the end of summer.

Some of the sunflowers are compact with lots of flowers. Green class have planted a variety called Teddy Bear, which is short with fluffy flowers. The children have also created artwork and pictures for a sunflower display.



If you would like to join in our competition at home, please send in pictures and we will put the winners in the next newsletter. **Anyone can join in!** Judging will take place throughout August and September when the sunflowers are looking their best.

**Did You Know....**  
Sunflowers actually track the path of the sun across the sky with their flowers—so they always have their face the sun!



## Great Big School Clean 2019 and the OMS Litter Heroes!

Many of the pupils from Orchard Manor School have been taking part in the Great Big School Clean 2019. This is a nationally run feature organised by the Keep Britain Tidy campaign and runs from the 22nd March – 23rd April.

**SAD FACT:**  
A plastic bottle can take 500 years to degrade!!

The pupils have been learning about the impact that litter has on our environment, how long items of litter take to degrade and how we can change our behaviours to reduce litter. The pupils excelled during the litter pick, gathering a variety of items and were intrigued to know how long they take to degrade. They were creating all types of interesting initiatives to reduce the amount of waste we create.

If you are out in your community and see some litter, join the Orchard Manor School #litterheroes and pick it up. Well done to all the pupils who took part! **James Houghton—Forest School**



## Day Out for Orchard Manor Pupils

75 students and 25 staff have been invited out on Wednesday June 12th to Lady's Mile Holiday Park, as an annual event organised by the Teignmouth Rotary Club. There will be refreshments on arrival and we will be watching two shows performed by The Lady's Mile Entertainment Team. This will be followed by lunch and a disco. The afternoon ends at 2:30 pm. We are really looking forward to it. **Graham Tolliday—Deputy Head Care**

Orchard Manor School, John Nash Drive, Dawlish EX7 9SF

Tel: 01626 862363 Email: [admin@orchardmanor.devon.sch.uk](mailto:admin@orchardmanor.devon.sch.uk) Web: [www.orchardmanor.devon.sch.uk](http://www.orchardmanor.devon.sch.uk)



## Pancakes in the Woods!



During this terms Forest School sessions, we have been cooking a variety of different foods. At the start of March we celebrated pancake day.

The pupils foraged for the sticks from

around Forest School so that we could build the fire. They all patiently waited their turn to cook their pancakes.

The “bush-tucker” chefs really enjoyed the whole process of cooking out in the fresh air, filling the frying pan with the batter and watching the delicious pancakes cook as the birds chirped around them.

The best bit, of course, was getting to eat the fruits of their labour - drenched in their favourite topping - the classic mix of sugar and lemon was the most popular — Delicious!



What lucky young people, and what a lovely experience.

*James Houghton— Forest School*

## John Muir Award

Pine class went on a visit to the East Dartmoor National Nature Reserve.

The pupils last visited Yarner Woods in October '18, when autumn was in full flow. We wanted to go back to see what had had changed in the past six months.

We looked at fungi growing on trees, a whole range of different bird species and trees that had had the bark removed by wild deer.

Mid way through our walk a pupil spotted a huge wood ant colony beside the path. These wood ant colonies are a regular feature at Yarner Woods and we loved watching them, in their millions, working together and building a home.



We spent some time in the bird hide watching a whole range of species making the most of the feeders. We aim to go back in the late spring to see how the woodland has changed again.



*James Houghton— Forest School*







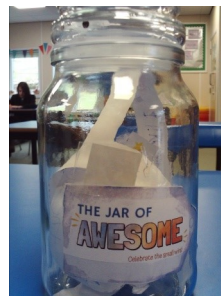
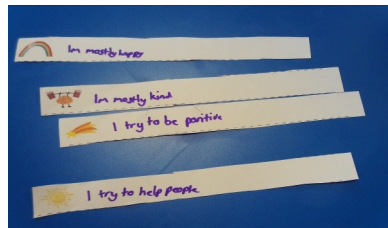
## Jars of Awesome and Other Good Things from Year 7ACa this term

March 20th, marked 'International Happiness Day'. 7ACa marked this by making 'Jars of Awesome'. They made this with a pre-prepared label to stick on their own jar. Inside the jar the children wrote four positive statements about themselves, something that they

often struggle with. 7ACa also completed a collaborative task, marking '100 Acts of Kindness'.

As a reward the children had a class party with a little buffet and a film. The children enjoyed the task and are now collecting pasta to mark their demonstrated acts of kindness.

7ACa have also recently completed some collaborative speech in their English lessons. The pupils had been working on inverted commas and we built on this until they were able to work together to develop a conversation. Whilst the extended piece of English was impressive in itself, the ways that the boys worked together was amazing. They took turns, listened to one another and helped each other with the process of the writing.



We have really been enjoying working together this term. We work hard and we look after ourselves and our mental health too. During the morning of Mental Health Day, we looked at completing all of the '10 a Day for Balancing Mental Health'. Some of the tasks were: meditation, food and drink for self-regulation, quiet reading, completing their mental health workbooks and going for a run around the MUGA or field.

*Alex Caven—Teacher*

## Residential News

I know, I know, we say it every term! And this is no different! Orchard Manor Residences have had another fantastic few weeks full of all sorts of activities. We have even had a few parties to celebrate too as well as Pancake Day.



Jubilee hosted a Red Nose Day party with a chocolate fountain which we all loved - of course there was chocolate everywhere and some of us (especially the Care Team!) couldn't resist going back over and over again. We also had a special 16th birthday as well, which was celebrated with a BBQ.



We have been out and about to beaches and parks as the weather has been improving and even managed to do some gardening. As an end of term treat we have had a

Easter party with a bouncy castle, the ice-cream bike and inflatable zorb balls. We need a holiday to have a rest! We are looking forward to the next term and planning even more fun events.

*Helen Stone—Jubilee House*





## What a Team!

Orchard Manor Key Stage 3 football team enjoyed their first tournament of the year just before half term. The tournament was in Exeter at the Exwick Leisure Hub.

The team were really keen and were really proud to be wearing our new school football kit.

They played four games in total beating Marland School 7-0, beating Southbrook School 5-1 and then drawing with Tiverton High 3 all.

The final game was a replay against Tiverton High which we lost 3-1. Overall we came second which was a great achievement.

Congratulations must go to all who took part and we really look forward to competing in the next tournament in May.



## Exeter Chiefs Share Rugby Skills

This Half Term we have been really lucky to have Aron Struminski from Exeter Chiefs return to our school to teach rugby on a Friday afternoon. For some of our pupils this was their first opportunity to try rugby but others have experienced playing with local clubs outside school.

This year pupils enjoyed learning the skills of the game starting from a 'Tag' style non-contact approach then moving on to some highly structured 'contact' exercises. All the pupils really enjoyed the sessions

and a 'thank you' must also go to some of our Key Stage 4 pupils who helped out too.

*Fran Fox—Teacher*



**A huge BIG RED NOSE DAY THANK YOU!**  
to everyone who came to school wearing red and donated to our Red Nose Day 2019.

We managed to raise the terrific sum of £102.38 which came from donations from the students and staff and a fantastic Cake Stall set up and run by the Post16s which raised a superb £56.33! Well done everyone and **Thank you again!**



## Spring has Sprung at Orchard Manor !



We have a toad in the poly tunnel and frog spawn in the pond, which has already started turning into tadpoles. Frogs and toads keep down the slug, snail and fly population....



Lots of seedlings have started to grow, along with cuttings taken last year. We are going to have lots of plants for the new garden areas being created.....



In November we planted poppy seeds for Remembrance Sunday. They have all started to germinate and will be planted out soon, ready to flower this year and self seed for next year



Already cropping... rhubarb, purple sprouting broccoli and ruby chard. We also have lots of herbs ready to pick.....



Beautiful spring flowers are all around the grounds including scented narcissus, daffodils, grape hyacinth and many primroses.



We regularly hear the woodpecker and owls and there are many other birds to see.



*Cathy Johnston—Rural Skills*



INTERNATIONAL DAY OF HAPPINESS

# #HAPPYDAY

20 MARCH

Hello Everyone! On Wednesday the 20 March it was International Happiness Day and the theme was 'Happier Together' and 'Be part of something amazing'. We found some ideas of how we could celebrate the day in our classrooms and we thought some of you at home might like to do the same thing with your family. Remember to wear a smile and wish everyone a happy day!

## Make a Happy Collage

Put that stack of old magazines to good use and make a happiness collage that you can proudly display. You could make one large collaborative collage, or everyone in the family could make their own. Then you could share your ideas with each other and talk about the things that make you happy. This activity helps kids develop happiness skills because they can reflect and discover that there is something they enjoy about all sorts of things. Later in life, they can use this technique to find the best in areas and situations that may not be the most fun to them.

## Sing (or Listen) to Your Favourite Songs About Happiness

There is something powerful about music. Listening to upbeat music and songs that are about being happy can affect your mood and lift your spirits. Whether you want to sing the songs as a group or simply put on the happy tunes while you are engaging in another activity, have a happy song handy to brighten up a few minutes in the day.

## Throw a Party!

When happiness is the theme of your party, you can't go wrong! You don't have to go big, and your children can even help with the planning. Have kids help make the decorations and choose the games they want to play.

## Go Around the Room and Share a Happy Memory

Sharing a happy memory is a simple and effective way to boost your happiness levels. Go around the room and let everyone share a happy memory.

## Get Fresh Air and Exercise

If the day is nice outside, schedule time for a brisk walk or a few moments to run around and get some exercise and fresh air. A change of scenery can do wonders for happiness, and exercise gives the body a

nice boost of energy. If the weather isn't cooperating or you don't have the chance to get outside, consider playing a game together or doing jumping jacks in the kitchen or even have a dance around the sitting room.

## Set up a Gratitude Jar

Place a gratitude jar at the front of the room with small pieces of paper and pens and have everyone write down one thing they are grateful for. The jar filling up shows a visual representation that we have a lot to be happy for!

## Measure Good Deeds

While we all want to feel happy, we should also want those around us to feel happy too. Start the day by sharing the mission that everyone should do one good and selfless deed, and then report back, so it can be recorded. You can measure the good deeds using the same method as a gratitude jar. When the jar is full, you can reward your family with something fun like a day out or an ice-cream on the beach.

## Have a Scavenger Hunt

A scavenger hunt is a happy activity because it gets kids' minds racing, gets them moving, and it's just fun to use clues to hunt for a treasure at the end. You can use the happiness theme throughout the scavenger hunt or choose something that makes more sense for your children. You'll want to set this up in the morning, so kids don't see where you hide the clues!

## Read a Funny Story Out Loud

Take a few moments on this day to read a funny story or a watch something that makes everyone laugh. Even just a brief moment of laughter can lift spirits and make the day a little brighter. You can even find a joke book and pass it around the room having everyone read one joke out loud.

## Smiling!

A smile on your face can improve the mood of those around you and makes them feel happier. We hope you like these ideas – everyone appreciates a day dedicated to a happier wellbeing.

*Nicola Donald—HLTA*

**WHATEVER YOU DECIDED TO DO,  
MAKE SURE IT MAKES YOU HAPPY!**



## Outdoor Education Updates

We have put together a plan for the coming few months for our Outdoor Education Activities which will of course be dependant on the weather. We will confirm the activities your child will be attending nearer the time and remind you of the clothes that will be needed for the day, via Parent Mail, but here is a list of what we plan and the type of clothes that will be needed.

Date	Class	Activity	Clothing requirements	Any other notes
<b>April 2019</b>				
23	9JW	Paddle Sports Awards or Climb	Full change, wet suit if available	Weather Dependant
24	Green	Starcross Sailing	Full change of clothing	All day on the estuary and sea
25	11JL	Caving TBC	Full change of clothing	Pridhamsleigh
29	Orange	Paddle Sports Awards or Climb	Full change, wet suit if available	Weather Dependant
30	TBC	Sailing Starcross	Full change of clothing	All day on the estuary and sea
<b>May 2019</b>				
1	10JWH	Sailing Starcross	Full change of clothing	All day on the estuary and sea
2	8ACR	Paddle Sports Awards or Climb		Weather Dependant
7	9MM ½ Day	Paddle Sports Awards or Climb	Full change, wet suit if available	Weather Dependant
8	RE	Ten Tors Camp Orientation	Waterproofs and Boots	
9	11WS	Ten Tors Camp set up		
13	JH	Paddle Sports Awards or Climb	Full change, wet suit if available	Weather Dependant
14	TBC	Sailing Starcross	Full change of clothing	All day on the estuary and sea

If you have any questions about anything at all, please email Danny Turner at [dturner@orchardmanor.devon.sch.uk](mailto:dturner@orchardmanor.devon.sch.uk) or Janice Woodward at [jwoodward@orchardmanor.devon.sch.uk](mailto:jwoodward@orchardmanor.devon.sch.uk).



## School Camp 2019

We are delighted to announce that we have managed to book Roadford Lake for our school Residential Week. The lake is part of the South West Lakes Trust and is approximately an hour from Orchard Manor.

This is a new site for us and will give our students the opportunity to access activities on the lake such as sailing, canoeing, stand up paddle boarding, cycling, camp activities and walks around the lake itself.

I have also managed to book a day deep sea fishing out of Newquay, with an aim to cook our catch at the end of the day!

For those of you that don't know Roadford lake, have a look - it is beautiful: <https://www.swlakestrust.org.uk/lakes/devon/roadford/>



## BTec Outdoor Adventure

Older pupils continue to work towards the BTec qualification in outdoor adventure using and building on the practical skills learned from Year 7 onwards. Pupils also gain entry level qualifications as well as national governing body awards in Paddle Sports, climbing, First Aid, National Navigation Award.

## Ten Tors



Training for Ten Tors is well under way with teams to be entered into all events. Groups have walked all over Dartmoor in preparation for the event, including a night at Nuns Cross farm. These kind of trips take a lot of organising and would not happen if it were not for the dedication of the staff. Thanks to all those involved.

The most recent visit was blessed with fine weather! However, training the following week was a bit different! We hope the actual event is not so cold, but we are prepared and trained for anything.



## Caving

It was great to introduce caving to some of our pupils this term. Caving is a classic Outdoor Education activity it helps pupils to deal with fear, perceived risk and real risk. I am hoping to produce a booklet to explain the philosophy and rationale soon....

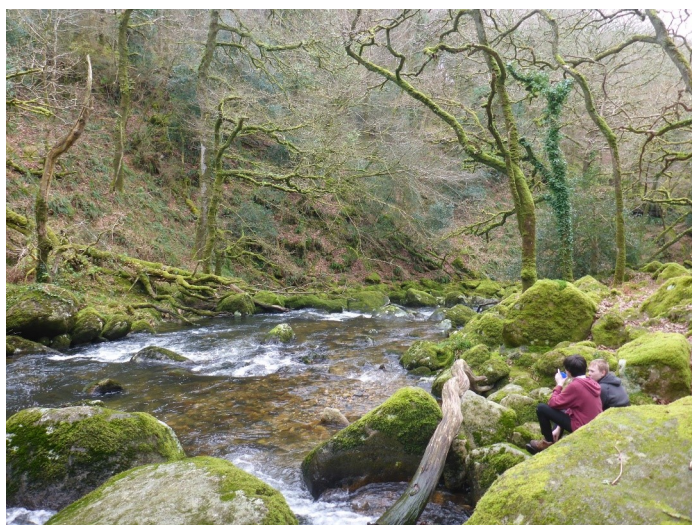
## Walking

It was great to take some groups to the Dewerstone this half term as part of the programme, we are aiming to give pupils an appreciation of the local environment as well as giving them an insight to what's involved with Ten Tors.

## First Aid

Well done to the year 11s that were able to access the first aid course this term. This was provided by Moss Coaching, an external provider. The pupils that attended worked hard for the day to achieve certification and represented the school well.

We are looking forward to warmer weather over the coming weeks and look forward to seeing you after the Easter break.



**Danny and Janice—Outdoor Education**



## World Book Day

Transition Class dressed up to celebrate World Book Day. They enjoyed a whole programme of activities including designing their own book cover and writing a story.

**Lisza Dodds — Class Tutor**



## Well-Being Day

On Tuesday this week we held our termly Well-being Day. There were lots of activities on offer for the children including their all time favourite Bouncy Castle, which is always a big hit. We were also lucky enough to have Kagemusha Taiko from Newton Abbott do some Taiko Drumming workshops with the children. The children were amazing! Staff joined in too and everyone had a great time.

Using the story 'Only one you' by Linda Kranz as inspiration we painted cobblestones which we will display in the grounds to celebrate our individuality. The story is full of words of wisdom and ends with the phrase 'There is only one you in this great big world, make it a better place'. We would like to say a special thank you to Bradfords in Dawlish, for supplying the cobblestones free of charge.

We also had clay modelling, play-dough (Thank you to Sharon Deighton for making this) lego and film club, pizza making, walks, foot spa's, and a football match. The day was a great success!

**The Well-Being Team**

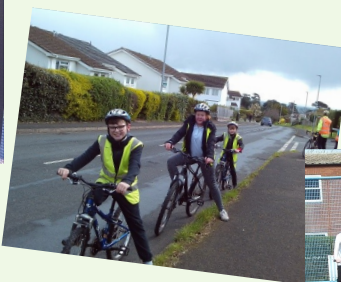


## Purple Class

Our Topic this half term was Scientists & Inventors. We learnt about Scientists and Inventors from the past, including the Wright Brothers, James Blyth and Louis Pasteur. We also studied Leonardo Da Vinci; we had a go at creating our own Mona Lisa pictures. We also used some images of his glider designs to help us create our own flying machines.

To finish off our topic and celebrate our hard work, we visited Exeter Museum and stopped at McDonalds for our lunch!

**Gemma Culverhouse Chave — Purple Class**



## Bikeability

8 pupils took part to complete Level 1 and some Level 2 Bikeability training. The course involved learning how to develop the skills to ride a bike safely and for some pupils how to ride safely on local roads. **Fran Fox—PE**

