

Orchard Manor School Newsletter

October 2020



Dear Parents and Carers

We have come to the end of another extraordinary half term. At the beginning of September, we were excited to welcome back our current pupils to school full time. Despite not having been in school much, or at all, during the summer term, pupils have embraced coming back into school and settled into the necessary changes put in place due to the pandemic.

We are all extremely proud of how all our pupils have reintegrated back into school, many successfully transitioning to new tutors and classes. At the start of the term, we welcomed our new students too, who have all settled in to Orchard Manor amazingly well, despite not being able to visit us in the summer term in the way they would normally do, due to the Covid restrictions.

Looking through the newsletter, you will see that our students have still been able to enjoy lots of activities this term in their class groups. Pupils have really enjoyed Forest School, Life Skills and Rural Skills, to name a few, and as Halloween approaches many pupils and the residences have been taking part in Halloween related activities.

With all of these incredible things going on, it is sometimes unimaginable that there is an ongoing pandemic. We are continuing to follow government guidance and advice, with the staff team continuing to work incredibly hard to ensure the health and safety of the whole school community. Please do make sure you read our weekly [Parent Letters](#) for updates which are sent out on ParentMail and also posted online. All of our COVID information and guidance is also on our website ([About Us - Covid-19](#)) including what to do if you suspect either you or a member of your family are infected.

We are looking forward to welcoming pupils back for the second half of this term. I am sure that there will be some fun festive activities as we approach Christmas! As always, we hope you all have a restful half term break.

Best wishes **Mark Rose — Executive Principal**



#HelloYellow Day Friday 9 October 2020

A huge thank you to you all for a successful World Mental Health Day/ #HelloYellow on Friday 9 October.

There was lots of yellow worn, great activities in the classroom and a special thanks to the Kitchen Team for the yellow edibles.

Best of all you have raised **£141** for the YoungMinds Children's charity - Fantastic!!

Thanks again -

Bryan Webster Assistant Principal

Medical Updates

If you would like any advice from the School Nurse Services for your child regarding any of the following

- Sleep
- Height and Weight
- Emotional Health
- Staying Healthy
- Bed Wetting
- Sexual Health

please contact the school directly and Helen Stone will arrange this for you.

If your child needs medication to be administered during the school day, please see the information [on our website here](#).

[This form](#) must be completed and returned to school for ALL

medication bought on site for your child.

We remind you that medication must not be sent into school via school transport or in your child's school bag. The only exception to this is emergency medication such as inhalers and short term use medication such as antibiotics.



Helen Stone—Medical Coordinator



BTEC Adventurers

The BTEC Outdoor Adventure group have taken advantage of the good weather to do a spot of paddle boarding. At the end of the day they all achieved Paddle Sports Awards as well as having a great time.

Janice Woodward—Teacher



Autumn Term PE Updates

This half term has flown by as I attempt to fill the role left by the much respected Fran Fox, and deliver PE across the school. Covid has brought its own additional challenges as I have had to adapt the curriculum to ensure we could deliver PE safely, and many events that would normally have taken place are postponed. However, this has given me a chance to settle in and as I now am starting to know names and classes I can look at work outside the curriculum.

There are two areas that I am now starting to develop. These are: **Sports Leadership** and **Orchard Manor Girls Can**

Sports Leadership:



Three Year 9 Upper Site students have been identified as my first Sports Leaders and with the support of Dan they have undergone some training looking at the roles and responsibilities of Leaders, and then have taken sessions with Year 6 to put these skills into practice.

Cake Making with Peach Class

Peach Class really enjoyed making the cakes for World Mental Health Day starting with going out to the shops to buy all the ingredients. They all had a go at mixing the batter which turned into some scrummy cakes.

Dan and I have been so proud of what these students have already achieved, and we look forward to setting up a similar programme on the Lower site soon.

Orchard Manor Girls Can:

After half term the older girls at both sites will have an opportunity to join additional physical activity sessions that are just for girls. This is part of the national campaign to create opportunities for girls and show

them what can be achieved using sport as a tool in this. You may have seen the campaigns such as “This Girl Can” I will be looking at developing with the girls our very own Orchard Manor Girls Can. Watch this space for our own promotional posters!



Catherine Kilburn—PE Teacher



Thank you to everyone this half term who has greeted me with a smiley face and made me feel welcome. **Catherine**



Nic Donald—Peach Class Teacher

Music and Performing Arts News Autumn 2020



With the arrival of brand new microphones and P.A. system to the Music Department coinciding with Mental Health Awareness week, it made sense to focus on our well being through the medium of song. The health benefits of singing are both physical and psychological. Singing has physical benefits because it is an aerobic activity that increases oxygenation in the blood stream and exercises major muscle groups in the upper body, even when sitting. It is also said to reduce pain levels, improves mood and pleasure as well as cortisol measures. Singing can improve our mental health, increase our confidence, a rediscovery of identity, and it is a meaningful pastime that improves social skills and has general health benefits.

So all classes were introduced to Karaoke with the opportunity to share different styles and genres of music with their peers and staff. Everybody was encouraged to join in and to listen to others. Some students were natural performers whilst others enjoyed taking on the role of audience members, both encouraging the development of some important skills.



Needless to say, the microphones were successfully tried and tested and staff also had the opportunity to dust off their vocal chords much to the dismay of some classes. A certain Head of School treated my Year 11 Music class to her rendition of a well known Queen song although I was informed by one of the students that she still had a long way to go and not to give up the day job. Our Year 11 students have a very eclectic mix of favourite artists and at one point we followed a Bon Jovi anthem with a Frank Sinatra classic.



On Mental Health awareness day itself, staff were invited to a closed Mic session at lunchtime but I am unable to disclose any further details as, 'What happens in Jazz, stays in Jazz'....

Following on from the theme of the Arts being an uplifting way of getting through these difficult times, I have launched a staff 'Strictly Come Dancing' sweepstake where each class will be allocated either a professional or celebrity dancer who are taking part in this year's popular competition. . Whichever class is assigned to the winning pair will be lifting the Glitterball trophy at the end of the Autumn Term. There may or may not be sequins involved but watch this space and



Keeeeeeeeeeeeeeeeep Dancing!

Nina Jarram—Music and Performing Arts

Communication Skills for 9NG

9NG have been working well in life skills, developing communication skills. One lesson a week they play games together and this has been a positive for the class. They play in pairs or very small groups and quite often swap their chosen activity part way through the lesson.



This has seen me give David a certificate for being a kind friend, as he helped two of the students in solving Rubik's Cube problems.

Nigel Green — Teacher

Star Update!

Star had a lovely summer holiday and enjoyed lots of walks in the sunshine, but she missed not seeing all the pupils (like us all).

Star had a stay in the vets to get spayed and I am pleased to say that everything went well and she has made a full recovery. When school started she had great fun saying

hello to everyone in their groups. This term Bales Buddies is helping Star with her on site classroom training.



Last week Star went to the beauty parlour and had a hair cut and a bath however in this picture she has just come back from a muddy walk! **Lisa Morley—Dog Instructor**





Post 16 are working on an enterprise project about setting up, planning and working on running a small business. They are learning about expenditure and income, and profit and loss.

They have been busy making some lovely items which would make great gifts for Christmas or any other time. All profits from sales will go towards an outing of the group's choice at the end of next year.



The fantastic cake stands have been made by ingeniously recycling old records. Why not get one for your next family tea?



They would look great with Christmas cakes on or even sweets for a party. A fabulous addition to your dining table!



The bird feeders have been made by recycling cups and saucers. They have been filled with a secret mixture of bird seed and fat which has then been

moulded

into the teacup. A perch for the visiting birds has been stuck in like a spoon for them to balance on whilst sampling the delights of the cup.

They are absolutely gorgeous to look at and useful too! What could be nicer? A great gift for anyone who wants to see more birds in their garden.

With Christmas just around the corner, Post 16 have been extremely creative with old corks. A herd of red nosed reindeer have been made and are waiting for you to take some home.



They are really cute, with their pipe cleaner antlers and tails. With tiny beads for eyes they are really lovely to look at and will sit very nicely on the



mantelpiece next to the Christmas stockings.

Still on the Christmas theme, decorations for the tree have also been



made. You can buy painted Christmas trees and Christmas hats all made from corks. There is one thing to say about this group—they love recycling.

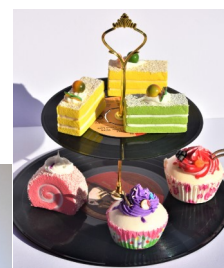
Why not have a look at our prices and get in touch with me to place your orders:

krowlands@orchardmanor.devon.sch.uk

Go on! Make someone happy at Christmas!

Kelly Rowlands—

Post 16 Teacher and Excellent Recycler



Post 16 Price List

Reindeer	£2.00
Cork Tree Decoration	£2.00
Cup and Saucer Birdfeeder	£4.50
Single Cake Stand	£3.00
Double Cake Stand	£5.00
Triple Cake Stand	£7.00
Small Vinyl Bowl	£2.00
Large Vinyl Bowl	£3.50



This is a beautiful time of year for Forest School with the leaves turning all sorts of colours and the wildlife showing loads of



activity as a lot of the critters prepare for their hibernation.

We have been utilising this season in



our Forest School sessions by using the many leaves to create some fantastic leaf crowns and getting messy with the paints creating some fantastic leaf printing works of art.



We have also been having a lot of fun playing the "escape the spiders web" game where we tie string around a section of trees to create a maze that the students need to escape without touching. The students across whole



school have been very keen on playing and have been having their input on how to make it more challenging.

I'd also like to give a special mention to Gold class who have worked

super hard both in their sessions and during other free periods to build some super cool dens for us. They've even bought in some garden furniture to make the dens extra comfortable.



At the end of last year, we introduced a pond to the Forest School area and we were delighted to come back this year and see that it has already attracted some fascinating wild-life. It is now home to two gorgeous but very elusive frogs who will only be seen when they choose to; as-well as a band of adorable baby newts. However, the time of year is now approaching where these critters would like to be left alone to hibernate and so we won't be pond dipping again until spring when we are hoping to have a whole lot of frog-spawn.

NEWSFLASH!

Forest School Arson Attack

Over the weekend of the 10th of October the Forest School was victim of a devastating arson attack. We were shocked to find on the Monday morning, that our beautiful Forest School had been burnt down. Our shed where all our equipment was stored has been completely incinerated, the big canopy has been destroyed and some of the fire pit and fire pit area has literally been turned to charcoal.

The news of the fire and total devastation of our Forest School has been as shocking for the staff as well as the students.

Whilst this news is unbelievably horrifying, we are determined to remain positive for our students— From the ashes will rise something bigger and better like the Phoenix of the stories (see below).

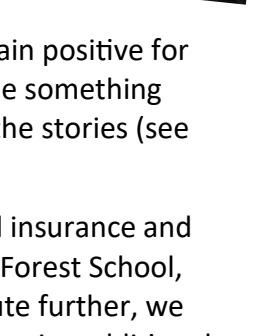
We have been able to claim on school insurance and are utilising school funds to refurbish Forest School, however, if you would like to contribute further, we have set up a GoFundMe page to help raise additional funds (<https://uk.gofundme.com/f/rebuilding-orchard-manor-forest-school>). All donations will be spent on the Forest School and will be gratefully received.

All of the students will have an opportunity to be a part of the Forest School Regeneration Project and all of their wonderful ideas and designs for the site will be considered.

Chris Leeds — Forest School Instructor

The Story of the Phoenix

The Phoenix is a mythical bird, with beautiful gold and red feathers. When it gets to the end of its life, it makes a large neat nest of sticks and autumn leaves which it curls up in. A spark comes from the sun which sets the nest on fire. The Phoenix burns in the flames. Three days later a new Phoenix is born from the ashes, even bigger and more beautiful, with glorious red, orange and gold feathers, and it flies off to live for another thousand years.



Life Skills

As with a good selection of other students, 9NG use Skills Builder as a means to gain recognition for a good variety of skills that will help them now and in the future.

Our Life Skills task this time was to focus on listening in order to build a tower using just Sellotape and newspaper.

The instructions were given verbally, and they were shown how to roll up a single sheet to make the long cylindrical tubes which



they could join together.

The main intention of the task was for them to work in collaboration, listen and communicate with each other in their groups.

It soon became apparent however, that there was a competition going on, as

they also tried to build the tallest independently standing tower!

The students really impressed me by how well they worked together and they really enjoyed this task. Although it wasn't the most important part of the lesson, they had good fun trying to construct the highest tower possible— some people are just so competitive!

Nigel Green—Class Teacher 9NG

Plum Class

The newly established Plum class has had a great start to the year. We've welcomed new students and new staff. The 'old hands' have helped the new people settle well and make some great progress so far.

Ancient Greeks

Our topic this term has seen us exploring life in Ancient Greece. In History we have learnt about Gods, Culture, Locations, Warfare and Sports.

Art has seen pupils exploring sketching skills, painting as well as creating some fantastic scratch art of Greek vases engraved with Gods.

Life and Social Skills

As a class we recognise the importance of getting along with others and having the skills to help us to be productive members of society. We have been working to recognise the strengths of others, celebrate our successes, manage our anger and make independent decisions on how and when to complete certain activities through a range of learning opportunities including den building, forest school, games and discussing different real-life scenarios.

Peter Smith—Plum Class Teacher



OMS Examinations Key Dates

17 November 2020

Functional Skills Level 1 & 2 Mathematics

18 November 2020

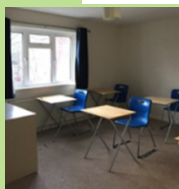
Functional Skills Entry Level Mathematics

7 June – 2 July 2021

Summer Exam Season

27 August 2021

Results Day



More details about examinations can be found on the school website, in the [Families section](#):

Jo Potts – Exams Co-ordinator



Red Class Life Skills

Hello! I Just thought you might like to see the results of our recent Listening, Problem Solving and Teamwork skills as part of our Life Skills lessons!

The children were put into 2 groups of 4 and had to work together to decide what the most important buildings would be on a new planet (discussing and listening to each other's ideas carefully), then they had to work as a team to complete the component parts of their 'Utopia' maps in a set timeframe and support each other to get finished on time. I am so impressed with their finished products and how nicely they could work in teams of 4 together and cooperate independently with only minimal adult prompting!



Alex Swan—Teacher Red Class

OMS Bee Update

The summer of 2019 was a very successful year with our bees. Unfortunately this year has not been so good.

Our hives were working beautifully throughout the spring and early summer. They were busy collecting nectar and making beautiful honey. However, there were a few differences from this year to last: The spectacular spring weather we all enjoyed through lockdown gave the bees a fantastic early start to the year so much so that colony sizes grew and grew, to the point of swarming and then some trees were felled quite near the hives in early spring, which would have reduced tree pollen and quite possibly could have affected the bees' navigation systems.

Luckily, however, our bees continued to thrive. Throughout the summer, I fed them sugar syrup, just to keep them topped up, as they had plenty of honey made too.

And then our weather really changed in August and became wet, windy and stormy. Bees will not get out of the hive in horrible weather – they focus instead on tidying up inside the hive, looking after the Queen, looking after larvae and protecting against intruders like Wasps, in particular, who like the free food inside a beehive.

“On 10th August, a ‘Starvation Alert’ was announced across Devon, by the Devon Beekeepers Association”

The lack of food within the hives, coupled with the inability to be able to get out and forage for more nectar to make food due to the poor weather, meant that unfortunately, our bees in particular did not survive through August.

Beekeepers have described 2020 as a ‘swarmy year’ for the bees, and there are many theory as to why bees do well some years or not. As a novice to Beekeeping, I am very keen to ensure I do everything properly and so asked for lots of advice during this time. It turns out that lots of beekeepers sadly lost hives this summer.

When I cleaned and investigated the hives, there were very few bees inside, most had gone looking for nectar and unfortunately had not made it back to the hive. The same had sadly happened all over Devon.

It was a disappointing time, and nature can be cruel, however we will be having bees again next spring, and I will be in touch with Buckfast Abbey's 'Bee Barn' to arrange for two new Queens. Watch this space for news of our new hives.

Cathy Johnston— OMS Beekeeper

The Merit Shop October 2020

Children across school are awarded online Merits for excellent behaviour, brilliant work and kind actions which are above and beyond what is expected. At the end of each half term, they can choose items to buy with their merits from our Merit Shop. This term we have arranged it slightly differently with an 'Online Merit Shop.' Children will be told how many Merits they have earned since September, the more they

have, the more thrilling the prizes they can have!! The Merit Shop Prizes will be delivered to class on Friday Morning. Here are some of the prizes:



Cathy Johnston

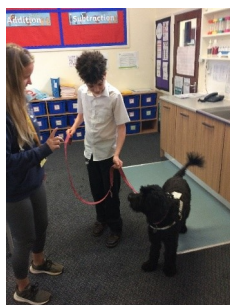
Teal Class Updates

We have had an action packed half term. The whole class have been working extremely hard in all their lessons. We have had new pupils to the school, new pupils to the class and a new member of staff called Bex.

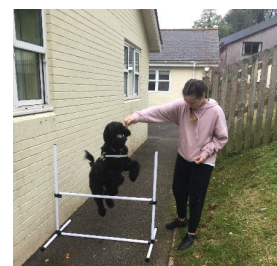
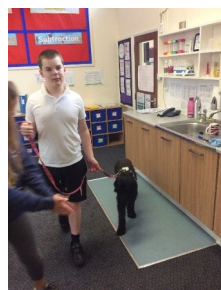
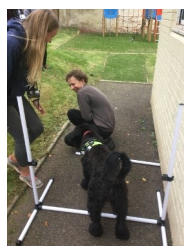


Star the Therapy Dog

Every Tuesday Teal class are extremely lucky to have a class session with Star. All the pupils have really enjoyed working with her and helping to train her alongside her trainer from Bales Buddies.



During these past few weeks, it was lovely to see everyone's confidence grow with Star. Some pupils had been nervous around her to begin with and are now confident walking her on a lead, teaching her new tricks,



such as going through her tunnel, and jumping over challenges.

Art

Our class have shown a real love for art this term and we have been creating different



pieces during our topic about ancient Greece and Myths. We have made Minotaur sculptures out of clay, painted Greek god pictures using water colours, made our own Olympic wreaths using card and tissue paper and made individual ancient Greek vases out of clay. We have a very creative class and their work has been incredible.



Life skills

We all understand how important it is to gain life skills, which help us to become more independent and Teal have been working hard building on them this term. We have been learning how to make drinks for others such as coffee, tea, hot chocolate and soft drinks. We made these during our class art exhibition.

Communication has been our focus this half term so we have been taking it in turns having conversations with other members of our class, and working on developing our conversation and listening skills. Some members of the class have been able to go off site and shop at Morrisons to practice their money handling skills and follow shopping lists. All the pupils are really enjoying building their independence and using these vital skills in every day situations.

Becky Higson—Teacher Teal Class

Fresh and Healthy

Its been another busy half term in the kitchen. We have been focussing on healthy meals and breakfasts. The Year 10 BTEC students made some very healthy and delicious Turkey burgers, with caramelised onions.

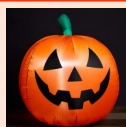
The Year 7's have been making some things that can be eaten for breakfast. Tortilla baked ham and eggs looked fantastic, the chocolate chip bread rolls were of course a favourite, however, the home made crispy muesli was a big hit too. They also tasted various different fruit.

Amanda Metcalfe—Home Economics Teacher





The Daily Pumpkin Spectacular Jubilee News!



In our HOUSE MEETINGS, the children have asked for new DVDs, a HALLOWEEN PARTY, Fairy Lights and Little People. You said we did !!

Breaking News

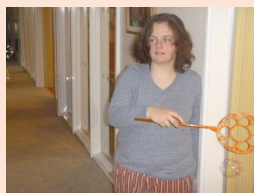
New staff arrivals working in Jubilee. We welcome Tom and Cathy. Tom's interests include cooking and walking and Cathy's include being busy with the children.

Joke of the day by Tierney
Why did the student take ladders to school?

A: Because he wants to go to High School (Boom BOOM!!)

What have I enjoyed ...

Tara Said she enjoyed playing and making bubbles. Scarlett said she has been



enjoying the new Twilight DVDs and doing lots of creative art.



Tierney said he enjoys going out to see the Queen Mary Cruise ship and going to Ikea.

Reporters – Tara, Scarlett, Tierney,

Halloween Fun!

We are still staying safe and finding new ways to have fun including the scaled down House tradition of our Spooky Spectacular Halloween Ball. We dressed up, carved pumpkins and had spooky treats. Brilliant fun!

Helen Stone—Jubilee House



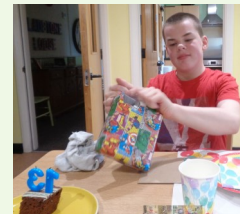
Teresa's Football News

What team Always starts with a bang? **The Gunners.**
Which football team nail their formation? **The Hammers**
From your Chelsea Reporter

and special thanks to Teresa for the quiz

Gladstone House Updates

It was great to see all the young people of Gladstone and welcome them back this half term. Everyone has enjoyed being back and being with their friends. We have been out for lots of walks along the sea front and at Powderham Castle. We need to make the most of the nice weather and light evenings before the clocks go back!



We have celebrated staff and young peoples' birthdays, especially enjoying birthday cake! We

are also enjoying cooking and baking. We have had really fun evenings cooking with and for each other. Danny has also taken everyone out on the bike track which was fantastic. We bought lots of new crafting



activities and games to do inside too. One evening we tie-died our own TShirts. They turned out really well!



We are all looking forward to our own Halloween Party. Next term will be even more fun as we will be preparing for Christmas and there is always lots of festive things to get involved with.

Megan Barr—Gladstone House.



The Spartan Boys Updates

It has been an active half term for Spartan - as usual! We have been making good use of the downhill bike track

(residences' own bikes due for delivery soon!)

Weekly tenpin bowling, and enjoying the driving range at Exminster Golf centre.

Chris Heard—Spartan House



Gala House

We have had another really a busy half term in Gala House. We decided to make a den for the older boys, which lets the older teens have some more grown up space. Even though it is for the older boys, everyone helped to design and put this together. The youngsters are looking forward to being able to use it one day!

We have been out on walks into town and the beach, been on the bike track, having BBQs and evenings in with DVD nights and Xbox games. We have even had a few take-aways and a trip to McDonalds! **Sam Poole—Gala House**





Green Class Art

Green class have been experimenting with fabric paints. They have learned how to use stencils to print the image and then splattered the paint to finish their shirts. It was great fun.

Karen Mongahan—Green Class Teacher

Gold Class

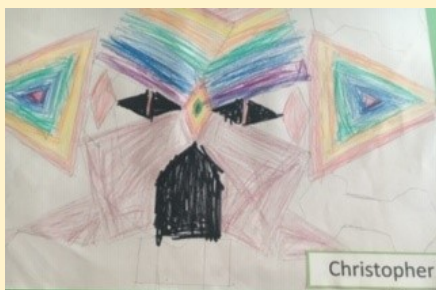
This term in Humanities, Gold Class has been looking at the art of Native American artist John Nieto who loved to paint the animals of his environment.



The students also studied the Uruguayan artist Joaquín Torres Garcia who particularly loved painting and sculpture and produced art using orthogonal grids; these are grids that use right angles.



The students have created some beautiful pictures in the style of these two artists.



In Maths we have been exploring tessellations and have been making our own geometric designs. We hope you enjoy looking at our art gallery.

**Christina
Beards—TA
Gold Class**



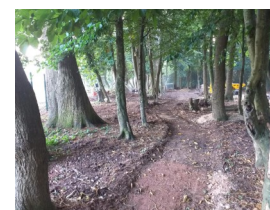
Maintenance Team Updates

The Summer holidays is always a good time to get things done in the school grounds and this year, although a strange one, was no exception.



The Maintenance team removed and renewed the old decking outside Apollo and replaced it with brand new paving and a bright new fence.

The dining room on Upper Site has been given a face lift with new ceiling lights, a new carpet and we have added an additional quiet area to the side.



In the forest area on Upper Site we created our Walk a Mile path, which winds through the trees, giving our young people a chance to watch for local wildlife as they enjoy their exercise along the route. There are always plenty of birds around if you look carefully.



Large raised beds have also been removed in preparation for the new canopy which will be fitted in half term. This will give cover to a large paved area which means that it can be used in both wet and dry weather during lunch breaks and lessons.

The Vocational Building is coming along too—we now have electricity and water supplies fitted in preparation for the final stages of the development.

Malc Ross – Maintenance Manager

RURAL SKILLS



Throughout this term we have tasted produce, dug a new pond, moved about 100 wheel barrows of wood chip for mulching, made compost, collected leaves and created lots of new plants with cuttings of thornless blackberry plants, box, pittosporum and sage.

In the first two weeks, all classes had to list as many things that grow on site as they could find. The lists included plants, bugs, birds and mammals. It became a very tight competition with the champions of 8CGi on upper site, Gold Class on lower site, and Red Class as a very close runner up. Well done all of you – who knew that so much grows and lives at Orchard Manor!!



The polytunnel is looking magnificent with runner beans and nasturtiums still growing, and creating archways across the

inside frame. There are cabbages, sprouts, kale, leeks and lots of herbs growing steadily. The children really enjoy keeping the polytunnel weed free and watered.



Lots of children enjoy looking after the chickens, and so they are a little too well fed. The chickens are laying only one egg a day between them, and this is probably because they are slightly overweight, and also because we are entering a new season. They are now just eating their proper food, and their corn treats are restricted for a while.



Our rescue cockerel, 'Swanny' developed a limp, and I bathed and checked over his feet, to hopefully find a thorn, but there was nothing to see. He was kept separately from the hens for a week or so, so he could improve his limp, and escape being pecked by them. However, he

kept escaping his pen to be back in with the other hens. His limp has improved, and I am treating him with an anti-pecking spray, so the hens will leave his beautiful feathers intact, and he can regain his full glory!



I have frozen lots of our golden raspberries, ripe red tomatoes and unripe green tomatoes, and during the winter months we will be making jams and chutneys in our lessons.



Our pumpkin and squash crop was very varied and colourful, especially as we had some plants donated by Amanda Crump. We even managed to carve a few with 7ACr.



One of our students planted lots of sunflowers at home during lockdown, and we were able to plant them out in July when she returned to school. They grew brilliantly, and were still flowering into October – thankyou Elana!



The weather has certainly become wetter, and the ground has become muddier. With that in mind, wellies and coats will be essential for all children after half term. Children are welcome and in fact, encouraged to bring their own wellies to school, although we have plenty, in all sizes, which can be worn for horticulture.



The wormery has produced several layers of compost, which will be used for planting seedlings next spring. The compost produced in our bins, from our chickens and from the mechanical compost machine (Rydan) have been used to mulch the flower borders especially.



Plans have been drawn up to improve our 'Secret Garden' with a better pond (our current pond has developed a leak), and a sensory and apothecary style planting scheme. Some of the work for this will be completed over half term, and then will be an ongoing project over the next few months.

Cathy Johnston—Horticultural Instructor

OCTOBER 2020 Community News



We have a [Notice Board](#) section on our website which will give you community news and links .

Please note, although we pass on this information in good faith, we are not endorsing or affiliated to any of the parties involved.

#ONECOMMUNITY

RFU FAMILIES FUND ACTIVITY TIMETABLE
TUESDAY EVENINGS 4:30-5:30PM

13TH OCT TOUCH RUGBY

20TH OCT ZUMBA

27TH OCT MULTISPORTS

3RD NOV TOUCH RUGBY

10TH NOV YOGA

17TH NOV MULTISPORTS

24TH NOV TOUCH RUGBY

1ST DEC CIRCUITS



NEWTON ABBOT
RFC

Rydon Industrial Estate, Newton
Rd, Kingsteignton, Newton
Abbot TQ12 3SJ
(Next to Fairways, FREE
parking)

All sessions are free,
open to all, and totally
COVID safe and
compliant. Come down
to the rugby club and
have fun together as a
whole family.

Nb: These are not drop off sessions
and designed solely for families to
partake in together.

PLEASE CONTACT ALICE UPCOTT ON ALICE.UPCOTT@ACTIVEDEVON.ORG
OR 07736294820 WITH ANY QUESTIONS OR TO BOOK ONTO THE SESSION

RFU Families Fund project running at Newton

Abbot Rugby Club Tuesday Evenings 4:30 – 5:30pm

The RFU Families Fund project is all about creating a community hub at the club, bringing families together to take part in activity as opposed to just doing nothing, or dropping kids off and leaving for an hour. All activities are free of charge in order to help encourage people to join in.

We will run a range of supported activities that will hopefully appeal to all genders and ages. Although some of these activities are inside we have qualified instructors for these and we are ensuring it is all fully COVID safe with equipment being cleaned, sanitising station, social distancing, and track and trace in place.

If you would like to attend but there is a transport barrier, or any other barriers for that matter, please make contact with me and I will aim to find a solution. We would like to get an idea of numbers coming before hand as we will have COVID space restrictions in place for indoor activities, so I have included my email and number for people to let me know if they wish to come along. Thanks Alice.

Any questions please don't hesitate to get in contact.

Tel: 07736 294 820 Email: upcott@activedevon.org



SEXTING

Sexting is becoming more and more prevalent with young people as mobile devices have become part of our lives now.

There is lots of information online about sexting. We have various links on our website in the Safeguarding section which you can also have a look at. This extract has been taken from:

<https://www.plannedparenthood.org/learn/teens/bullying-safety-privacy/all-about-sexting>

Is it legal? Did you know sending, owning, or taking naked or sexual pictures of someone under 18 (called a minor) is illegal, even if you both said it was ok. Never send, store, or forward a naked picture of a minor. This includes having or sending pictures of yourself if you're under 18.

Is it what you want? If someone is pressuring you to send sext messages when you don't want to, or if they

threaten to share your private photos or texts, they're not respecting you or your boundaries which is a sign of an unhealthy relationship. Don't send photos just because someone else really wants you to.

If anyone is making you feel uncomfortable online about sex, or is asking you to send pictures of yourself, make sure you **tell an adult you trust**.

Will it get shared? This is the hardest question to answer, because you often just don't know. Even if they don't share a private picture of you on purpose, their phone can get looked through by a friend, lost, stolen, or hacked and your pictures can be shared without your knowledge or consent.

If someone you don't know or who makes you uncomfortable sends you a sext or naked picture:

Tell your parents or trusted adult and show them the text or photo straight away.

Stay Safe! The OMS Safeguarding Team