

Orchard Manor School Newsletter

March 2020



Dear Parents and Carers

As we approach Easter, I have taken a moment to reflect on what has been an unprecedented half term.

As a nation, we are all facing uncertain times due to the Coronavirus. The virus is having a big impact on the school, its pupils, parents, staff and the wider community. To support with the management of the Coronavirus outbreak and to maintain the health safety and wellbeing of our whole school community we took the decision to close the school to all but children of key workers. We will continue to follow government advice and review the situation on a daily basis.

I would like to personally thank every member of staff at our school for continuing to do a fantastic job. Staff have rallied together and have been working endlessly to ensure that we can continue to support our pupils, even if it is remotely. Times like these really demonstrate the commitment and child focused nature of our amazing staff team. It also highlights how important every individual staff member's role is in making our school run.

We have tried to include information to answer likely questions you may have about aspects of education affected by the Coronavirus situation such as; year 11 exams, free school meals and access to learning

resources. We have also included lots of information and signposting to support available at this challenging time. This includes wellbeing advice - activities and sources of support, links to the latest government advice relating to Coronavirus and safeguarding information.

Even Ofsted have not escaped the effects of Coronavirus and the publication of our Ofsted reports is delayed. Once the reports are published we will arrange meetings with parents and share the reports with you.

Despite the challenging circumstances, there has been a lot of positive news throughout this half term: pupils and staff took part in the Sports Relief mile, and with the weather improving pupils have been busy in forest school and horticulture. There are also exciting upcoming projects to look forward to including the installation of new outdoor play equipment for our younger pupils.

We appreciated that parents have been patient and understanding over the past few weeks. The overarching advice from the government is to stay at home so I urge parents and pupils to do so and to stay safe. We will continue to support parents and pupils remotely as much as possible.

Mark Rose — Executive Principal

Exam Cancellations due to Coronavirus

As I am sure you are all aware there are no summer GCSE exams this year – instead grades will be calculated.

The process is as follows:

- Step 1** - The awarding bodies will be asking teachers to submit their judgement about the grade that they believe the student would have received if exams had gone ahead.
- Step 2** - To produce the above, teachers will take into account a range of evidence and data including performance in mock exams and non-exam assessment .
- Step 3** - The exam boards will then combine this information with other relevant data, including prior attainment, and use this information to produce a calculated grade for each student, which will be a best assessment of the work they have put in.
- Step 4** - Calculated grades will aim to be provided to students before the end of July.

Key Dates

- **Grades submitted to boards April 2020**
- **Results Day expected July 2020**

More details about examinations can be found on the school website, in the families section:

www.orchardmanor.devon.sch.uk

Jo Potts – Exams Co-ordinator





Annual Reviews

If your Annual Review was cancelled or is due next term: we will be completing the paperwork as we would normally. If there is very little change to needs and no expected significant changes to the provision in the Plan we will complete the paperwork, send it to you and invite you to discuss your child over the telephone.

If there are significant changes needed and other professional need to input on the plan you will be invited to a virtual meeting. You will start to receive this information during the summer term.

Adele Thomas—Deputy Principal

Free School Meals

This week we have been working on the most practical way of ensuring that there is provision for pupils who are entitled to a free school lunch.

We are now working with a company to ensure that parents receive money in the form of a supermarket voucher to purchase their child's lunch.

This will be up and running over Easter and so we will send this week's voucher after the Easter break. If this will cause financial difficulty please don't hesitate to let us know.

If you haven't previously checked if you're entitled to

free school meals and would like to, [please click here](#) to take you to the free school meal link on our website so you can check.



Alternatively [Click Here to Apply through the Citizen Portal](#)

If you feel you are entitled to Free School Meals please let our pastoral team know by emailing Mandy or Betsy at mmcvitty@orchardmanor.devon.sch.uk or bbinyon@orchardmanor.devon.sch.uk

Rowena Schofield—Deputy Principal

Distance Learning

Staff are sharing work with your child in a variety of ways:

Learning Boxes

Some pupils have learning boxes that have been dropped to you at home. Staff will keep in touch and make other suggestions of activities and online learning that is appropriate to your child.

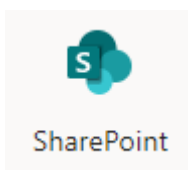
Online Learning

Most pupils will need to login to Office365. The link to this on the pupil's link on the school website or click on the link below: office.com/signin.



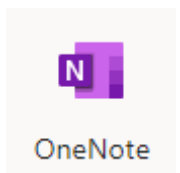
SharePoint

Pupils will then be using SharePoint – this is an online folder of learning for your child to complete or links to online learning websites where tasks will have been set for them. You will be able to access this once you have logged into Office 365. Just click on the tile at the top.



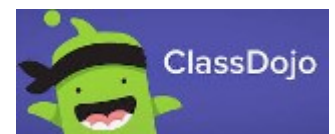
OneNote

Some pupils are also using OneNote – this is something we have been developing as a school and is like a lever arch file and a good place for pupils to communicate with their teacher.



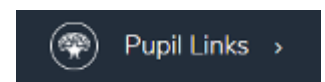
Class Dojo

Many staff use class Dojo and will continue to use this to share work for your child.



Orchard Manor School Website

Our website has pupil links at the bottom of the homepage. If you click on the links it does, as mentioned, take you to the Office365 login as well as other online learning hubs that we already subscribe to.



Pupils will have been given the logons for these and staff will have made sure that the material they access is at the appropriate level.

Rowena Schofield—Deputy Principal

Key Safeguarding Information



In light of the Government's decision to close schools please find some safeguarding information for parents and students below:

Whilst the school may be shut for the vast majority of students, the school and its staff will make sure all safeguarding procedures are in place and that communication between home and school can and will continue.

MASH (Multi-Agency Safeguarding Hub)

Please contact MASH on 0345 155 1071 or email mashsecure@devon.gov.uk if:

- You have a serious concern about the safety of a child or young person and/or
- You believe a child or young person is being harmed or is at risk of being harmed and/or
- You are worried that a child is living in circumstances where they are treated badly and not cared for properly

Give as much information as possible.

If a child is at immediate risk call the police on 999.

NSPCC

You can also find additional safeguarding information on the NSPCC website at: <https://www.nspcc.org.uk/keeping-children-safe/>

You can report abuse, find support for parents and lots of other useful safeguarding information.

10 A DAY CHOICES TOWARDS BALANCING OUR MENTAL HEALTH

1. Talk about your feelings
2. Do something you enjoy and are good at
3. Keep yourself hydrated
4. Eat well
5. Keep active in mind and body
6. Take a break
7. Stay connected to those you care about
8. Ask for help
9. Be proud of your very being
10. Actively care for others

CEOP

During the school closure children may access the internet more often than usual, if you need to report any online abuse you can report it to CEOP here:

<https://www.ceop.police.uk/safety-centre>

Childline

Anyone aged 18 or under can contact Childline about anything. Whatever the worry, Child Line are here to support you and help you find ways to cope.

There are lots of different ways to get in touch with Childline, and you can also get help from other young people through the site. You can call Childline for free on 0800 1111. You can access the website on <https://www.childline.org.uk/> where you can access 1-2-1 counsellor chats and send an email about your worry. There is also lots of other advice on the website for children and young people.

If a child is worried about their own safety or that of a friend call 0345 155 1071

Orchard Manor Safeguarding Team

For further advice on any safeguarding matter please email the Orchard Manor Safeguarding Team. We are here to help.

- Designated Safeguarding Lead – James Watson jwatson@orchardmanor.devon.sch.uk
- Deputy Designated Safeguarding Lead - Rachel Addison raddison@orchardmanor.devon.sch.uk
- [CLICK HERE](#) to go to the Orchard Manor School Safeguarding page on our Website.

James Watson— Designated Safeguarding Lead

Useful Links for further information

Government website

<https://www.gov.uk/coronavirus>

NHS website

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

DfE website

<https://www.gov.uk/government/organisations/department-for-education.html>

Public Health

<https://www.publichealth.hscni.net/news/covid-19-coronavirus>

School updates

check Parent Mail and find updates on the school website www.orchardmanor.devon.sch.uk

5 STEPS TO MENTAL WELLBEING

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

- 1 Connect with other people**—Good relationships are important for your mental wellbeing.
- 2 Be physically active**—Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing
- 3 Pay attention to the present moment (Mindfulness)** - Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.
- 4 Learn new skills**—Research shows that learning new skills can also improve your mental wellbeing . Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.
- 5 Give to others**—Research suggests that acts of giving and kindness can help improve your mental wellbeing.



We place the health, safety and wellbeing of our pupils above everything else, and realise that the current situation of self isolation may impact significantly on the wellbeing of both pupils and parents/carers in the weeks to come. Please take time to look at some of the wellbeing advice and links in this newsletter.

Bryan Webster



Action for Happiness is a movement of people committed to building a happier and more caring society. Every month they send out a calendar with something to do every day. Why not have a look? www.actionforhappiness.org

Stay Connected

During these difficult and uncertain times, with the instructions to physically isolate, it is very important for you and others to stay connected and support your and other people's mental health and well-being.



The importance of staying connected to your friends, family and community is vital.

Feeling lonely is a normal human emotion, but when you are connected to a group, or family or friends and feel responsibility for other people, that sense of purpose and meaning encourages you to take better care of yourself and take fewer risks and to feel that you are not alone in the current situation and it really supports the well-being of those you are communicating with.

Studies have shown that having supportive relationships is a strong protective factor against mental illnesses and helps to increase our mental well-being.

Phoning someone, sending an email, WhatsApp group chats, Skyping or any of the internet based communication tools are great ways to stay connected and to support all of those you care about, as well as supporting your own well-being.

It only takes a few minutes to make a call or send an email and it makes a big difference.

Please Stay Connected and tell others to 'PSC'



*Looking after your Mental Health and the Well-Being of all those you care about is so important, please **STAY CONNECTED***



ALCOHOLICS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help

others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

www.alcoholics-anonymous.org.uk/

SAMARITANS

We're working together to make sure fewer people die by suicide. Every six seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone. You can call us any time of the day or night, 365 days of the year: Call 116 123 for free. www.samaritans.org/



MIND For Better Mental Health



Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy.

www.mind.org.uk/

EVERY MIND MATTERS

Get expert advice and practical tips, or create a tailored self-care plan to support your mental health and wellbeing. www.nhs.uk/oneyou/mental-health/



YOUNGMINDS YOUNG MINDS

We're the UK's leading charity fighting for children and young people's mental health. You can find advice on how to get urgent help and guides to looking after yourself and how to support young people here: www.youngminds.org.uk/



GAMBLERS ANONYMOUS is a fellowship of men and women who share their

experience, strength and hope with each other that they may solve their common problem and help others to do the same.

This site offers various aids for the compulsive gambler including a forum, a chat room, literature and most importantly a meeting finder.

Meetings are the core of Gamblers Anonymous and we have meetings every day of the week throughout England, Wales and Ulster.

www.gamblersanonymous.org.uk/



RETHINK MENTAL ILLNESS

The Rethink Mental Illness advice and information service offers practical help on a wide range of topics such as The

Mental Health Act, community care, welfare benefits, and carers rights. We also offer general information on living with mental illness, medication and care.

www.rethink.org/

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

For More Ideas Join Our Facebook Group Extreme Couponing and Bargains UK Group

Last updated 24th March 2020

Fundraising Updates

We have been applying for grants and asking local companies to help us develop the school. We are very pleased to announce the following:

- We have received an amazing **£1,500** from **Snova Toyota in Exeter** which is for the mountain bike track which is being built in the woodland.
- We have had confirmation that we will be receiving a grant from **The Clothworkers' Foundation** whose aim is to improve the lives of people and communities. The fantastic amount of **£20,000** will be for new outdoor play equipment on the lower site.
- And **AIMS**, the group that uses our site at the weekends, has fundraised **£500** to put towards the outdoor play equipment too.

We would like to say a huge thank you to all these organisations as the money raised will go a long way in to improving the facilities for our pupils. Thank you! **Abigail Norris—PA to Executive Principal**



Sport Relief Mile!

We had a very successful day for Sports Relief with pupils taking part across the school.

Pupils and staff ran or walked for one hour—some completed 1 mile others 3 miles and some even managed completed 6 miles.

Ben Cornish was particularly successful, breaking the school record by completing 55 laps - a great achievement.

Special Sports Relief wristbands were also on sale on the day and we also made and sold a selection of cakes and biscuits which went down extremely well with staff and students alike!

In total we raised **£220.00** which was a tremendous effort from all.

Fran Fox—PE Teacher



Excellent Results in Maths

We are very proud to announce that 4 KS3 pupils took an external maths qualification and they all passed! Three year 8 pupils and one Year 7 pupil all passed the EdExcel Number and Measure Level 1 exam.

It is a fantastic achievement to attain a Level 1 maths qualification so early in their secondary school education journey.

These pupils worked really hard and should be proud of their achievement, not only to be able to sit a formal examination, but to also all pass. The next step for

these high achieving pupils is to work towards an EdExcel Statistical Methods qualification.

In addition to this we have also had several year 11 pupils passing a range of functional skills maths qualifications, again showing great commitment to their learning and their ability to apply their maths skills to real life problem solving tasks. Well done all of you!

Justin Luscombe - Head of Maths



RURAL SKILLS



We have had to move the pigs to a new area because of the preparatory work being done in readiness for our proposed developments to the school grounds.



It took a team of staff to help move the sty and the pigs themselves. We had to roll the hut out of the current enclosure, put it on the back of a

trailer and then move it up to the new area in the woods.

The next part of the process was to catch the pigs—who didn't want to be caught in the slightest! They eventually succumbed when apple chunks were thrown in to the enclosure, which they happily munched on until they were caught.

Once they were put in their new enclosure they loved it. There is plenty of leaf mulch to explore under and they look very content.

Massive thanks to everyone who helped in what turned out to be an epic mission.

We also have frog spawn in two ponds, which has hatched this week into tadpoles; usually early spawn is affected by frost, ice or snow, but this year has been mild although very wet. The newts are also starting to be very active.

The bees are getting slightly more active, especially on the rare sunny days we've had. They will be starting to think about increasing the size of the hives, bringing in food, while busily pollinating all that we're growing.

All the trees are starting to bud. The plum trees have blossomed already, and the cherry trees won't be far behind!

Sadly we lost one of our hens over the half term. The remaining five hens are healthy, well, and have continued laying throughout the whole of winter. Swanny the cockerel is looking absolutely fabulous!! I think we're all looking forward to spring, and the days getting longer and hopefully warmer - although its been the wettest and probably windiest winter on record, its been incredibly mild and so everything seems to have started to grow slightly earlier this year.

If we do keep the mild weather, the gardens will look fantastic this summer. Wellies have been essential footwear for the last 6 months, its been so muddy everywhere. The pigs quite like the mud, but children, adults and even chickens like the ground a bit less squidy!!

Keep safe and healthy till we next see you.



Cathy Johnson—Rural Skills

RURAL SKILLS



Pig Talk

In my short time of looking after the piglets I've already learned to recognise a few of their grunts and squeals and I have to say, in decibels — they're up there with a jet engine. As prey animals, being able to squeal loudly is one of their self protection instinctive behaviours.

When I was researching pigs on line, I found a great website. One part of their information was a whole section on common pig sounds and what we think they mean. Here are some of the more common sounds:

Grunting: Usually the noise a mother pig makes when feeding her young. There are loud grunts and soft grunts. Each has a different meaning.

Barking: A warning of danger nearby OR this can mean your pig is having fun.

Squealing: A sign of anticipation (usually when about to be fed) or a sign of pain.

A quiet, hot panting: Usually the pigs way of saying “hello” or being friendly, we interpret this as a pigs way of saying I love you.

A rough coughing noise: Usually means your pig is annoyed about something.



Why don't you have a look at the website and see if you can learn some of the sounds so that when you come to visit the pigs when you get back, you can try to understand them. See you soon!

Here is the link to the page: <https://www.minipiginfo.com/mini-pig-sounds-101.html>

Cathy Johnson—Rural Skills



The children have been participating in numerous cooking activities during the miserable months of January and February including making popcorn, nachos, pancakes, “smores” and porridge.



The mud-kitchen is now up and running with a hob installed to cook perfect mud

pies and dirt pizzas. A lot of the children seem to love this feature and is often being used by our budding chefs.

There has been quite a lot of den building happening and I particularly like the one in the picture that I have worked on with the students, I'm hoping we can make it completely waterproof and add some seating ready for the summer.

In the last couple of weeks we have been working hard on making hanging bird-tables. The students have all decorated their tables as they like using a range of resources and are now using the hand drills to make holes and using wood glue to put a trim on them. They

should be finished and ready to bring home early on in the next term.

With the Spring approaching we are seeing wildlife more frequently in our forest and have a wood pigeon that has chosen to build a nest right above our fire-pit. There has also been a mouse spotted by a very excited student, as-well as the return of our much loved pheasants.

Finally we have been working hard to clear some of the overgrowth in the forest and are planning to build a pond once we have cleared enough space. The children seem really engaged in this and are quite keen on having a small pond as part of their forest. They are clearing the space so quickly that I'm struggling to keep up with getting rid of the overgrowth, it's amazing what they can achieve when they work together. **Chris Leeds - Forest School**





Boy Racers!

Spartan boys had a great time at Raceworld. In the Grand Prix Final, Harry came second and was the most improved driver, and Morgan came in third.

The biggest kid of them all Cav - a fantastic member of our Spartan Care Team, came in first place - much to his delight!

Great skills were shown by all competitors and we had some very respectable lap times up on the leader board.

Oh, and in case anyone was wondering—the bottle of bubbly remained sealed and was returned to the instructor!

Chris Heard—Team Leader Spartan House



Jubilee House

Jubilee have enjoyed two birthdays this term. First we had a party with favourite foods lots of party games. And the second we went out to Pizza Hut and enjoyed lovely pizzas.

We also had great fun making pancakes on Shrove Tuesday—the best bit was eating them. We have also been out to the cinema, had

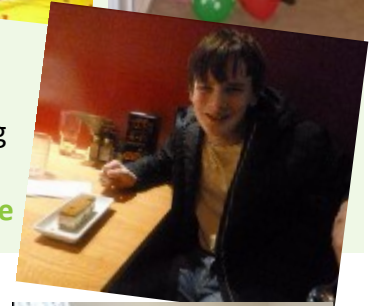
some lovely walks, chosen some new DVD's for the house and had a go at baking. We made lots of yummy cakes. Its been a good term and we are looking forward to seeing you soon!

Helen Stone — Team Leader Jubilee House



Gala House

We have been really busy with a new project which has been going on for a couple of terms now in the Model Room. We have set up our own model railway, and Richard has helped us with the base for our Hornby Train track to go on.



The residents of Gala are all extremely proud of this and they are all working really hard to make it look realistic. Graham has promised to paint a mural on the wall to enhance the background which will bring the whole track to life. The boys in the house are having a huge input on what it is going to look like and they are really excited about it—it is going to be amazing when its done! We will post more photos later.

Mandy Graham Care Officer—Gala House

World Book Day 2020—5 March 2020

We had a great day on the 5 March in Lower School where we celebrated by having a fantastic parade of everyone's costumes. Even the teachers got involved. Lots of fun for everyone!

Sam Tyler—Purple Class

