

Great Easton Grapevine

Spring 7 – 24th March 2021

Our vision: We are God's children and global citizens. We will be bold enough to use our voices, brave enough to evoke change in the world and strong enough to stand up for what is right. We are valued and are part of a Christian family that grows together in faith, love and kindness.



Thank you to all parents who are wearing masks at drop-off and pick-up. I appreciate it's another thing to remember but helps to keep people safe when you are gathered or walking past others closer than 2m. You may not be aware of health conditions which make some of our parents extremely vulnerable.



School Wear

After Easter we expect all children to be wearing the correct school wear, including sports trainers (not fashion trainers) with a properly aerated sole, as well as a school jumper, hoodie or zoodie.

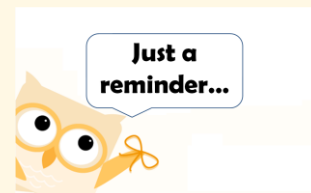
Please also remember that hair should be tied up if it's long enough to be so, this keeps it out of their faces and also helps prevent the spread of headlice.



National
Autistic
Society

Ruben (Y6) is taking on the Super 7 Challenge to raise money for the National Autistic Society - he will be completing a number of tasks - including a 7-mile bike ride; 70 minutes of yoga; hosting a quiz for friends with 7 rounds - and would love you to sponsor him!

If you would like to find out more and donate, please visit his JustGiving page <https://www.justgiving.com/fundraising/ruben-hurst>



Please do not send forms and letters into school - take a photo/scan and email to admin and help to keep everyone safe.

Letters issued since last week:

Year 5 & 6 - Bikeability

Years 4-6 - Health Related Behaviour Survey

REMINDERS & NOTICES

- There are still spaces for Nick's sports club which is being held over the Easter Break - sign up is on Schnappy - Clubs - separate sessions for R/KS1 & KS2 - please ensure payment is made before we break up for Easter
- There are still spaces for MRFA Easter Football club - please see letter for details of how to sign up and pay (copy attached to this Grapevine email)
- Year 5 - Danbury April 2021 - payment is now overdue
- Year 6 - Kingswood June 2021 (formerly IOW) - payment is now due
- Year 4 - Danbury Oct 2021 - deposit is overdue, 2nd instalment due 1st April
- Music Lessons - if your child wishes to start after Easter, please make sure to register as per letter sent. Payment for those already requested is now due - requests have been added to Schnappy
- KidsClub - if you haven't already done so, please send in booking sheet for Summer term in order to take advantage of block booking discount
- School dinners - payment for Summer term is now available on Schnappy - Events - option to pay for full or half term. Please contact me if other options required
- Y5/6 - Duolingo Club with Mr Mitchell - please sign up on Schnappy and send payment as per email sent, if your child wishes to join in

★ Star of the Week ★

Y3/4 Chloe
Y5/6 Gabriel



Emily & Maddie B-W for enjoying and eating every dinner without moaning
Class 1/2 for always eating - even their vegetables!



DANBURY TRIP FOR CURRENT YEAR 5 IS
NOW WEDS 19TH - FRI 21ST MAY 2021



SCHOOL BREATHE
breathwork for a calmer classroom

School Breathe exercise - Bellows Breath - is attached to the email as a separate document.

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 30 / March 2021

Easter holidays walking trails:

Keep the kids entertained and enjoy a springtime walk round our beautiful villages with our Easter walking trails.

There are three walks - Duton Hill, Great Easton and Little Easton. £1 per map, or £2 for all three. Each trail has quiz questions for the children to enter a prize draw to win a kids' hamper. Send money in to class any day next week, with a note saying which map(s) you would like. **One entry per map - feel free to buy a map per family or per child for an extra chance of winning!**



Easter treats....

Fri 26th March - The PTA will be providing easter eggs for all of the children and an easter egg hunt to go with it :)



Crazy hair day!

Monday 12th April - Before you get your hairdressers appointment, make the most of that lockdown hair style and come into school with mad hair for a £1 donation.

Hoop Dreams

The new Basketball Hoops are now in the playground - we have heard the children are enjoying their new equipment so a big thank you to you all for contributing towards them through the fundraisers last year.

Bags2 school

Please put aside any clothes etc for a **Bags2 school**. We are in the process of trying to get a collection booked in - date TBC.



Please don't forget when you are making purchases to use **The Giving Machine** or **Amazon Smile** so that the school can benefit from the donations they generate - just select our school before you shop.

Find out more and email us: pta@greateaston.essex.sch.uk

Photo credit: pixels and photography



Bellows Breath

This is quite an advanced breathwork so we always recommend you follow our School Breathe teacher, Denisa for full instruction via the video. However, here we explain it for you to help you refine your practice and to enjoy a short practice at home.

Best to practice on an empty stomach as you are really working the belly with this technique. It's great for energising the body and rebooting the digestive system. How about practicing for a minute before breakfast time?

Find a nice tall posture. This breath technique must be practiced sitting up., relax your shoulders, soften the face and take a few deep, breaths in and out via your nose. With each inhale, imagine the belly rising and expanding as you breathe in. Allow there to be space between top and bottom teeth but the lips are zipped up!

& Breathe...

Begin the breath technique by exhaling with a little force through the nose. Imagine a bull snorting! Followed by inhaling with similar 'gusto'. The inhale and exhale should be equal (shorter than normal) length. Breathe in and then immediately breathe out with this a shorter quicker pace than normal breathing.

Make sure the breath is coming from your diaphragm; keep your head, neck, shoulders, and chest still while your belly moves in and out. The breath should be short but audible. Imagine pumping the belly with each breath. Go easy now!

For your first cycle, move through a round of 5 x bellows breaths, then take a break and breathe naturally, observing the sensations in your mind and body. After a 10 second break, begin the next round with 10 breaths. Finally, after pausing for another 10 seconds, complete a third round of 15 bellows breaths.

Be sure to listen to your body during the practice. Bellows breathing is a safe practice, but if you feel light-headed in any way, take a pause for a few minutes and return to breathing naturally. When the discomfort passes, try one more round of bellows breathing, at a slower pace and with less intensity.

