

Great Easton Grapevine

Spring 2 – Lockdown – 27th January 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.



Don't forget Mr Bush's quiz on Zoom on Friday at 6:30pm



Please see sheet attached to the Grapevine email, for the experiments for w/c 18th & 25th January 2021!



This week's School Breathe exercise - Body Breathe - is attached to the email as a separate document.



Leon



Freddie C



Y1/2 - Will & Oliver Hu



Kyra



Y1/2 - Heath

Y5/6 Rudi



Family Lives has received funding to work in partnership with Essex County Council to provide support to lone parents and parents of children with SEN across Essex - if you would be interested in this, please contact us.

USEFUL INFORMATION

Winter Warmth Funding (CVS Monies)

Funding available for families during winter to help with heating, electricity, food vouchers, etc

- Harlow: contact [Rainbow Services](#)
- Epping Forest: contact [Voluntary Action](#)
- Uttlesford: contact [CVSU](#)

Organisations such as Citizens Advice in Dunmow have fuel logs, warm packs etc.

Parent Befriending

Mind West Essex have put in place a Parent to Parent programme, offering a range of support, training and opportunity

<https://www.mindinwestessex.org.uk/services/parent-to-parent/>

Shared by Henrietta Barkham (ECC Children & Families & All Age Mental Health Commissioning):

FIF Xtra – continues to be available and most services have capacity to accept referrals. The link for further information on FIF Xtra services is here:

<https://www.escb.co.uk/news/new-family-innovation-fund-xtra-gives-essex-families-a-little-extra-help/>

Essential Living Fund – increased funding available via Covid winter funds, take up is increasing rapidly. The fund is to support essentials i.e. food, fuel etc. The scheme is administered by Southend Borough Council but covers all ECC areas. For information and how to apply see below:

<https://www.southend.gov.uk/extra-financial-help/essential-living-fund>

Parenting Together Programme – parents can now self-refer across SET. The programme will not be available post-July, so as much as possible, do continue to refer / promote self-referral – flyer below:



The flyer is a promotional document for the Parenting Together Support Programme. It features a central image of a family (a man, a woman, and two children) smiling and holding hands. The text is arranged in columns and sections. On the left, there is a 'Further information' section with details about course formats, eligibility, and privacy. On the right, there is an 'INFORMATION FOR FAMILIES' section with the programme name, a tagline, and availability details. At the bottom, there are logos for partner organizations (family lives, HOME START Essex, relate, and Asian Family Wellbeing Service) and the service provider, TAVISTOCK RELATIONSHIPS. Contact information is provided in a purple box at the bottom left, and the website URL is at the bottom center.

Further information

Courses are free and support will be offered online by webcam (on your laptop, smartphone, tablet or desktop computer) during times of social distancing measures. Once social distancing is over, where possible, support may be offered in your home or local community.

Parents are encouraged to commit fully to the course in order to gain the most benefit.

Sessions range from individual one-on-one, to group sessions between 6 to 12 parents depending on your particular needs.

Programmes are open to all eligible parents, mothers and fathers, and same-sex parents. These opportunities are for couples who are together in a relationship or those who are separated.

Privacy

We only share information in accordance with our Privacy Notice and Consent forms which you will be given as part of the referral process.

Contact us

If you have a question, comment or enquiry about the programme, please contact us at:

- referralsbrsf@tavistockrelationships.org
- <https://TavistockRelationships.org/p-together>

INFORMATION FOR FAMILIES

Parenting Together Support Programme

A New Programme For Parents

Available online by webcam during social distancing

FREE COURSE ▶

Parenting Together Support Programme in association with:

- family lives
- HOME START Essex
- relate
- Asian Family Wellbeing Service

A service provided by **TAVISTOCK RELATIONSHIPS**

For general enquiries email referralsbrsf@tavistockrelationships.org

TAVISTOCK RELATIONSHIPS

www.greateastonprimary.co.uk



SCHOOL BREATHE

breathwork for a calmer classroom

Body Breathe

Sometimes we can spend a lot of time in our heads. Whether it's worrying, learning or imagining things. Sometimes, everything seems to happen up here in our heads. Because our breath moves our body, we can use our breath to reconnect with our bodies and to notice how we are feeling. This is great if you have a busy mind and you need to calm it down. And you can practice it anywhere at anytime!

Benefits

- Brings mind into the present moment
- Helps calm the nervous system
- Cultivates body and breath awareness
- Encourages a healthy nasal breath

& Breathe

We are going to focus now on different parts of the body... and breathe!

Now let your awareness move through your body as you are guided through each unique part of your body.

Even though we are scanning the body in different areas, always make sure when you are breathing in your belly rises so lets start here.

Place both hand on the lower belly just below the belly button and take 3 breaths here.

Breathing in, the belly rises. Breathing out, your belly should return to its resting position. Let's breathe two more times like that focusing only on the belly.

Breathing in allow the belly to be soft on rising and breathing out, allow the belly to gently soften towards the spine. Encourage the body to relax further with every exhalation. Now lets take our awareness to the top of our heads.

If this difficult to imagine you can bring your hands here. Notice any sensations here. Slow the breath down as you travel around the body. You can close your eyes if this is comfortable. Notice your forehead and face. Become aware of your eyes, your

cheeks, your eyebrows. Bring all your awareness to your left eye...now your right eye. If you have the eyes closed, can you see any shapes or colours? Remembering to keep breathing into your belly space, now bring your awareness to the tip of your nose. Take a slow breath in as you notice the air coming in through the left nostril. Breathing out. Breathing in again and notice the air coming in through the right nostril. Breathing in and out, notice how the air entering and leaving the nostrils. Travelling around the face, bring all your awareness to your ears, your ear lobes, bring your attention now to your top lip and bottom lip, moving down to your chin, throat and neck. Can you feel the air still travelling down the throat on your next breath in? Travelling now down the shoulders, down to the ribcage. Breathing in, can you feel the breath expanding the ribcage? Now notice your arms, your hands and fingertips.

Breathing in. Breathing out. Scanning the area of your stomach, belly button and hips. Take your awareness to your lower back now, how does this move with the breath? Travelling down to the sitting bones, the legs, knees, ankles.

Now deepening the breath as you notice any sensations in the feet. Take all your awareness to the top of your right foot...sole of the right foot...all of the toes... Feel your whole right foot can you feel any buzzy energy. Now take your awareness to your left foot, the top of your left foot...sole of your left foot...all of the toes...feel your whole left foot...

Drawing awareness of sensation in the navel. left hip... thigh... knee... left lower leg... ankle... top of the foot... sole... big left toe... all of the toes... Feel the entire left foot. Now feel both feet planted firmly on the ground. Your foundation, your support. Breathe in slowly. Breathe out softly. If you have your eyes closed, blink them open and notice how you are feeling. More present? Calmer?



"Breathe to feel the body. Feel to heal the mind"

www.schoolbreathe.com

Week commencing 18th January



Can you supersize a marshmallow?



You will need:
a marshmallow and a microwave

Step-by-step guide to super-sizing a marshmallow:

1. Put a large marshmallow on a plate and ask a grown-up to microwave it for 30-60 seconds.
2. You'll see that it grows...and grows...and then goes black inside. Marshmallows are foamy because they've got loads of tiny air pockets in them. The microwaves heat up the water vapour inside them, making the molecules bounce around more and more, pushing the air pockets outwards. But, eventually, the sugar starts to burn (so they'll taste better after just 30 seconds!). They're super hot when they come out, so be careful!

Week commencing 25th January



Can you make a dragon egg?

You will need:
eggs and food colouring

Step-by-step guide to making dragon eggs:

1. Ask a grown-up to hard-boil some eggs.
2. Let them cool and then roll them on the work-surface to crackle the shell all over.
3. Half-fill some cups with water and mix in a good dollop of food colouring into each cup (the gel pastes work best).
4. Pop an egg into each cup and leave in the fridge overnight.
5. Peel off the shell and you'll see that the dye is taken up wherever the shell is cracked.
6. Now gobble them up!

