

Great Easton Grapevine

Summer 2 – Wednesday 21st April 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.**

Miss Jackman and the teachers will be looking at the children's places after half term, but we thought you might like to know who will be teaching which class next year!

YR/1 - Miss Wilson

Y1/2 - Miss Miles

Y3/4 - Mr Boddington

Y4/5 - Miss Gabenyte

Y5/6 - Miss Govey



Singing Lessons

We have had a request from a parent regarding singing lessons for their child. I have enquired of Essex Music Services and they do have singing teachers, but we must ensure there is enough interest before they will check availability. If you would be interested in this for your child, please email me by the end of this week. If I get enough responses, then I will contact EMS to see if we can arrange them. The cost would be the same as for musical instrument tuition - £77.50 for the term (10 x 15-minute lessons).



Our chicks are hatching! If anyone would be interested in giving one or more a home, please let me know, as we are only planning on keeping five so the rest will be returned along with others from local schools.



SCHOOL BREATHE
breathwork for a calmer classroom

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

Absence Reporting

Please remember to report absences on Schnappy by 9:30am. If a child is going for an appointment during school time, please scan/take a photo of the letter/card and email admin@. Any messages received will be passed onto the classes, so there is no need to message the teachers or any other members of staff. Absence request forms are available on the website for exceptional circumstances and must be accompanied by a letter/email explaining reasons for the request.

www.greateastonprimary.co.uk



Please see sheet attached to the Grapevine email, for the experiment for this week!

★ Star of the Week ★

Y3/4 Reilly

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 32 / April 2021



Walking trails final total: £129
Raised from the village Easter trail maps.



Crazy Hair final total: £84
Raised from the lockdown hair styles.



New on site clothes bank

Parents can drop clothes off at the school car park clothes bank from **8am – 6pm Monday to Friday** only. You will find it tucked in the corner of the main car park. This is replacing bags2school so please fill it up with any dry textiles (no school uniforms please)



Re-loved!

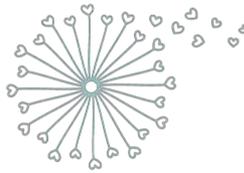
If you have any school T-shirt's and jumpers that no longer fit please feel free to pop them in the foyer so we can organise a second hand uniform sale.

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 pixabay





SCHOOL BREATHE
breathwork for a calmer classroom

OCTOPUS BREATHE

Children love the animal kingdom and their enthusiasm for learning cool facts never seems to wane. Of the 20,000 breaths we humans take per day, we should always breathe in through the nose and out through the nose (unless engaging in some short breath practices).

The Octopus loves (and only) breathes in and out of its siphon like mouth. This pumps water in and around the gills as it extracts oxygen from the water which then pumps it through its 3 hearts and around it's entire body.

This breath technique is a great way to encourage children to connect with their breath and body using their 'tentacle' arms and hands.

BENEFITS

- Slows the breath down, creating a calm mind
- Develops and deepens breath awareness
- Brings the mind into the present moment
- Foundations of a healthy breath

& Breathe

This is great for bringing your awareness to the oceanic depths of your breath.

Taking 3 x breaths (1 breath = 1 x inhale plus 1 x exhale) to 4 different areas of the body will show you how your entire torso moves with each inhale and exhale.

Either practice standing or find a comfortable seat. Have your feet firmly planted on the floor. Spine tall with a sense of space between lower ribs and the top of the hips.

Pretend your arms are Octopus tentacles and place your hands (or the 'tips of your tentacles' just below your belly button to encourage a healthy belly breath.

Take a breath here (1 breath = 1 x inhale + 1 x exhale), deep into the belly...imagine (and feel) the belly rising like the ocean as you take the air deep into your lungs. If your imagination can run wild today, you can even imagine that the belly is the head or 'mantle' of an Octopus, bulbous, full and rising as you breathe in.

On the exhale, make an 'O' shape with the mouth, just like the siphon mouth of the Octopus and breathe out a long slow breath, listening to the sound of the breath as it leaves the body, you may notice that the out breath sounds similar to the sea.

Now take each hand to either side of the body, between the top of the hips and the bottom of the ribcage.

Take 3 deep breaths here and notice how the body expands outwards into your hands as you breathe in. Breathing in through the nose, out through the mouth with an "O" shape on. Slow the exhale down.

Next, take both hands behind you and place the palms of the hands to the lower back.

Close your eyes just for the next 3 breaths (same as before. Breathe in through the mouth. Longer exhale out of the "O" shaped mouth) and see if you can feel the back of the body moving and expanding into your hands as you breathe.

Now take one of the hands to just below the belly button. You should have one hand on the front of your body and one hand on your lower back. Breathe 3 more times here and feel both sides of your body moving while you are breathing.

Notice how you feel.

You have taken 12 deep conscious breaths and should be feeling like a calm ocean.

QUOTE OF THE WEEK



“You can’t fall if you don’t climb. But there’s no joy in living your whole life on the ground”. – Unknown

Week commencing 19th April



Bridge Building

This week, your challenge is an Engineering challenge.

Can you make a bridge out of household items that spans a gap of 10cm. The aim of your bridge is to take as much weight as possible.

How much weight can your bridge hold?