

Great Easton Grapevine

Summer 3 – Wednesday 28th 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.



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

★ Star of the Week ★

Y5/6 - w/c 12/4 Beatrice; w/c 19/4 Eliza & Chloe



No parking

All parents should be dropping off at the village hall for the walking bus now, apart from those that come by school transport. If you are bringing your child in late for any reason, please avoid using the layby during the 'no parking' times as this can cause issues with staff arriving at school and deliveries etc. Use the bottom car park and walk up to the new gate where we can buzz you in.



We have a visit from Night Owls planned for 6th May - please see letter sent out today via email.



SCHOOL BREATHE
breathwork for a calmer classroom

This week's School Breathe exercise 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

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





Breath Awareness Technique for Calm.

Read before sleep or to feel calm and present.

Find a comfortable position, either laying down or if sitting, allow the spine to be tall but without being rigid.

Allow the face to be soft. Relax the jaw. Allow there to be space between top and bottom teeth but the lips remain closed.

Soften the face on your next out breath

Place your hands on your belly and take a lovely soft, slow breath in through the nose

Now breathe out through the mouth with a soft sigh

Breathe in again, allowing the belly to rise

Breathe out slowly through the mouth

Breathe in again and take all your awareness to your eyelids

Breathe out through the nose this time and soften the eyes

Take all your awareness to your throat and breathe in slowly. Notice any movement in the throat as you breathe out.

Take all your awareness now to your upper chest. Take a breath in and maybe notice the chest rise a little at the peak of the inhale.

Breathe out and feel the chest soften

Now take all your awareness to your belly

Breathe in through the nose. Encourage the belly to rise.

Breathe out through the nose. Let the belly fall

Breathe in gently through the nose.

Breathe out through the nose.

Now take all your awareness to your legs and all the way down to your feet.

Notice the soles of your feet.

Breathe in, imagine the breath reaching all the way down to your toes

Breathe out, imagine the breath travelling all the way up through the body and out of your nose.

Breathe in all the way down to the toes.

Breathe out all the way through the body, and out through the nose.

Breathe in slowly through the nose now

Breathe out through the nose

Breathe in bring your awareness to your belly rising

Breathe out allow the belly to return to its resting position

Breathe in

Breathe out

Notice how you feel.

Week commencing 26th April



Can you make dirty water clean again?

Today you will need to make a mucky potion to start. You can use mud, sand or anything else you can find! When you have your dirty water, you need to try and get your water clean again.

What household objects can you use to help filter your water?

How clean can you make your water?