

Great Easton Grapevine

Autumn 10 – Wednesday 25th November 2020

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 remember to book your child in for Christmas Dinner on Tuesday 15th December - Schnappy - Events. DEADLINE is 30th November.

Please accept our apologies for the confusion with the form last week - it is something we plan to introduce in the future but think we may have a few gremlins to iron out first!



Flu Vaccinations

The health team will be with us on Friday 11th December to provide the children with their flu jabs. The email with the link to the electronic form has been sent, for you to provide consent. No child will receive the vaccine if they have not had the consent form.



SCHOOL BREATHE
breathwork for a calmer classroom

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

www.greateastonprimary.co.uk



Freya



Freddie C



Henry S



Dominic

★ Star of the Week ★

YR/1 Albie

Y1/2 Flo

Y3/4 Casey

Y4/5 Charlie & Leon

Y5/6 Declan



R/1 - Jetson

Y3/4 Oliver & Evelyn





Important reminder - no children should be dropped off by the school, using the layby, entrance to staff car park or walkway beside the staff car park entrance.

Yesterday morning a parent was reversing as children were trying to get off the bus and staff were trying to enter the carpark, which was incredibly dangerous.

Unless otherwise arranged all parents of Years 1-6 should be using the village hall/walking bus drop off.



KidsClub booking forms for next term have been sent out via email. If you want to take advantage of the discount, these need to be returned before the end of term. Places are limited on certain days, so we cannot guarantee them - please send through as soon as possible if you want to make sure to get them!

If requesting ad-hoc KidsClub sessions, this can be done on Schnappy - please wait for confirmation of the booking before making your arrangements in case we are unable to accommodate your request.



If you have a child due to start school in September 2021, the deadline for admissions is 15th January 2021
www.essex.gov.uk/admissions

Parent Visits re Reception 2021

Although we are unable to do our normal tours for prospective parents, we have put together a video and Miss Jackman is happy to meet with parents on the playground to chat about school and answer any questions. If you know of anyone that has a child due to start next September, please encourage them to get in touch with me on the admin email address, or call the office.

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 25 / November 2020

Jazzy jars - If you forgot to send your child in with a jar today you can still send them in up until Friday. they will be quarantined over the weekend ahead of purchasing. **Please send your child in with £1 to choose and buy one on Monday 30th November.**

PTA events coming up November - December ...

- › **Silent disco - 26th/27th Nov**
In class bubbles, courtesy of Jigsaw Parties and Events. **Treat from the PTA!**
- › **Christmas shop - Fri 27th Nov - £2 per item** Please send your child in with spending money, up to 4 items per child but possibility of buying more if desired.
 - + If you can send your child in with an extra bag or a carrier bag that would be a great idea.
 - + We will be donating 25% of profits to the local food bank to help out families with children's gifts and food over Christmas.

Hoop Dreams!

Our goal of raising £2,300 towards the new school basketball hoops is ongoing.

So far we have raised:

- £99 - Bags to school
- £142 - Halloween dress down
- £335.44 - EcoRacing
- £191 - Xmas cards
- £68 - 2nd hand uniform



Ideal Christmas Gifts!

GEPS 2021 Calendar

- › Featuring the GEPS children.
- › Pre order now for delivery in December.
- › Deadline for orders: **30th November.**
- › **£8 per calendar** - no limit on order quantity!

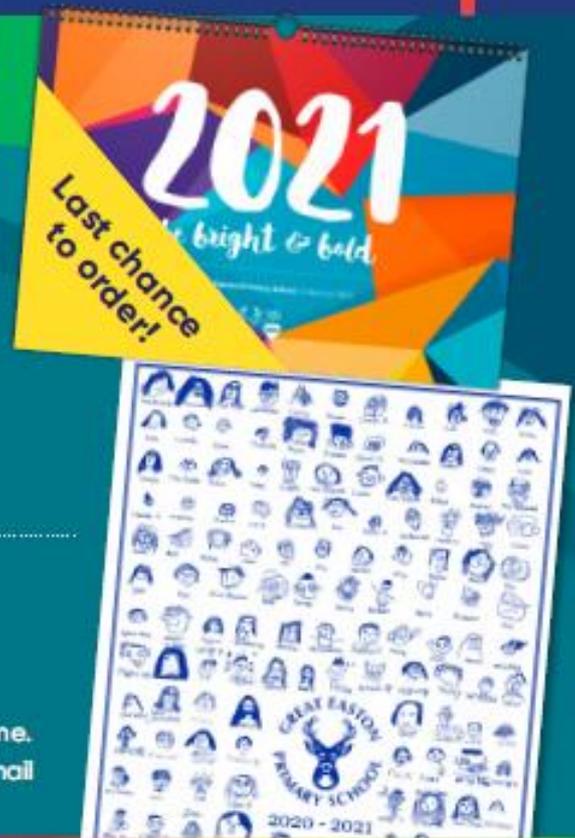
GEPS Tea-Towels

- › Every child has drawn their face for this masterpiece!
- › **£6 for 1 / £10 for 2 / £15 for 3**
- › For more than 3 just add **£5 per extra tea towel.**

Payments

As we are avoiding sending money into the school, we ask that you pay via paypal.

- › Please follow this link: <https://paypal.me/GEPSPTA>
- › Please indicate what you are paying for and your child's name.
- › You can also make payment via paypal by using the PTA email address: pta@greateaston.essex.sch.uk



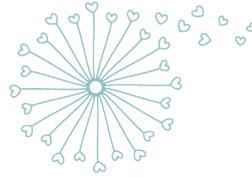
Please join our Facebook page:

For all the latest news check our facebook page!
Search: PTA Great Easton Primary School

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

Photo credit: paula and piobay





SCHOOL BREATHE

breathwork for a calmer classroom

HOT CHOCOLATE BREATHE

This week we focus on extending the exhalation and boosting our imaginations at the same time. By elongating the out breath we trigger the parasympathetic nervous system which helps induce feelings of calm and relaxation.

Benefits

- Exercises the imagination
- Extending the exhalation triggers a relaxation response
- Brings the child into the present moment
- Cultivates a fun relationship with breath work
- Calms the mind

Breathe...

- Imagine you are holding a mug of the most delicious hot chocolate.
- The warmth of the mug brings heat to your hands.
- Bring the imaginary cup up to just under your nose
- Take a long inhale through the nose, imagine smelling all the delicious rich flavours of chocolate.

- Gently breathe out slowly through the lips, as you cool the hot chocolate down. Imagine you can see steam drifting away from the mug as you breathe out.

- Breathe in slowly as you allow the scent of the hot chocolate to enter the nostrils.

- Slowly breathe out through the lips, as you cool the hot chocolate down a little more.

- Repeat one more time

- Breathing in through the nose slowly
- Breathing out fully through the mouth

You can end the breath exercise here or if the children are slightly older and have a longer attention span you can add a Marshmallow breath hold:

MARSHMALLOW BREATH HOLD

Just before you take a sip...

You look at the huge Marshmallow on the top of the hot chocolate and you take it slowly and carefully with your fingertips – it feels light and fluffy. This marshmallow is HUGE. You open your mouth wide and pop the marshmallow into the mouth. Hold the breath. 1....2....3.... Imagine big marshmallow cheeks. Breathe out through the nose. Breathe in through the nose. Breathe out through the nose. Now chew your marshmallow well and swallow!



***"Logic will take you from A to B.
Imagination will take you everywhere"***
- Albert Einstein