

Great Easton Grapevine



Autumn 11 – Wednesday 2nd December 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.



Christmas Dinner bookings **CLOSED** on Monday - if you have not already booked your child in via Schnappy, or spoken to Linda or me separately, they will **not** be provided with a dinner on Tuesday 15th December. Please make sure to send them in with a packed lunch as we will not have any spare food for them!



Children are welcome to wear their Christmas jumpers to school on Tuesday 15th December - Christmas Dinner Day!



SCHOOL BREATHE
breathwork for a calmer classroom

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



Dominic



Freddie C



Henry S



Dominic

★ **Star of the Week** ★

YR/1 Teyana

Y1/2 Lois

Y3/4 Emily

Y5/6 Charlie



Y3/4 Maisie & Finley B

Y6 Cullen





Maisie in Y3/4 has lost her brand new wellies. They are named, plain black, with a buckle on the side and from Next. Please could you check to see if they have made it to your home by mistake.



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.



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.

MUSICAL
Advent
 CALENDAR

Please click on the following link every day throughout December for a musical advent calendar!

https://docs.google.com/presentation/d/e/2PACX-1vSJ38uJ9mss9CR7nM_H4c1u1dct6I7_BgrBjgsXW8JgKjAa8doCKROiToeqClbAELxo3iuhc9E6Wilb/pub?start=false&loop=true&delayms=3000&slide=id.p1

THE ROYAL BRITISH
LEGION



Thank you to everyone that contributed to the collection - we raised £73.33 in school which formed a small part of the £11,505.70 raised across the district.

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 26 / December 2020

A big thank you to the staff for running the silent discos AND the school Christmas shops!

We are leaving the stock overs in the foyer for a few days for any late purchases. Please arrange with your child's teacher if they missed out or were absent and would like to buy some gifts.

We also want to shout out to all of the PTA helpers who have been making, buying and wrapping like crazy over the last few weeks for the Christmas shop - **we are so grateful to have your help and input.**

Please don't forget!

Please contribute to the **secret surprise** (email dated 18th November) as we need your responses by December 7th.

GEPS Tea-Towels

Tea towels are on sale still - stock is very, very low now so please bear in mind Christmas delivery is not guaranteed if we have to re-order more.

- › Please contact one of the PTA if you'd like to check before ordering: pta@greateaston.essex.sch.uk.
- › Please follow this link: <https://paypal.me/GEPSPTA>
- › Please indicate what you are paying for and your child's name.

GEPS 2021 Calendar

Calendar order is now placed, as soon as they have arrived they will be distributed to those of you that have purchased.

Big thank you for your orders this year!



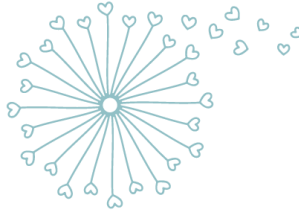
Please join our Facebook page:

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: pixels and playboy





SCHOOL BREATHE

breathwork for a calmer classroom

Bubble Breathe

This week we are concentrating on our exhalation. By creating a longer exhalation, and breathing out through the mouth we can help the body feel calm and relaxed. By using our imaginations while practicing breath techniques we can also bring our mind to the present moment and it makes it a lot more fun – maybe you can try with real bubbles too!

Benefits:

- The extended exhalation triggers the relaxation response
- Calms the mind
- Exercises the imagination

& Breathe

Using our imaginations, we can practice breathing with so many different things. How about we start by imagining blowing bubbles.

Let's take a deep inhale through the nose.

Breathing in deeply through the nose and get ready to blow bubbles!

Breathing out through the mouth, purse the lips and blow the air slowly out, just like you are blowing bubbles!

Lets practice this four more times.

Inhale through the nose. Exhale through the mouth – imagine you are blowing lots of bubbles

Inhale through the nose. Now blowing the air out through the mouth and blow those bubbles up into the sky!

Breathe in slowly through the nose. Blow out softly through the mouth, you can imagine the bubbles changing colour.

Breathe in slowly through the nose. Blow out softly through the mouth

Repeat enough times until yourself feeling calmer.



“Breathing is simple, gracious, soothing and always there for you”
— Karenina Ana Murillo