

# Great Easton Grapevine

Autumn 2 – Wednesday 15<sup>th</sup> September 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.

## Changes to Dropping off & Collecting Children from 20/09/21

Changes come into effect from Monday 20<sup>th</sup> - please refer to last week's Grapevine for details. If you haven't already, please complete the form to let us know the arrangements for your child:

<https://forms.office.com/r/SASgZktQ8n>



SCHOOL BREATHE  
breathwork for a calmer classroom

This week's School Breathe exercise - Full Belly Breathing - is attached to the email as a separate document



We are looking for an accountant who would be willing to audit our School Fund and Rebecca Meade accounts as our existing volunteer is no longer available. If you, or anyone you know, would be able to assist, please ask them to email [admin@greateaston.essex.sch.uk](mailto:admin@greateaston.essex.sch.uk)

## School Meal Booking

Here is the link for booking your child's meals for w/c 27<sup>th</sup> September (Menu Week One)

<https://forms.office.com/r/3hD9idVKZS>

### EVERY MEAL MUST BE PRE-BOOKED

This applies to all year groups including those that receive Free School Meals.

If you have not pre-booked your child's meals by Sunday 19<sup>th</sup> September at 5:00pm, you will need to ensure that they bring a packed lunch to school each day for that week.



We have lots of coloured GEPS book bags available if anyone is interested - ask at the office.

## Musical Instrument Lessons

Parents that have signed up for Music Lessons with Essex Music Services, we have received confirmation that Mr Free & Mr Provan will be starting next week (Mondays & Fridays as before); We are still waiting to hear re singing lessons as it's a different teacher this term - will let you know when I hear. Please note that EMS will not allow lessons to commence if you have not registered and paid for the lessons as per the letter sent last term.



## Secondary School Admissions

The application period for admission to Year 7 in secondary schools for September 2022 opened on 10<sup>th</sup> September 2021. Parents/carers of current Year 6 children can make their applications via [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions) The Council will not be sending out letters - all information is on the website. Closing date for applications is 31<sup>st</sup> October 2021.



**STARLIGHT**  
Children's Foundation

# CHARITY QUIZ NIGHT

**Friday 19th  
November**

**£10 per ticket**  
Including a 2 Course Meal & BYO drinks

**Location:** Great Easton Village Hall  
**7pm for a 7:30 Start**

To secure your place please email:  
**MichelleSLKelly@gmail.com**

**GOLDEN TICKET SUPRISE**

All proceeds go to Starlight Children's Foundation. Charity No: 296058

## Rom Theatre Arts

Weekday Classes - Jazz/Commercial/Lyrical  
dance/Musical Theatre/Hiphop/Personal Training

Professional Theatre School for children age 2+

Private lessons available in Jazz, Tap, Acting, Vocal  
& Musical Theatre

ISTD & New Era examinations available

Acrobatics Class - Flicks & Tricks

Professional theatrical agency for children wishing  
to go into TV, Film & Theatre.

[www.greateastonprimary.co.uk](http://www.greateastonprimary.co.uk)

**RTA**  
**ROM  
THEATRE  
ARTS**

**DANCE ACT SING PERFORM**

01371 878020/07720651485

[kids@romtheatrearts.co.uk](mailto:kids@romtheatrearts.co.uk)

[WWW.ROMTHEATREARTS.CO.UK](http://WWW.ROMTHEATREARTS.CO.UK)

Dear Parents and Carers,

I would like to take this opportunity to introduce myself to you, as one of the newest governors, as well as update you on my appointment as the safeguarding governor and how I will be involved at our school.

My boys are James in year 6, Reilly in year 2 and Nicholas in year 1, as well as my daughter in year 11 at Joyce Frankland Academy. I was a primary school teacher previously teaching in London and later in Suffolk and but trained and taught in South Africa, my home country. My family have always been involved in education, so with education in my blood I was honoured to be asked by Revd Tim Goodbody to be a D.B.E appointed governor (Diocesan Board of Education) where I have enjoyed being a part of education again but a different kind of role. I was thrown into the deep end and asked to be the safeguarding governor here at GEPS just as the epidemic began and I quickly began my training in this important role with Zoom courses, meetings and research.

While safeguarding and promoting the welfare of children is everyone's responsibility and everyone who comes into contact with children and their families has a role to play, it is the safeguarding governor role to support the work of the Designated Safeguarding Leads within the school, these key people are Miss Jackman and Miss Miles and Sharon Scott in the office. We are part of an amazing school that has been managed, assessed, organised quietly while most of us are unaware of the policies, meetings and training to make sure our children are being kept safe.

Key aspects of the safeguarding governor's role include reporting back to the Governing Body about how effective safeguarding is at our school. I have felt honoured to be placed in this position and appreciate the small role of assisting Miss Jackman in auditing policies as she prepares checks so that the school is compliant with latest statutory guidance. It is greatly encouraging to see the effective systems in place already at our school to keep, not only vulnerable children, but all our children safe and protecting our children and therefore reducing the risk. I have greatly enjoyed the challenge of my new role and have already learnt so much about Safeguarding and what it entails. Thankfully Miss Jackman has still been available through Zoom meeting to discuss safeguarding and to answer the many questions I have thrown at her.

As safeguarding governor, I have subscribed to a few educational safeguarding magazines and online updates which are so relevant to all of us as parents - don't forget to follow 'The 2 Johns' on Facebook - EST E Safety Training. These two ex-policemen have done their research and are experts in the gaming world and E-safety.

Thank you for reading!

Alison Skinner

Dunmow Players are looking for interested parties for their upcoming show:

The show will be staged at Foakes Hall, Dunmow, over five nights from Tuesday to Saturday, April 5-9 and the amateur society is looking for adults and children aged eight and over to join them in this fun-filled show for all the family.



Dunmow Players are staging Big the Musical over five nights in early April 2022 (51169964)

Although previous experience is preferable, the company welcomes newcomers who enjoy singing and are willing to have a go at acting.

There will be an introductory evening on Monday September 20 at 7.30pm followed on Monday September 27 by auditions for adults (7.30pm) and workshops for juniors (6.30pm). Both these events will be held at the Rowena Davey Centre in Dunmow.

### Dates for your Diary

#### September

Monday 20<sup>th</sup> 2pm - Y5 Parent Meeting re Danbury

Thursday 23<sup>rd</sup> - R/KS1 Trip to Boydell's Farm

#### October

Wednesday 6<sup>th</sup> - Friday 8<sup>th</sup> - Y5 Danbury Residential

#### July 2022

Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> - Y6 Isle of Wight Residential

# What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 39 / Sept 2021

## PTA Meeting

**We will be running two duplicate meetings to try and cater for as many people as possible to attend.**

The school already has a couple of ideas for us to get started with so we're really just hoping for as many people to be involved as possible to make them manageable and not overwhelming for anyone.

### Meeting times are:

- › **Thursday 16th September 7.30pm\*** in the school hall, entrance via the fire escape.
- › **Friday 17th September 9.15am\*** in the staff room or den (upstairs), entrance via the main front door.

We really hope to see you at one of the meetings or at one of the future events. Feel free to get in touch if you have any questions.

\*Both meetings will be discussing the same topics so no need to attend both unless you want to



### 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.

### amazonsmile

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](mailto:pta@greateaston.essex.sch.uk)

Photo credit: pixels and pixabay

I have now updated all the online safety training I'm offering this academic year. Whether for staff, students or parents, face-to-face, virtual or video, you can see all the details [HERE](#). As always, if you have any bespoke needs just ask away.

## Updates

- App Update - Houseparty
- Parents - Netflix age ratings
- Primary resource - House Hippo
- Secondary/College resource - 5Rights
- Risk - Smishing on the increase

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### App Update - Houseparty

Houseparty has been around for a few years now. Originally it became relatively popular for social groups to get together and talk via live video chat. A couple of years ago it started to disappear but unsurprisingly during the lockdown periods there was a resurgence. This was exacerbated by the fact that the owner of Houseparty is Epic, which is the company behind the game Fortnite. Epic has announced that they are shutting Houseparty down in October. Interestingly as I type this I have just checked the app store on my iPhone and Houseparty is no longer available, although infuriatingly when I searched for Houseparty on the store the first result was 'Sexy Games for Couples' and further down the list is 'Truth Dare Sex Activities'!! (Insert FacePalm Emoji!!)

### Parents - Netflix Age Ratings

You will be aware that Netflix is hugely popular across all ages but there have been concerns in relation to age ratings and the type of content that is recommended to viewers. Like many other services, Netflix uses algorithms to determine what you might like to watch based on viewing history, what you have liked etc.

Since last year, Netflix has been working with the BBFC and 100% of the content on Netflix is now age-rated to BBFC classification standards. It is the first UK streaming service to accomplish this.

This is good news for parents and it might be worth sharing [THIS](#) page which will guide parents how to set up a child account and choose maturity ratings.

### Primary Resource - House Hippos

An important aspect of digital literacy is being able to critically think about what you are seeing online in relation to fake/false information and disinformation. There are many resources out there to use, one I absolutely love using with Y5/6 is Google Wind which you can see on YouTube [HERE](#), it catches so many people out but it's great to get those conversations going. There is another resource called House Hippos from MediaSmart which you can see

[HERE](#) but personally I prefer the original House Hippos from 15 years ago which you can see [HERE](#). These are ideal to use as conversation starters.

## **Risk - Smishing on the Increase**

Phishing is commonly seen within emails and increasingly across social media, including YouTube. It's best described as a scam using social engineering tricks (urgency, fear, panic) to coax you into revealing personal information (account details, name, bank details etc.) for criminal purposes. Smishing is exactly the same but it is conducted via SMS (text message). Don't ask me who comes up with this terminology, there's a 3rd one called Vishing, which is phishing via voicemail. Smishing is on the increase hugely and some of the texts are very convincing, I have almost fallen for 1 or 2 myself. The common ones you will see at the moment are related to deliveries (e.g. DPD and Royal Mail parcel deliveries) and as I order a lot (too much!!) from Amazon it's easy to think the text may be genuine.

It's important to make students aware of this, particularly older students who will undoubtedly be ordering online. There's some further information on the Which website [HERE](#) and a short guide on how to spot a messaging scam [HERE](#).

## **Secondary/College Resource - 5Rights**

I have shared this previously and it isn't necessarily an educational resource, it's a short study, but I wanted to explain how I would use something like this with older students. When it comes to online safety, common complaints from students are e.g. out of date, don't reflect real life, judgemental. Research and studies can be a good way to engage students and the new [Pathways](#) study is a great example of this. Quite often I will use this sort of information to highlight issues that are being seen across the UK (and worldwide) but then give support and advice about what to do.

For example, within the study the researchers created social media accounts pretending to be young teenagers. Within hours the accounts were targeted with direct messages from adults asking to connect and offering adult content, as well as being targeted with worryingly inappropriate and dangerous advertising. This is up to date, it reflects the real (online life) of many users and you can give support and guidance on what to do. It's a great way of engaging students, particularly in those older, more difficult ages. It can be used to raise awareness in an assembly, promote engagement in the classroom, or if you have digital leaders you can use the facts to consider future projects, perhaps carrying out a study of something similar in school which can then inform further lessons and guidance.

You can see an executive summary [HERE](#) and the full study (which isn't very big) [HERE](#).

## **Online Safety Training**

As well as in-school training (staff, students, parents) and virtual (Zoom/Teams) I also offer cost-effective pre-recorded video training as follows:

**ALL STAFF** - There is a primary version plus a secondary/college version, both with subtitles if required. The latest

videos were recorded in the last week of August 2021 to ensure they're up to date and will take staff through the spaces that children occupy online (games, YouTube and social media) plus the risks and issues with supporting advice and guidance. The video can be streamed or downloaded to the school network.

If you would like to see a sampler video you can access the 4-minute introduction [HERE](#).

**Cost:** £95.00 plus VAT (cost per school, not per person). For Multi-Academy Trusts or if purchasing for a number of schools, discounts are available.

**PARENTS** - The days of parents online safety evenings were often a struggle to get parents to attend, so I have created a series of videos for parents. On purchase, the school sends the parents a link which will take parents to a simple sign-up page. Upon signing up, each day for 7 days they will receive an email, each containing a link to a 10 minute video (me talking) with supporting text (useful links, further guidance etc.).

**Cost:** £149.00 plus VAT - this is for a 12 month licence.

**SECONDARY STUDENTS** - COMING SOON - this will be a set of 10 videos, each of which are short (10 minutes) covering a range of different topics. These are ideal for showing in assembly to promote further classroom discussion/debate or within the classroom to go deeper into the topic. You will be able to download these videos for future use, or even use for virtual learning by sharing the link with students. The cost is likely to be £179 (plus VAT) for all the videos, not each. Keep an eye on the weekly emails where I will announce when these are released. If you would like to know as soon as they are ready let me know and I'll send you a separate email.

### **Online Safety Leads Course**

Designed for DSL's, Online Safety Leads and Senior Leaders, my Online Safety Leads course is an online self-led course taking you through how to effectively manage online safety in school/college. There are 2 parts to the course, but only one is mandatory to receive your printed certificate in the post:

- Online safety leads - this is 16 modules lasting 2 hours 30 minutes in order to manage online safety in school/college. There are a variety of modules from parent engagement, cyber trauma, risk assessing and much more.
- Risks and issues - this is a further 16 modules that lasts for approximately 1.5 hours. It takes you through a diverse range of interesting topics to be aware of, from doxxing to deep-fakes, to like-farming and game transfer phenomenon.

**Cost:** £95.00 plus VAT (per person) for 12 months access. To purchase, all you need to do is email me for a quote, I will send you the quote and you can raise a purchase order. As soon as I receive the PO number I will raise the invoice and send your account/login details. For further details and to see all the included modules see [THIS](#) page.

Best wishes,

Alan Mackenzie  
01522 25 30 88



## FULL BELLY BREATHING

Great to practice any time of day to re-establish a sense of calm. If any child's energy is running high, see how they feel about practicing the Full Belly Breath exercise for a few minutes or if there is a little more time you could pop some relaxing music on and ask them to take some calming belly breaths.

### Benefits:

- Calms the mind
- Re-establishes a healthy breath
- Brings you into the present moment

### Let's Breathe...

Bring your thumbs onto your belly button and lay the palms flat. Have the thumbs touching and the tips of the index fingers touching to create a little heart shape with the fingers and thumbs just under the belly button.

We are going to take a breath in through the nose and encourage the belly to rise into the hands, as you draw air deep down into the lungs. You can practice this with eyes closed if this is comfortable. *N.b some children may find it difficult breathing with a full diaphragmatic breath they may find it easier to practice laying on their fronts, so belly to the floor/bed and head to one side.*

And when breathing out through the nose, we are going to allow the belly to relax, soften and return to its resting position.

Let's do this together now.

- Breathe in slowly through the nose, allow the belly to rise, imagine a balloon inflating.
- Breathe out slowly and softly through the nose, allow the belly to relax. If you are finding this tricky you can simply imagine the belly expanding. Your muscles will soon remember how to breathe well.
- Breathe in slowly through the nose, allow the belly to rise, imagine a balloon inflating.
- Breathe out slowly through the nose, feel the belly to soften.
- Breathe in slowly through the nose and make the in-breath a little longer now - allow the belly to rise a little more now. Imagine your favourite colour filling your belly.
- Breathe out slowly through the mouth now, making the out-breath a little longer.

- Close the eyes now and take 10 more breaths like this, breathing in through the nose, breathing out through the mouth, and allow the body to relax a little more, each time you breathe out. How are you feeling? Practice this anytime you need to feel calmer.



*“Breathing well means breathing at a slower pace with a full breath. Simply bringing your awareness to how you are breathing will help you deepen your breath naturally.”*