

# Great Easton Grapevine

Autumn 3 – Wednesday 23<sup>rd</sup> September 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.

## Lunchtime Awards

Mrs Loxley has given awards to the following children: 11<sup>th</sup> - YR/1 for settling in so well with dinners; Sienna, Lacie & George for eating their dinners with absolutely no fuss; 18<sup>th</sup> - Millika, Teyana, Sienna and Maja.

Well done to you all!



Sienna (R/1) has lost her purple hoodie - size 7-8 - please could you check to see if it has come home to you by mistake.



Before lockdown, we sent the children home with extra library books, to help keep them reading during the long absence from school. Now we're back in the classroom, we need them back!

Please send them in to school with your child as soon as possible. If you don't know what books you have on loan, please email [ruth.e.tidball@gmail.com](mailto:ruth.e.tidball@gmail.com) and she will let you know. Thank you!



Following on from the email sent yesterday, the PTA are looking for additional members to help spread the load and share ideas. If you are interested in joining or are curious as to what's involved, the AGM is being held tomorrow eve at 7:30pm via Zoom - please join them!

## SCITT TRAINING

ESSEX PRIMARY SCITT ARE HOSTING FURTHER VIRTUAL COFFEE EVENTS - SEE POSTER AT THE END OF THIS GRAPEVINE. WE FULLY SUPPORT THIS PROGRAMME AND REGULARLY OFFER PLACEMENTS TO ENABLE THE STUDENTS TO COMPLETE THEIR TRAINING WITH US.

### Reminders & Notices

Please can we remind parents to maintain at least a 2m distance at all times. In order for us to remain open and prevent cases, we need you to be vigilant at drop-off and pick-up and remember to keep at least 2m away from others. It is well documented that maintaining a physical distance is effective in reducing the transmission of SARS-CoV-2. Smaller airborne droplets may spread up to 8m in exhaled air from individuals.

Drop off at the village hall in the mornings is working really well, but collection can be busier. Please remember that there are people who may have health conditions you are unaware of and they need space to be able to get past you so please don't stand chatting and block the pathway up to the gate.

### Speaking to your child's teacher

We are aware it is very different not being able to pop and see the teachers for a quick chat, so have made a timetable to ensure the main walking bus gate by the village hall is manned by different staff each day. Here is a copy of the timetable in place, so you know when you could catch staff in person if you would like to.

Monday	am	Holly Miles
	pm	Sophie Delaney
Tuesday	am	Rob Curtis
	pm	Sam Govey
Wednesday	am	Laura Wilson
	pm	Rob Curtis
Thursday	am	Same Govey
	pm	Laura Wilson
Friday	am	Holly Miles
	pm	Stacey Lawrence/Holly Miles

### School Breathe

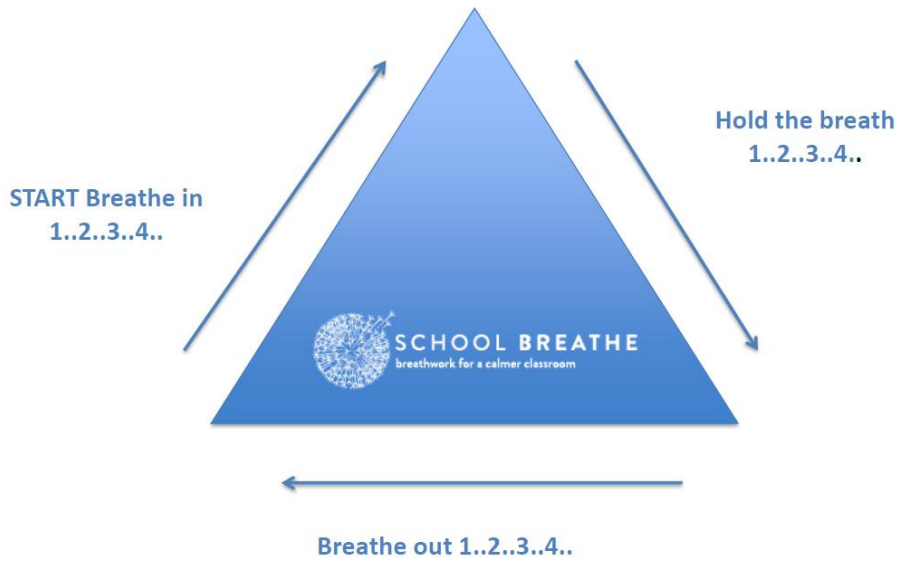
We have started using breathing techniques in each classroom and are following [schoolbreathe.com](http://schoolbreathe.com). The teachers have access to videos and resources to use each day, it is early days but hopefully this will encourage children to realise the importance of breathing techniques - here's a bit more information along with this week's practice over the page:

The School Breathe programme teaches scientifically proven breathwork techniques to help children manage stress and anxiety, feel calmer, more focused and emotionally balanced.

Building and sustain a mindful breathwork practice has been proven to lower blood pressure, calm the nervous system, reduce anxiety, improve sleep and reduce symptoms of depression.

The School Breathe programme encourages a little and often approach whereby pupils and teachers can practise short, effective breath techniques during the day. The breathwork techniques include breath counting, breath awareness, breath visualisation, mindful breathing, yoga-based breath techniques and more. All of which have proven benefits to the body and mind.

With printable scripts available and helpful resources offered each week, the pupils can take their breath practice home. Many studies have proven that a regular breathwork practice can improve the quality of sleep and can have a positive effect on those with insomnia.



**VIRTUAL COFFEE EVENT!**



Thursday 17<sup>th</sup> September  
2-3pm  
Join Zoom Meeting  
<https://us02web.zoom.us/j/85317855010?pwd=NE1aSDRyVStpREdEOW9UdVR5aEVo7Zz09>  
Meeting ID: 853 1785 5010  
Passcode: 260551

Are you interested in teaching?  
Come and along to one of our virtual coffee events to find out more!



Tuesday 6<sup>th</sup> October  
7-8pm  
Join Zoom Meeting  
<https://us02web.zoom.us/j/88501767175?pwd=YnBFYjR5Q0R4NFJrQWsrYm9nUCs5QT09>  
Meeting ID: 885 0176 7175  
Passcode: 954439

Wednesday 30<sup>th</sup> September  
10.30-11.30 am  
Join Zoom Meeting  
<https://us02web.zoom.us/j/88501767175?pwd=YnBFYjR5Q0R4NFJrQWsrYm9nUCs5QT09>  
Meeting ID: 885 0176 7175  
Passcode: 954439



We are a well-regarded established teacher-training provider with a long record of training excellent primary and early year's teachers. We were very proud to have recently been graded as 'Outstanding' in all areas by Ofsted for our School Centred Initial Teacher Training (SCITT) Primary Programme (November 2017), and as 'Good' for Early Years Initial Teacher Training (EYITT) programme (June 2018).