

Great Easton Grapevine

Autumn 4 – Wednesday 29th 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.

School Meal Booking

Here is the link for booking your child's meals for w/c 4th October (Menu Week Two)

<https://forms.office.com/r/kyJ8b4Ma90>

EVERY MEAL MUST BE PRE-BOOKED

Deadline for bookings is **Sunday 3rd October** - we have extended the time to **10:00pm** to allow for those who have busy Sundays!

Parent Meetings

The letter regarding Parent Consultations has been sent out today - booking can be made via Schnappy from 6:00pm this evening.



SCHOOL BREATHE
breathwork for a calmer classroom

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

Dates for your Diary

(Any new dates that have been added since last week will be in red).

October

Friday 1st - 'Break the Rules' Day (PTA)

Tuesday 5th - Y6 Theatre Trip

Saturday 2nd 3:00-6:00pm - PTA Colour Run

Wednesday 6th - Friday 8th - Y5 Danbury Residential

Thursday 21st - 'Magic Dress Up' Day (PTA)

November

Monday 8th - Individual & Sibling Photos

December

Sunday 5th - Christmas Fayre (PTA) - Save the date!

March 2022

Tuesday 22nd & Wednesday 30th - Parent Consultations - NO KIDSClub on these days

July

Monday 18th - Friday 22nd - Y6 Isle of Wight Residential

Secondary School Admissions

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

COFFEE MORNING

THURSDAY 7TH OCTOBER - 0830 'til we run out!

*Come and join us for coffee,
tea and a selection of homemade cakes created
by our excellent local bakers.
All ages welcome!*

*Price? -
we simply ask for
a small donation.*

Find us in the Great Easton Village Hall.

Great Easton Community Association



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



What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 40 / Sept 2021

Break the Rules day

Bring a coloured item for the tombola on Friday 1st October and dress up, have crazy hair, paint your face.... (and break the rules!):

- Reception - Red
- Year 1 - Green
- Year 2 - Blue
- Year 3 - Purple
- Year 4 - Orange
- Year 5 - Yellow
- Year 6 - Pink

Suggested items: Bottles, sweets, bubble bath, drinks, biscuits, shower gel, anything that you can grab on a trip to the supermarket.

NOTHING CONTAINING NUTS PLEASE



Colour Run



Rainbow Run fun day

2nd October - 3-6pm

Please see email from school for full details - due out this week

We are in need of volunteers! Please contact the PTA via FB if you would like to help!

With thanks to our sponsors: **Bocking Electrical Ltd** and **The Brunch Box**



Magic Dress up day

21st October

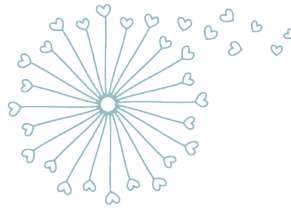
Bring in £1 and dress up/ accessorise if you wish!



Christmas Fayre

5th December

Save the date - More details to come.



SCHOOL BREATHE

Laughter Breathe

One of the most surprising and charming discoveries throughout our experience of teaching breathwork is the number of positive emotions we feel and don't express. Have you ever wanted to smile or laugh in class and not been able to? Many people are pent-up fountains of joy, wonder, curiosity and happiness - there's a lot more affection in the world than we can ever imagine.

How best to connect with these layers of suppressed joy? It's simple and it's the best medicine of all.....Laughter! Practice this every day for a week and see if your general mood shifts. Please avoid if you have a hernia!

Benefits

- o Lowers blood pressure
- o Reduces stress hormones
- o Releases endorphins
- o Works your core muscles

& Breathe...

Best experienced laying down to free the diaphragm.

Breathing out through the mouth, Sound the words Ha ha ha ha until the breath runs out

Deep inhale through the nose. Smile

On the exhale. Quicken up and change the pitch of the Hahahahahahahahaha sounds until a real laugh appears

Deep inhale through the nose and smile.

Repeat for a few rounds (no more than 2 minutes). Allow the real laughs to come and go.

End with a few deep breaths, a full heart, and a sweet smile.

How do you feel? Even a gentle smile on the face will bring lightness to the body and mind.



"Laughing is and always will be the best form of therapy"
- Dau Voire