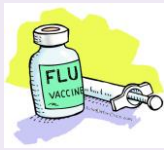


Great Easton Grapevine

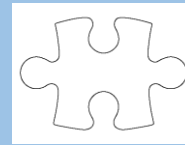
Autumn 4 – Wednesday 30th September 2020

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.



Flu Vaccinations

The health team will be with us on Friday 11th December to provide the children with their flu jabs. Forms will be sent home nearer the time for you to give or refuse consent. No child will receive the vaccine if we have not had the consent form, but please send the form back either way, as all forms are to be returned and we don't want to have to chase you!



During lockdown, everyone was sent a wooden jigsaw piece(s), as part of a whole school project. So far, of the 239 sent, Mrs Bush has had 79 returned! Please could you search out yours and return to school as soon as possible. Thank you.



Due to the current Covid situation, we are ensuring that there is sufficient ventilation in school by keeping windows and doors open throughout the day. As the temperature drops, you may wish to send your child in with additional layers/thermals to ensure that they stay warm.



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



The Breck Foundation presentation last week was fantastic and feedback from parents who attended was very positive. We will send through the link to the presentation once we receive it.

When parking in the village to drop off/pick up your child(ren), please be considerate with your parking. We have received a few comments that driveways are being blocked and parking spaces taken up that belong to residents. Thanks

ONLINE SAFETY UPDATE

The Social Dilemma

Trending on Netflix for the past couple of weeks, The Social Dilemma is a documentary (therefore supposedly factual) all about how technology/technologists are rewiring our brains and algorithm-driven platforms are driving everything that we do.

I was looking forward to The Social Dilemma, I have been a fan of Tristan Harris for a number of years and speak at length to secondary students about 'persuasive design', but I was really disappointed; it was biased, overly-dramatic and simply played to the very fears that many people have. A couple of days after watching the programme I was on a webinar with some teachers and gave my opinion, one of the teachers said, "I'm so glad you raised this Alan, I have two teenage daughters and after watching The Social Dilemma I took their phones away from them!" My point exactly.

It speaks volumes that no academics were invited to talk to give their opinion based on real academic evidence. That no young people were invited to speak about the plethora of ways in which they use social media and what they find good and bad. Don't get me wrong, I entirely agree with some of the things the technologists were talking about, persuasive design is a huge issue and it's getting worse, but this view of an apocalyptic future by the technologists that have made their millions and now developed a conscience was over the top.

If you may wish to read a more balanced view on The Social Dilemma by a world-renowned Professor of Forensic Cyberpsychology, Mary Aiken <https://thepsychologist.bps.org.uk/social-diatribes>

X-Box Family Settings - for parents

Microsoft have recently released some new management features that parents can use. Available for iOS and Android, it is a free download and has some great features, eg:

- Create new child accounts
- Manage screen time limits (including grant more time)
- Accept or decline friend requests
- View and manage friends list.

This is great information - see the full article <https://news.xbox.com/en-us/2020/09/24/xbox-family-settings-app-launch/>

In-App Purchases

The lure of a new skin, a loot box or power-up can be very tempting for children, particularly younger children. Games developers don't help with this, creating toy money (v-bucks, ro-bucks etc.) which you have to purchase with real money. Many of the children I speak to can't make in-app purchases as their parents have locked the devices down, but sadly they're in the minority and I've heard directly from children who have spent many hundreds of pounds in games.

There is a call from government (DCMS) to hear more about in-app purchases and whether this is a form of gambling. The hope is that funding will soon be made available for academics to look further into this controversial area, but in the meantime here's a good link to help you prevent unauthorised devices on many platforms <https://www.thewhitehatter.ca/post/prevent-unauthorized-purchases-in-online-gaming-platforms>

Self-generated CSA

The Internet Watch Foundation are continuing to report increases in live-streamed CSA. Quote, in one week alone, analysts saw almost 700 individual girls being exploited and coerced into filming their own abuse... most of the girls were between 11-13 years old but the ages ranged from 3 to 17 years old, unquote.

It is vital we keep plugging away at this. In all the years I have been working in online safety this is by far the fastest growing concern I have seen. To read more: <https://www.saferinternet.org.uk/blog/hundreds-individual-victims-videos-%E2%80%9Cself-generated%E2%80%9D-child-sexual-abuse-one-week>

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 19 / September 2020

Hello!

We hope all is well with you all. We have held the annual AGM meeting and have come up with some ideas to still hopefully raise some funds for the school and give the children some exciting events to look forward to. More specific details and other bits and bobs will follow over the next few weeks!

Coming up October - December 2020...

- › 16th Oct - **Pumpkin/Halloween non uniform fun**
- › **Virtual Eco balloon race - Race starts at 9am on 31st October** - Log in and purchase virtual balloons to be in with a chance of winning an amazing cash prize or iPad - Follow your virtual balloon and track it's journey!
Entry deadline 31st October @ 8.30am! - see flyer attached for more details.
- › **Christmas cards** designed by your children will be available to purchase between 23rd Oct - 8th Nov.
- › A 2020 **School tea towel** will be back by popular demand!
- › The annual **Jazzy jar competition** will be held in class bubbles with prizes for the winning jars and the opportunity to buy a classmates jazzy jar.
- › The **2021 school calendar** will be available by pre order only.
- › Plus the awesome **Christmas Raffle**




How can you help?

We would love to keep the **Christmas present shop** this year, the children really enjoy buying gifts for their families. Although it would be a different format to ensure maximum safety for all, we are confident we can still make it happen.

If you **know of any companies that would donate any small bulk items** that we could use for the Christmas shop please get in touch ASAP!

Are you gifted with the powers of persuasion? If so we could do with extra help obtaining raffle prizes.



A MASSIVE THANK YOU

Over £11,000 of PTA raised money was spent on the following: iPads, Musical instruments, the library, Activall, The Cave, Reading eggs and Den building equipment.

All of these things enhance further our children's school experience, on top of what our amazing school already provides



Look out for exciting
PTA events 2020

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

Photo credit: pixels and pixabay



What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 19 / September 2020

Eco balloon race

Follow the link and create an account, buy as many balloons as you wish and personalise them. Make sure that the charity you are supporting is GEPS!



- › The deadline to buy your balloons is **31st October @ 8.30am**
- › The race starts at 9am on 31st October and lasts for 7 days
- › Log in with your family and **watch the progress of your balloons** as they tackle all of the real time weather conditions!

ecoracing.co/user/page/759

National prizes:

- › 1st £500, 2nd an iPad and 3rd 10 x £10 book tokens.

We will also be giving GEPS prizes:

- › 1st £50, 2nd £20 and 3rd a GEPS 2020 tea towel!

Please share with your friends and family, the more that take part, the more money we can make for the school. Remember you have until Halloween to take part and buy your balloons.

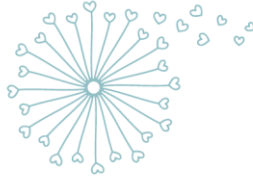


Look out for exciting
PTA events 2020

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

Photo credit: pixels and phiboy





SCHOOL BREATHE
breathwork for a calmer classroom

Ocean Breath Meditation

A lovely calming breath technique which takes 2 minutes and can help you feel more centered, calm and present.

Benefits

- Calms the nervous system
- Slows the breath rate down
- Lowers blood pressure
- Quiets a busy mind

Breathe

Closing your eyes if this is comfortable, relax the face, make the lips into a soft smile. mouth closed with a small space between upper and lower teeth.

Take a slow breath in through the nose.

Where in your body do you feel the most breath? The nose? The throat? The chest or the belly?

Breathe out through the nose.

Breathe in again and deepen your research. Breathe in through the nose, slowing the breath down a little now. Where does this breath make you feel most in the body? The nostrils, the back of the tongue, the heart, the stomach or somewhere else?

Breathe out through the nose and soften the shoulders.

Breathe in through the nose. See you if you can follow the breath with your minds eye? Can you imagine it travelling or swimming through the body?

Breathe out through the nose, soften the face and relax the shoulders.

Take a long slow breath in and gently raise the shoulders up to the ears.

Breathing out and drop the shoulders down.

Let's do this again, breathing in through the nose, raise the shoulders to the ears

Breathing out, drop the shoulders down allowing them to be loose.

Breathing in through the nose. Breathing out through the nose.

Breathing in now and then breathe out through the mouth.

Breathe in again through the nose and then as you breathe out, breathe out through the mouth with a haaa sound. Imagine you are 'fogging a hand mirror'.

Breathe in again and now breathe out as if you are 'fogging a hand mirror' but with the mouth closed but keeping the haaa sound going on the exhalation.

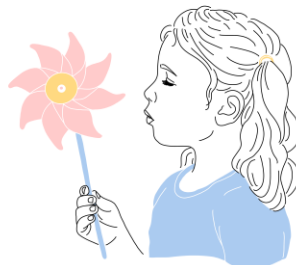
The breath will sound like the ocean.

Repeat this for 5 – 10 breaths.

Breathing in again, now where do you feel most sensations in the body. The belly, the heart or the throat or head?

Breathing out soften the face and smile a little more. How does this make you feel.

Quote of the week



"A happy breath should ebb and flow like a calm ocean"