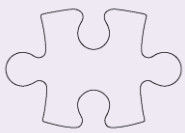


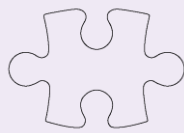
# Great Easton Grapevine

Autumn 6 – Wednesday 14<sup>th</sup> October 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.



## Jigsaw Pieces



Mrs Bush has received a few more, but we are still over 200 missing! Please can you search around and send them back to school!

## Starting secondary school in 2021?

Apply from 1 Sept 2020 – 31 Oct 2020

The closing date for applications from parents of Y6 children is 31<sup>st</sup> October 2020.

Applications can be made via [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions)



Reception came top in Doodlemaths last week - they were the most children using it throughout the week - well done!



SCHOOL BREATHE  
breathwork for a calmer classroom

This week’s School Breathe exercise - Five Senses Breath - is attached to the email as a separate document.

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

## Attendance Matters!



Every Student, Every School, Every Day

Congratulations to Miss Miles’ class for coming top for September - 98.13%



Lexi



Ivy



Hadley



Nathaniel

## ★ Star of the Week ★

So far this term: Y1/2 - Roman, Lincoln, Will & Iona

This week: YR/1 - Noah & Delilah

Y5/6 - Asa



R/1 - Jemima



We will no longer be sending home paper copies of the Primary Times magazine, but you are welcome to view online via your laptop, phone or tablet - <https://bit.ly/33ScEJD> or visit [www.primarytimes.co.uk/essex/](http://www.primarytimes.co.uk/essex/) for lots more info!



We have our photographer coming into school on Monday 9<sup>th</sup> November to take the individual photos. There has been a full risk assessment and we will be adhering to our own Covid arrangements. Unfortunately, on this occasion it will not be possible to have pre-school siblings in the photos although we will be able to arrange photos of siblings already in school.



[www.wonky-wheel.co.uk](http://www.wonky-wheel.co.uk)

Design a community colouring book competition.

Calling all budding artists of all ages to help the Wonky Wheel Gallery in Finchingfield Free entry form being attached to Grapevine email along with poster with more details. Competition runs from 4<sup>th</sup> October to 15<sup>th</sup> November with winners being announced 5<sup>th</sup> December.



Don't forget, we are closed for two weeks from Friday! Have a lovely break - look forward to seeing everyone on Monday 2<sup>nd</sup> November for the run up to Christmas!



Friday 16<sup>th</sup> October - **Hallowe'en Fun:**

Cheesy Pumpkin Quesadilla ~ Butchers Sausages ~ Linda McCartney Sausages (Vegetarian) ~ Gluten Free Option available ~ **Baked Beans** ~~~~~ **Spooky Sponge**

Thursday 5<sup>th</sup> November

Bangers & Mash ~ Vegetarian Bangers & Mash ~ Gluten Free Bangers & Mash ~ Carrot Sticks ~ Peas ~ **Gravy** ~~~~~ **Catherine Wheel Pastries**

# What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 21 / October 2020

## PTA events coming up **October - December 2020...**

- › **Fri 16th Oct** - Non-uniform day £1. Dress up for halloween or your favourite outfit! Prize for best dressed in each class. (No clowns or scary masks/ accessories please)
- › **Christmas cards** designed by your children will be available to purchase between 23rd Oct - 8th Nov.
- › **26th/27th Nov** Silent disco in class bubbles, courtesy of Jigsaw Parties and Events. Treat from the PTA!
- › **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.
- › 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** priced at **only £8** and will be available for pre-order by Nov 13th.
- › 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! (Monetary donations welcome in exchange for advertising/ shout out).

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

## A huge thank you

For your efforts with the Bags2School contributions, we raised **£99!**

## Please join our Facebook page:

For all the latest news check our facebook page!



Look out for exciting  
**PTA events 2020**

Find out more and email us:  
[pta@greateaston.essex.sch.uk](mailto:pta@greateaston.essex.sch.uk)

Photo credit: pexels and pixabay



# What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 21 / October 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!

**£3 PER  
BALLOON**



- › 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](http://ecoracing.co/user/page/759)

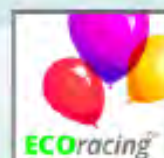
### National prizes:

- › 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.

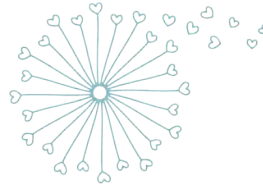


Look out for exciting  
**PTA events 2020**

Find out more and email us:  
[pta@greateaston.essex.sch.uk](mailto:pta@greateaston.essex.sch.uk)

Photo credit: pixels and phoboy





## SCHOOL BREATHE

### Five Senses Breath Meditation

The power of now has arrived! This week, you will be introduced to the benefits of connecting to the present moment, with the 5 senses breath meditation. The script is a guide. Once you have read it through a couple of times, you can make it your own, using your own favourite words which you know will make your child feel calm.

#### Benefits:

- Instantly connects you to the 'now'
- Calms the mind
- Balances the nervous system

#### POSITION

Standing or sitting. Make sure you have a nice tall posture. Length in the spine with shoulders relaxed. Have both hands on the belly and take five slow breaths in and out through the nose while focusing on each of the senses.

#### Breathe...

- Take **5** full belly breaths while bringing your attention to each one of the senses. (1 breath = 1 x inhale 1 x exhale)
- **Sight:** Breathe in through the nose out through the nose, connect with everything you see right now. All the colours, light, shadows, shades, textures. During your next 5 breaths acknowledge and focus on the sense of sight and all that you see. Breathe in....Breathe out...
- **Smell:** If comfortable close the eyes and taking a slightly deeper breath, engage in any scents you can pick up as you take the air deep inside of your lungs. From perhaps any fragrances you have on your skin, or aromas in the air. Take four more deep breaths to see if you can detect any smells in the air.

- **Hearing:** Keeping the eyes closed if this is comfortable. Connecting to your sense of hearing now, become aware of the actual range of your hearing. One moment being sensitive, for instance, to the sound of your own breath at the tip of your nose. On the next breath perhaps being able to hear sounds in the far distant – a car or plane. Be in awe of your range of hearing. Breathe in...Breathe out... Take 5 breaths while allowing the body and mind to receive sound.
- **Taste:** Slow the breath down and take all your awareness to inside your mouth. Run your tongue across your teeth and around your mouth and notice any flavours within the mouth. Breathe in...Breathe out...Any tastes from breakfast? A hint of mint from your toothpaste? Take 5 breaths here really honing on your sense of taste
- **Touch:** Notice the feel of the clothes on your skin, the sensations of the floor (or earth if outside) beneath your feet, how the fresh air touches your arms and face. Be aware of any emotions you may be feeling as your sense of touch comes into play. Breathe deeply and connect with everything you feel right now. Breathe in...Breathe out....Take 5 breaths and accept all these emotions. If the eyes are closed you can slowly open them now and remember you can practice this breath exercise anytime you wish to feel more present and connected.

## Quote of the week



*“Notice the now and the now will notice you. Take a breath now and ground back to the present moment”*