

# Great Easton Grapevine

Autumn 9 – Wednesday 18<sup>th</sup> November 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.



Please remember to book your child in for Christmas Dinner on **Tuesday 15<sup>th</sup> December** - Schnappy - Events. **DEADLINE** is 30<sup>th</sup> November.

Linda has produced a form to make your choices for Christmas Week -

[https://forms.office.com/Pages/ResponsePage.aspx?id=Opuqt9GRvE2LlafD877YYjr8y8gva8hOuE\\_vr2O33zRUNk41VE1LM0FOREo5Q0kzMVVLSjg0SktPNS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=Opuqt9GRvE2LlafD877YYjr8y8gva8hOuE_vr2O33zRUNk41VE1LM0FOREo5Q0kzMVVLSjg0SktPNS4u)

Please complete and return by 30<sup>th</sup> November - this **does not** replace the Schnappy booking for Christmas Dinner



## Flu Vaccinations

The health team will be with us on **Friday 11<sup>th</sup> December** to provide the children with their flu jabs. The email with the link to the electronic form has been sent, for you to provide consent. No child will receive the vaccine if they have not had the consent form.



SCHOOL BREATHE  
breathwork for a calmer classroom

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

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



Ivy



Lexi



Holt



Kyra

★ Star of the Week ★

YR/1 TJ

Y1/2 Amelie

Y3/4 Beatrice

Y4/5 Amber & Riley M

Y5/6 Luke



R/1 - Maddie

Y4/5 Lilly, Freya, Darcey,  
Freddie & Ellie





Please can you all check your children's clothing for items that don't belong! We are currently missing the following:

Oscar in Y5/6 has lost a blue school hoodie  
- adult small

Evelyn in Y3/4 has lost a black hoodie -  
name is behind the label at the neck.



**Important reminder - no children should be dropped off by the school, using the layby, entrance to staff car park or walkway beside the staff car park entrance.**

**Yesterday morning a parent was reversing as children were trying to get off the bus and staff were trying to enter the carpark, which was incredibly dangerous.**

**Unless otherwise arranged all parents of Years 1-6 should be using the village hall/walking bus drop off.**



**If you have a child due to start school in September 2021, the deadline for admissions is 15<sup>th</sup> January 2021**  
**[www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions)**



KidsClub booking forms for next term have been sent out via email. If you want to take advantage of the discount, these need to be returned before the end of term. Places are limited on certain days, so we cannot guarantee them - please send through as soon as possible if you want to make sure to get them!

If requesting ad-hoc KidsClub sessions, this can be done on Schnappy - please wait for confirmation of the booking before making your arrangements in case we are unable to accommodate your request.

### **Previous Stars of the Week in Y4/5**

Jacob & Isabella; James & Billy;  
Amelia & Ben; Elinor & Jenson;  
Nathaniel & Lilly; Molly & Teddy;  
Aaron & William; Darcey & Archie.

### **Previous Reading Champions in Y4/5**

Lilly x 4; Elinor x 2; Billy; Riley M;  
Isabella; Freya.

Apologies from Miss Miles for not having passed the info to me for the Grapevines!

# What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 24 / November 2020

## PTA events coming up November - December 2020...

- › **Silent disco - 26th/27th Nov**  
In class bubbles, courtesy of Jigsaw Parties and Events. **Treat from the PTA!**
- › **Jazzy jars - Wednesday 25th November** Please bring your jazzy jars in on Wed 25th. Children will be able to buy them on Monday 30th Nov, so please send them in with £1. **Prize for best jars in bubble!**
- › **Christmas shop - Fri 27th Nov - £2 per item** Please send your child in with spending money, up to 4 items per child but possibility of buying more if desired.
  - + If you can send your child in with an extra bag or a carrier bag that would be a great idea.
  - + We will be donating 25% of profits to the local food bank to help out families with children's gifts and food over Christmas.



## Hoop Dreams!

Our goal of raising **£2,300** towards the new school basketball hoops is ongoing.

So far we have raised:

- £99** - Bags to school
- £142** - Halloween dress down
- £335.44** - EcoRacing
- £191** - Xmas cards
- £68** - 2nd hand uniform



## Ideal Christmas Gifts!

### GEPS 2021 Calendar

- › Featuring the GEPS children.
- › Pre order now for delivery in December.
- › Deadline for orders: **30th November.**
- › **£8 per calendar** - no limit on order quantity!

### GEPS Tea-Towels

- › Every child has drawn their face for this masterpiece!
- › **£6 for 1 / £10 for 2 / £15 for 3**
- › For more than 3 just add **£5 per extra tea towel.**

### Payments

As we are avoiding sending money into the school, we ask that you pay via paypal.

- › Please follow this link: <https://paypal.me/GEPSPTA>
- › Please indicate what you are paying for and your child's name.
- › You can also make payment via paypal by using the PTA email address: [pta@greateaston.essex.sch.uk](mailto:pta@greateaston.essex.sch.uk)



**Please join our Facebook page:**

For all the latest news check our facebook page!  
Search: **PTA Great Easton Primary School**

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

Photo credit: pavel's and phobby





*Where individual pieces create the big picture*

We are Jigsaw Parties & Events and with the help and support of Short Breaks for Disabled Children & Young People in Essex we are here to deliver the most magical & memorable parties & events in Essex for EVERYONE!

Our ethos and main focus is to provide a fully inclusive experience irrespective of any special educational needs, disability and / or any other additional needs.

We currently offer the following services but please feel free to discuss any ideas you may have as we would love to help your dreams become reality –

- Bell tent hire for sleepovers (various themes available)
- Bell tent daytime hire for birthdays, weddings, baby showers, hen parties, date nights, christenings, girly get togethers etc (various themes available)
  - Indoor teepee sleepover parties
    - Soft play hire
  - Sensory equipment hire
  - Silent cinema experience
  - Silent disco experience

**07931 790684 (Naomi)**

**07889 906373 (Deanne)**

**[www.jigsawpartiesandevents.com](http://www.jigsawpartiesandevents.com)**

**[Info@jigsawpartiesandevents.com](mailto:Info@jigsawpartiesandevents.com)**

**You can also find us on facebook, Instagram, twitter and LinkedIn**



## Eagle Breathe

This week, we invite you to learn and practice the “Eagle Breathe”. If you can practice a few times throughout your day, this breath technique can help you connect to your emotions and you can magic up some feelings of happiness and joy.

### Benefits

- Brings you into the present moment
- Connects you to how you are feeling
- Slows the breath down to activate the 'rest & digest' system
- Exercises the imagination

### Read & Breathe...

It's really important to talk about how you are feeling. Who's your favourite person to share your feelings with? Let's think of them now. Close the eyes. Bring that person to mind and take a few breaths in and out through the nose. Breathe in slowly, breathe out softly. Can you visualize this person clearly? Breathe in slowly.....breathe out softly. Create a little smile on the face. Breathe in slowly..... breathe out softly. Let that image fly away now. Now blink open the eyes and let's prepare for the Eagle Breathe

### Garuda Mudra



Find a comfortable position, spine nice and tall.

Let's find our wings....Cross the forearms at the chest.

The wrists are crossed and the palms lay flat on the upper chest which are just below the collarbones.

Locking opposite thumbs together to make magical wings with the hands. Spread the fingers flat to the upper chest, just like wings. (see Garuda Mudra pic or copy Russell in the video)

Place the crossed palms of the hands at the heart centre, palms resting on the chest, over the heart space. Maybe you can imagine your hands as colourful wings. What colour could they be?

Let's take a breath in now through the nose. Sip in a little more air, allowing the breath to come up into the upper chest. Feel the heart expand like the wings of a bird in flight. Can you feel your hands rise with the chest at the peak of the inhalation?

Breathing out feel the heart soften as the air leaves your body.

As you breathe in and out through the nose, connect with something you love to do, a place or activity, which makes you really happy, dancing, reading, playing with a friend, breathing? Visualise anything that you would love to be doing right now. We will be breathing 5 more rounds like this.

Close your eyes to really allow yourself to imagine yourself enjoying this activity with each breath. Breathe in through the nose. Breathe out through the nose (repeat five times)

Keeping the hands in the same position and keeping the eyes closed (if this is comfortable), now we are going to breathe five more times feeling the heart and hands expand. As you do this, imagine an experience you haven't encountered yet, something that you know you would love to do one day in the future.

Use your imagination to take you there, as you breathe slowly and softly into the heart space, lengthening the breath in, to bring the breath to the heart space, underneath the wings of your magical bird hands. Keep the breath flowing. Breathing in and out slowly while imagining yourself doing this one thing you have always wanted to do. Breathe 5 more times.

Lastly, bringing your mind back to that one person you can tell all your feelings too - it could be someone in your class, your school or maybe a member of your family. You can close your eyes to deepen this feeling and to really allow the picture of this person to become clear. Repeat 3 – 5 breaths. Feel grateful for this one person in your life. Filling the heart with gratitude.

Blink the eyes open and relax the hands down. How do you feel? Do you want to write down how you are feeling? Or maybe tell someone nearby how you felt during this breath exercise. Take a couple of minutes to do this and then enjoy your day in a calmer frame of mind.

### **Quote of the week**



*“Don’t look down it’s an impossible view,  
fly like an eagle whatever you do”*

Thursday 12<sup>th</sup> November 2020

Dear parents and carers,

On Thursday 5<sup>th</sup> November, England entered a second, month-long lockdown in order to slow the spread of COVID-19, with [new national restrictions](#) introduced by central Government.

In order for Essex to come out of lockdown at the earliest opportunity, compliance with the new restrictions is absolutely key.

As you will be aware, schools and colleges are remaining open throughout this period. This has been prioritised by the Government, as it remains important for children and young people to attend, to support their wellbeing and education, as well as to help working parents and guardians.

### **Childcare and clubs/activities**

Early years settings and formal childcare – such as childminders and nannies – can still be accessed as usual. Schools have also been advised that before and after school clubs which are necessary to enable parents to work can also continue. This means that some after school clubs will continue, while others will need to stop temporarily. Schools and colleges will be taking these decisions on a case by case basis and will inform parents as needed.

Informal childcare (defined as unpaid and unregistered childcare) can only be provided in private homes by people in your support bubble or your childcare bubble. A childcare bubble is where someone in one household provides childcare to a child aged 13 or under in one other household. For any given childcare bubble, this must always be between the same two households.

### **Individuals who are clinically extremely vulnerable**

People defined on medical grounds as ‘clinically extremely vulnerable’ are being strongly advised not to attend schools, colleges or childcare settings at this time. This will impact a small number of pupils and staff, all of whom will have received a letter from the Government setting out advice for the new restrictions. If your child or young person has not been deemed clinically extremely vulnerable, but you have concerns about them attending their education setting at this time, please liaise with your GP or usual medical professional.

### **Self isolation**

Anyone who develops symptoms of COVID-19 must self-isolate and seek a test. People in the same household must also self-isolate until the test result is returned. This includes children remaining at home whilst parents or siblings are awaiting a test result. If the test is negative, the household can end their isolation. You should inform your child’s school or college as soon as possible if they receive a positive COVID-19 test.

If there is a confirmed case of COVID-19 in an education setting, the school or college will seek advice from Essex’s local Test and Trace team. The school or college will then communicate any need for individuals or bubbles of students to self-isolate on behalf of the



Test and Trace team. It is very important that you follow the guidance given by your child's education setting in these circumstances; it may be that your child is asked to self-isolate even though they are well. In this situation members of the wider household will not need to self-isolate unless the child goes on to develop COVID-19 symptoms. It also remains that individuals do not need to be tested unless they are symptomatic.

Schools and colleges are determining the best way for them to provide remote learning for some students, whilst also maintaining onsite provision for others. There is no expectation that live lessons are provided virtually, but schools and colleges are doing their best to provide an offer that enables children and young people to continue with their education. We encourage you to support your children/ young people to engage with the remote learning offer and if you have any issues accessing the resources please speak to your education setting, who will support you.

### **Protective measures for schools and settings**

Education settings have strong measures in place to reduce the spread of COVID-19. These preventative measures include regular handwashing and keeping pupils apart as much as possible, even within their class or year group bubble.

We have also asked all education settings that teach those in Year 7 and above to require students and adults to wear face coverings when moving around indoors, unless the person is exempt from doing so. This requirement applies in corridors and communal areas where social distancing is difficult to maintain. In addition, we have advised primary schools and early years settings that it is best practice to ask all visitors to wear face coverings when entering the premises.

As we've mentioned in previous letters, it is crucial that parents and young people maintain a two-metre distance from others at the school gate during drop-off and pick-up time. Maintaining this distance from those outside your household, childcare and support bubble will help to reduce the spread of COVID-19. The current regulation regarding meeting with others outside of your household means you should only meet with one person outside of your household and this should be adhered to during school drop-off and collection periods.

Maintaining measures such as these greatly reduces the risk of COVID-19 being transmitted and is why children and young people can mix with others in their school or college but not with those same people in other situations, such as in private homes, public places or outdoors. We ask again that you continue to adhere to these restrictions because we all have a role to play in reducing the transmission of the virus and ensuring our schools and settings are able to remain open safely.

Thank you for your continued support of the education and childcare staff in Essex.


Yours faithfully,

Clare Kershaw



Director of Education  
Essex County Council

Dr Mike Gogarty



Director of Public Health  
Essex County Council

# Frequently Asked Questions from Parents re COVID19

13<sup>th</sup> November 2020

<p>Child was displaying symptoms but now feels better – can they come back to school.</p>	<p>Anyone displaying symptoms of temperature, new continuous cough or change/loss of sense of taste/smell should self-isolate and seek a test.</p> <p>If the test is <b>positive</b> – self-isolate for 10 days (household 14 days).</p> <p>If <b>negative</b> they can return to school. As long as they haven't been deemed a close contact of someone who is positive (14 days isolation).</p> <p>If the child has not been tested but feels better within the 10 days they still <b>cannot</b> return to school. If they had symptoms they need to isolate for the full 10 days or have a negative test result.</p>
<p>Child has tested negative – can they come back to school?</p>	<p>If the child was the <b>only</b> symptomatic individual in a household and has not had contact with an individual who has tested positive within or outside of school – <b>they can return to school.</b></p> <p>If the child <b>was</b> asked to self-isolate because of close contact with an individual who has tested positive within or outside of school – <b>they cannot return to school for 14 days.</b> The 14 days starts from the day the positive individual displayed symptoms. Even if they themselves have tested negative. This is because of the length of time the virus can take to manifest.</p> <p>If the child lives with another symptomatic individual – they should only return to school once the test has returned as <b>negative</b> or it has been <b>14days</b> since the individual showed symptoms.</p>
<p>If a child has symptoms, should the sibling with no symptoms be kept off too?</p>	<p>The <b>whole household</b> should isolate <b>while a test is being sought.</b> This includes siblings from this/other schools/settings.</p> <p>Only the symptomatic child should be tested.</p> <p>If <b>negative</b> the whole household can stop isolating. If <b>positive</b> the whole household continue to isolate.</p>
<p>Children who are presenting with colds but also have a cough or temperature?  Should these children stay at home?</p>	<p>Any child with one of the COVID symptoms (new continuous cough, temperature, loss/change in sense of taste or smell) should be tested. Even if there is a chance it is a cold.</p> <p>These individuals should isolate at home, with household, until a test is sought.</p>

	<p>If the child <b>only</b> has cold symptoms <b>without</b> any COVID symptoms they should not be tested and can return to school when well enough.</p>
<p>Children with asthma - how do we manage this with coughs which can be persistent and ongoing?</p>	<p>Any child with one of the COVID symptoms (new continuous cough, temperature, loss/change in sense of taste or smell) should be tested. Even if there is a chance it is related to allergies or asthma.</p> <p>It is not usual for children with asthma to display signs of a temperature without being otherwise unwell.</p> <p>A new, continuous cough means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (<u>if they usually have a cough, it may be worse than usual</u>).</p>
<p>What is a temperature for a child? Is it 37.8?</p>	<p>You should look for signs of a temperature i.e. flushed, hot to the touch on chest/back. You do not need to 'hit' a specific number, however Public Health England have advised that the temperature is 38.</p>
<p>Are antibody tests back on the market? Are they accurate?</p>	<p>Antibody tests are not being used within schools currently. Parents should seek a test through the national/NHS scheme.</p>
<p>Can we have a comprehensive list of illnesses temperature, etc what can be in school and what needs to be sent home?</p>	<p>All those who have COVID symptoms must self-isolate and seek a test.</p> <ul style="list-style-type: none"> <li>• <b>a high temperature</b> – feeling hot to touch on chest or back (you do not need to measure temperature)</li> <li>• <b>a new, continuous cough</b> – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual)</li> <li>• <b>a loss or change to sense of smell or taste</b> – this means they cannot smell or taste anything, or things smell or taste different to normal</li> </ul> <p>Their households must also self-isolate until they have received the test result. If positive they must remain at home for 14days (10 for infected individual).</p> <p>Children with none of the above symptoms should be tested.</p>
<p>Can we ask staff and parents to provide proof of a negative or positive test?</p>	<p>The DFE guidance states that schools/settings should not request verification of a negative test before allowing children back, but we feel it is appropriate to ask if you are concerned.</p>

<p>Are sickness and diarrhoea on the list of symptoms for COVID-19 testing?</p>	<p>No, these are not symptoms which would on their own meet the criteria for someone to be tested. These remain:</p> <ul style="list-style-type: none"> <li>• a high temperature</li> <li>• a new, continuous cough</li> <li>• a loss or change to your sense of smell or taste</li> </ul>
<p>Individual has travelled abroad; do they need to isolate?</p> <p>Can they take a test and return to school earlier?</p>	<p>Staff or children/young people who have travelled need to isolate for 14 days on return to the UK, unless the country they visited is on the <a href="#">exemption list</a>.</p> <p>If they have visited any country that is not on the list they must isolate, even if they have travelled back to the UK via a country that is on the list.</p> <p>Taking a test will not allow them to end the isolation period early, even if it is negative. The full period of time must be adhered to.</p>
<p>Why can children or staff not return to school if they have been asked to isolate as a close contact but get a negative test result?</p>	<p>Anyone identified as a close contact <b>must</b> isolate for the full 14 days. This is because they may have the virus but it cannot yet be detected by the test and they could unknowingly spread the virus further.</p>
<p>How should we respond when a parent has one child self-isolating as a close contact and cannot get the other to school?</p>	<p>The following advice is only for scenarios where the sibling is not symptomatic but asked to isolate because they have been identified as a close contact of a positive individual. If the sibling is symptomatic the whole household should isolate.</p> <p>The first port of call would be to see if the parent could ask anyone in their childcare/support bubble to drop off or collect the child who has not been asked to self-isolate.</p> <p>If there is no one else who can collect/take a sibling from/to school then the isolating child could travel by car and stay in the car whilst the parent collects the sibling. The isolating child should not have contact with anyone outside of their household and should not leave the car or come onto the school site.</p> <p>If this is not an option either because parent doesn't drive or cannot leave the isolating child in the car unattended, then our suggestion is to provide remote learning to the other sibling/s to enable them to remain at home for this time.</p>