

Great Easton Grapevine

Summer 10 – Wednesday 23rd June 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

As you are now all aware, booking of school meals now needs to be made in advance - here is the link for booking for 5th - 9th July 2021

<https://forms.office.com/r/4pauSsymze>

EVERY MEAL MUST BE PRE-BOOKED

(even if your child always has a school dinner, so that we know which meal they are having). If you have booked a meal, you will be charged even if your child brings a packed lunch in on the day.

If you have not pre-**booked your child's** meals by Sunday 27th at 5:00pm, you will need to ensure that they bring a packed lunch to school each day for that week.

If they have packed lunch every day, there's no need to complete the booking form.

Payment for school meals is made via Schnappy, the option to pay up front for **next term's dinners** has been added - please check Events and sign up to enable payment to go into your basket - otherwise we will add payment requests as and when meals are booked.

Full Term Payment - £149.60

Half Term 1 - £83.60

Half Term 2 - £66.00

www.greateastonprimary.co.uk



Book bags, PE bags, hats & caps with our old logo have been placed in a box in the front entrance - help yourself if you'd like to. Donations can be placed in the PTA pot as with second-hand clothing.



SCHOOL BREATHE
breathwork for a calmer classroom

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

★ Star of the Week ★

All of Year 6 for being fabulous leaders for Sports Day



Music Lessons

The letter for booking Music Lessons through Essex Music Services has now come through and has been sent out.

There is a deadline for booking the lessons and EMS will not extend this.



Morning drop offs are getting earlier and earlier - please remember the first slot for surnames A-D is 8:25-8:35am which means staff will not be at the gate until 8:25am. If you need an earlier drop off because you have to be at work, then please book your child a place on Breakfast Club which is available from 8:00am. I am very grateful to staff for supporting the walking bus route (in all weathers) this year - most are doing it completely voluntarily before their start time and after their clocking off time! Please do not leave your child until there is a member of staff there to supervise them.

Claire Jackman



COVID-19
Coronavirus

Thank you to the families in Reception and Year 1 who isolated following the closure of the bubble last week. We know of a birthday that had to be cancelled and appreciate the impact this has. We were very sad to hear that so many people did not follow the isolation rules and went to Alton Towers, Little Monsters, the zoo, shops and met up with friends, potentially spreading the virus to others. Isolation does mean just that!

Claire Jackman



Dunmow Utd U12 Girls

After successfully winning the league this season we are looking for more girls to join our friendly talented squad as we progress to 11 a side. Current school years 6 and 7. Please contact Clive for more information
07809 892089



Email: jac@rowley1.com Tel: 07809 892089

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 37 / June 2021



Frozen Friday

Please send your child in with 50p if they would like to buy an ice pop just before the end of school this and every Friday until the end of term.

Correct change only please!



Pre-loved uniform

Thank you so much for the donations so far, the rail is in the foyer. **Please bring change for the honesty box. £2 per jumper £1 per t-shirt.**

Please keep the donations coming as and when your children grow out of their uniforms - Please leave any donations in a bag in the foyer. Any unbranded clothing can be placed in the car park clothes bank.

amazonsmile
You shop. Amazon gives.

amazonsmile

Please don't forget when you are making purchases to use **The Giving Machine** or **Amazon Smile** so that the school can benefit from the donations they generate - just select our school before you shop.



On site clothes bank

Parents can drop clothes off at the school car park clothes bank from 8am – 6pm Monday to Friday only. You will find it tucked in the corner of the main car park.

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

Photo credit: pixels and playboy





Straw Breathe

Probably the simplest breath technique there is for helping you feel calm and centred. Can be practiced anywhere to help you activate the rest and digest part of your nervous system.

Benefits

- Calms the nervous system
- Activates the vagus nerve
- Calms the mind

& Breathe

We are going to breathe in through our nose and out through our mouth to make us feel more relaxed.

Firstly, place your hands on your lower belly and breathe in through your nose.

As you breathe out through your mouth, purse your lips, as if you are breathing through a straw. Breathe out until the breath fully runs out. This should feel relaxed – no effort.

Breathing in through the nose, belly rises and out through your mouth with pursed lips.

Let's try this five more times.

Slowly breathe in through the nose

Breathe out slowly through the mouth with pursed lips until the breath runs out

Breathe in through the nose, allow the belly to rise

Soften the shoulders and breathe out through the mouth as if you are blowing through a straw

Breathe in slowly through the nose, belly rises. Breathe out through the mouth with pursed lips

Breathe in slowly through the nose, belly rises. Breathe out through the mouth with pursed lips

Repeat this until you are feeling calmer

Close the eyes, notice how you feel



**“Any time I get to blow bubbles pretty much lights me up.”
– David Helvarg**