

# Great Easton Grapevine

Summer 13 – Wednesday 14<sup>th</sup> July 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

Please make sure to book your child's meals in for when we return after the summer holidays. There is a separate menu for the first three days back and then we will move onto Week 2 of the Autumn menus - these will be uploaded to the website in due course and I will send out on a separate email.

**PLEASE MAKE SURE TO USE CLASSES FROM SEPTEMBER ON BOOKING FORM!**

<https://forms.office.com/r/8QcRavVWtq>

## EVERY MEAL MUST BE PRE-BOOKED

This applies to all year groups including those that receive Free School Meals.

If you have not pre-**booked your child's** meals by Sunday 29<sup>th</sup> August at 5:00pm, you will need to ensure that they bring a packed lunch to school each day for those 8 days.

Payment for school meals (Y3-6) 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](http://www.greateastonprimary.co.uk)



**SCHOOL BREATHE**  
breathwork for a calmer classroom

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

## NSPCC

On 12<sup>th</sup> September Bryony Arnold will be running the 13.1 miles of the Great North Run to raise money for NSPCC. This charity has sadly been needed more than ever over the last 18 months. If anyone would like to sponsor Bryony, please visit

<https://www.justgiving.com/fundraising/simplifyhealthgreatnorthrun20212-bryonyarnold>



If you have any school library books at home that your children have finished with, please can you return them before the end of term. If there are some that they are still reading, they are welcome to hang onto them until **September, unless they're in Year 6, in** which case we will need them back over the next week or two.



**Don't forget to book for Autumn term!**

## Channel 4 needs you! - The Dog House

Five Mile Films are making a new series of 'The Dog House' - looking for people who can offer a loving home to a rescue dog. The series is made with Wood Green, The Animals Charity in Cambridgeshire who specialise in matching their rescue dogs with would-be owners. They are currently searching for people who are thinking about rehoming a rescue dog and who would be up for sharing their various reasons for doing so. If you are interested in finding out more please visit [www.channel4.com/4viewers/takepart/the-dog-house](http://www.channel4.com/4viewers/takepart/the-dog-house)

## South Mill Arts

### What's On this Summer!

Discover & Make Activity: Entertaining in the Castle; Chris Lord & Her Blues Express; Discover & Make Activity: Entertaining the Victorians; Meet Pippi Longstocking; The Adventures of Bo Peep; Summer Pride with Crayola; Wonderland; Horrible Histories live on stage; Meet me a Tree; Discover & Make Activity: Entertaining the Georgians; Charlie Turner; Discover & Make Activity: Entertaining the Grandparents! For more information and to book please contact [www.southmillarts.co.uk](http://www.southmillarts.co.uk) or call 01279 710 200



Science Workshops every Wednesday during the Summer!  
Ages 4-8 sessions 10-12pm; Ages 9+ sessions 1-3pm  
£10 per person - tickets available on the website or via Facebook  
<http://www.museumofpower.org.uk/>

## THE FORGOTTEN GARDENS OF EASTON LODGE

### A Time to Remember at our next Open Day on Sunday 25<sup>th</sup> July...

A time to remember the role of the Gardens and estate in World War I & II  
Singing & dancing with 1940's songs performed by 'Perfect Vintage'; Displays of previously unseen photos and stories associated with the Gardens during the Wars and RHS's Dig for Victory display; Association of the 386<sup>th</sup> Bomber Group & members of the Austin 7 club; Garden produce on sale; Tea & coffee plus other refreshments.  
Open Day entry by ticket only - visit [www.eastonlodge.co.uk](http://www.eastonlodge.co.uk) Adults £5.50, children under 16 FREE



Active Essex - FREE summer activity programme available for SEND children and their families up to 8 years old in Uttlesford. The sessions are targeted at those families who are eligible for benefits based free school meals or working families who are struggling financially. There will be a range of activities including painting, crafts, mucky play, cooking and lots of other fun events. Sessions on Tuesdays throughout the summer at Fritch Green Recreation Ground 10am-2pm. Visit <https://eola.co/w/1637/activities>  
[www.greateastonprimary.co.uk](http://www.greateastonprimary.co.uk)

# What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 38 / July 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!

ON  
SALE  
NOW



## 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:  
[pto@greateaston.essex.sch.uk](mailto:pto@greateaston.essex.sch.uk)

Photo credit: pavel and phaboy





## **LION'S BREATH**

### **Tips and advice**

This is a great one to practice first thing in the morning or before a child (or teacher) has to conduct a presentation to calm the nerves. There are no written instructions for this breath exercise as this is best practiced under the instruction of a yoga teacher. We have a great version of it on the School Breathe You Tube channel. Please follow the link here: <https://www.youtube.com/watch?v=WLG9kVKxQSM>

### **Habit Anchors**

Beginning of the day is the best time of day to practice this. However, if a child is nervous about public speaking, or presenting something to the class, you can encourage them to practice a couple of minutes of Lion's Breath and this will help boost their confidence and calm their nerves.

### **Benefits**

- Relieves tension and tightness in the entire face
- Rids the lungs of stale air
- Boosts circulation
- Calms the nervous system
- Boosts confidence

### **Breathe...**

- Please enjoy Lions Breath on our You Tube channel as it's best to follow a teacher for this one.



*“Intelligence entails a strong mind, but genius entails a heart of a lion in tune with a strong mind.” – Criss Jami*