

Great Easton Grapevine

Summer 14 – Wednesday 21st 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 29th 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

Clubs

There are still a few spaces for French Club, one space for KS2 football and two for KS1 football - sign up is on Schnappy.

Nick will be running Multi-sports on Thursdays for all year groups - sign up using the link below:

<https://prestige-sports-uttlesford.class4kids.co.uk/info/14>

Infinity Summer Netball Camp

Dates: Thursday 5th & Friday 6th August 2021

Times: 10am - 3.30pm

Ages: 7-14

Venue: Great Dunmow Leisure Centre, Parsonage Downs, Dunmow, CM6 2AT

£30 per day or £55 for both



Run by:
Head coach: Emily Brown
Assistant coach: Louisa Bowman-Dove

This camp is an opportunity for children of all abilities and experience to develop their knowledge and skills within netball.

Including:

- Ball skills
- Movement skills
- Attacking
- Defending
- Shooting
- Match play, fun games and shooting competitions

For more information or to book, please email Emily at: egbrown1994@gmail.com



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

End of Year Awards & Autumn Term Arrangments

Congratulations to the following EASTON award winners:

YR/1 ~ Rose & Sienna
Y1/2 ~ Jemima & Roman
Y3/4 ~ Harry & Molly
Y4/5 ~ Aaron & Elinor
Y5/6 ~ Darcy & Luke

Sophie & Cullen have received the Rebecca Meade award & TJ has received the Pickford Prize for his amazing fund-raising efforts! Congratulations all of you!

We will be continuing with our current start and end of day arrangements when we return in September, reviewing during the term, once we have a clearer idea of how things are with Covid-19. As a reminder, walking bus times are as follows:

Surnames A-D - Drop off 8:25-8:35; Collection 3:00-3:10
E-L - Drop off 8:35-8:45; Collection 3:10-3:20
M-Z - Drop off 8:45-8:55; Collection 3:20-3:30

Only new Reception parents are to use the visitors' carpark for 8:40 drop off for their new children and siblings

City - BE ON TV!

'Hey Kids, do you love movies? If so we want to hear from you!'

Mini Movies is a brand new CITV show and we need movie-loving kids (aged 12 and under) to take part. Your videos could get the Hollywood treatment with incredible visual effects added to them! You can show off your skills at putting together a costume worthy of a blockbuster movie! Gen the chance to pitch your own movie idea! Your animations could be shown on TV! If you'd like the chance to star in the show, then get your parent or guardian to email us today: casting@thechancercollective.com

THE FORGOTTEN GARDENS OF **EASTON LODGE**

A Time to Remember at our next Open Day on Sunday 25th **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 386th 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 Adults £5.50, children under 16 FREE

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

Photo credit: pavel and phaboy





Bee Breath

Sometimes our minds can be a really busy place – often buzzing with thoughts, dreams or worries. Luckily, we can observe and learn from observing nature around us to experience a calmer state of mind. This breath technique is called the ‘Bee Breath’ and called so because we are going to make a buzzing sound with our breath.

Firstly, you will practice this with eyes open. This will help you to familiarise yourself with the instructions, then when you are ready, you can close your eyes to make the experience a little more special. The humming vibrations will boost feelings of calm and can focus and quieten the mind.

Breathe...

- Raise the hands to face and elbows level with the shoulders. Use the thumbs to close the little ‘flap door’ (or tragus) at the entrance of the ears.
- Bring the tip of the little fingers under the nostrils, feel the breath entering and leaving the nose. Tune into the inner sounds of the body. Can you hear a beating of the heart? Notice all the noises of your internal landscape. Apply a little more pressure with the thumbs if you are not picking up on any of these murmurings.
- Take a few rounds of slow breathing here.
- INHALE EXHALE
- Breathe in slowly
- Keep the mouth close with space between top and bottom teeth (jaw is relaxed) as you exhale, make a soft “Mmmmmmmmmmmmm” sound. Feel the vibrations in the nasal cavity, throat and head.
- Repeat for 3 more breaths.
- Now we are going to do the same breath exercise with the eyes closed. so now place the middle and index fingers gently over closed eyelids.
- Breathe in and then breathe out with a MMMMMMMMMMMMMMMMM sound
- Repeat 5 times.

- Notice any sensations. Are you feeling a little calmer? Is the mind a little quieter? Try this breath exercise anytime you wish to feel a little more relaxed.



“Be happy. Be kind. Be gentle.”