

Great Easton Grapevine

Summer 3 – Thursday 5th May 2022

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 Lunch



Please click the link below to order your child's school meals for week commencing 16th May.

<https://forms.office.com/r/riWuVuhhd8>

Deadline for form is Sunday 8th May at 10:00pm – if not ordered before then, you will need to send in a packed lunch for that week.

We are pleased to be able to invite parents in for school lunch once again! If you'd like to book in, please use the same form as for the children and tick the 'parent' box! Cost is £2.76. We look forward to seeing you 😊

Please can you make sure to put the correct class when completing the form – we've had quite a few incorrect ones which causes issues when creating reports. Many thanks

Reception/KS1 classes, please make sure to indicate if your child **DOES NOT** need a school packed lunch for the trip on Tuesday 17th and if they do, which 'flavour'!



Mrs Williams and Year 6 are organising a cake/savoury bake and flower sale for Dementia UK at break on Friday 6th May, for Dementia 'Cake and Cuppa' week! This is part of their PSHE 'caring for others' work and they chose the charity they wanted to support. Please send in money for children to buy some goodies!



The Tidballs will be opening their garden for charity again this Sunday 8th May from 12-5pm. Do pop along and enjoy the afternoon in the gardens whilst raising money for nursing and health charities. Cake and plant sale as well as beautiful artwork by Louise Man. The Old Vicarage, Church End, Broxted CM6 2BU
Admission £6 (children free)
Visit: <https://ngs.org.uk/view-garden/16413>



If anyone has any spare knitting wool, Mrs Williams is looking for donations - all shades of pink, cerise, cream, mauve and purple please.

Many thanks



'Can You Make Magic Milk?'

Please see experiment attached to the email with this week's Grapevine!



SELF-CARE FOR



WELLNESS

On Friday we had a wellness coffee morning. I shared some information about the mindfulness programme we are starting across the school through Do Bemindful <https://www.do-bemindful.com>. It was a chance to catch up and think about children's well-being and happiness as well as our own.

We also talked about how incredibly busy life is and how we can make time for ourselves to ensure we are well.

USING THE WORD 'TIME' CAN HELP REPLENISH US:



T - THANKFULNESS

Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



I - INSPIRED BY

Inspiration awakens us to new possibilities by allowing us to transcend our ordinary experiences and limitations. Inspiration propels a person from apathy to possibility, and transforms the way we perceive our own capabilities.

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M - MEDITATION

The process of meditating is straightforward and easy: simply sit and practice. All you have to do is close your eyes, stay focused on your breathing, and let your mind do its thing. This is the one skill where you don't have to strive to achieve something — just a place of stillness where no effort is required. There is no such thing as a good or bad meditation. There is only awareness or non-awareness. The moment you realise you're lost in thought, that's awareness, and that's when you return to the object of focus (usually the breath). This is all you have to keep doing — return from your distracted thought to the breath, all the time honing your awareness. With perseverance, the periods between awareness and distraction will get longer and longer.



E - EXERCISE

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Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out.

TAKE SOME 'TIME' FOR YOURSELF EVERYDAY

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

**PLEASE JOIN US AT OUR NEXT GET TOGETHER 8.45AM
FRIDAY JUNE 24TH IN THE STAFFROOM - EVERYONE IS
WELCOME**

TAKEHOME



Should we have the right to say whatever we choose?



In the news this week

Chief executive of the electric car manufacturer, Tesla, and founder of SpaceX, Elon Musk, has reached a deal to buy Twitter, stating that he is the right person to release the social media platform's extraordinary potential. He has agreed to buy the social media platform in a £34.6bn (\$44bn) deal. Musk is a regular Twitter user with more than 80 million followers. In March, Musk asked his followers whether they thought the social media platform encouraged free speech.

Things to talk about at home ...

- Do you think people should be able to say what they like on social media platforms like Twitter, or do you think there should be rules users need to follow?
- How about in general life, do you think people should be able to say whatever they like, whenever they like?
- Share your knowledge of social media. Do you think you will use any in the future?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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MAY HALF TERM TENNIS CAMPS

Dates:

Monday 30th and Tuesday 31st May

Times:

10am-4pm For All Ages Both Days

Cost:

£30 Per Day

Location:

DUNMOW LEISURE CENTRE



To Book In Contact Ollie Clark:

Tel: 07841830926

Email: ojc-tennis@hotmail.com



Key found on walking bus route near the village hall – please contact me if it's yours!

Dates for your Diary

(Any new dates that have been added since last week will be in red).

May 2022

Tuesday 17th - R/KS1 trip to Chatham Green Project

Friday 27th - Sports Day

MAY HALF TERM - 30TH May - 3rd June

July 2022

Saturday 2nd - Rainbow Run fun day (PTA)

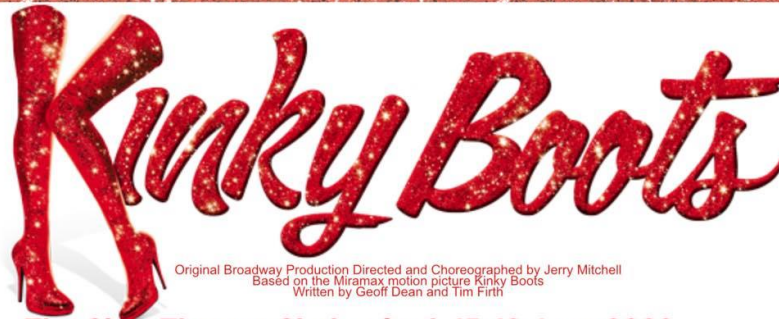
Tuesday 5th - 3:30-5:00 - Open Evening

Friday 8th - 9:30am - Leavers' Service

Friday 15th - 9:30am - Leavers' Show

Monday 18th - Friday 22nd - Y6 Isle of Wight Residential

SUMMER HOLIDAYS - 25th July - 31st August



Book by
Harvey Fierstein
Music and Lyrics by
Cyndi Lauper

The Civic Theatre Chelmsford, 15-18 June 2022

BOX OFFICE - 01245 606505

WWW.CHELMSFORD.GOV.UK.THEATRES

This amateur production is presented by arrangement with Music Theatre International (Europe).
All authorised performance materials are also supplied by MTI Europe www.mtishows.co.uk



Any theatre lovers out there, I am appearing in the above show in Chelmsford in June (you might spot me hovering somewhere at the back of the stage!) It's a fabulous show and we have an amazing cast! Great music and a real 'feel good' story about acceptance - straight from the West End! It would be lovely to see you there!

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 56 / May 2022

colour Run

Saturday 2nd July / 3-6pm

Colour run obstacle course £5pp (spectators are free).

Details on how to book tickets coming soon....

Azure Woodfired Pizza providing hot food!

Alcoholic/non-alcoholic drinks, cake stall, tombolas, games
and of course the Colour Run obstacle course!

2ND JULY



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

Photo credit: pixels and proboy



Can you make magic milk?

You will need:

Room temperature milk,
food colouring, cotton
bud, small dish/plate,
washing up liquid

Step by step guide to making magic
milk:

1. Pour the milk on the plate
2. Add the food colouring in drops using the cotton bud. Different colours work best
3. Add the washing up liquid and watch the chemical reaction

Why the Magic Milk Experiment Works

Contrary to what it looks like, milk isn't just milk! It's made up of mostly water, with a bit of fat in it, along with other nutrients – vitamins, minerals, proteins, etc.

The fat is in small droplets, held in *solution* in the water. That is, the molecules of the fat are suspended between the molecules of the water. And this fat (and the proteins) are super sensitive to changes in the milk.