

Great Easton Grapevine

Summer 4 – Wednesday 5th May 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.



Please see sheet attached to the Grapevine email, for the experiment for this week!

★ **Star of the Week** ★

Y3/4 - Ivy

Y5/6 - Selina, Darcy & Charlie



Reception Parent Survey

Existing Reception parents will have received an email with a link to a survey - thank you to those that have already responded. If we could have the remainder of the responses as soon as possible, it would be appreciated.

Thank you



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



The Tidballs will be opening their garden for charity on **9th May & 20th June** from 1-5pm

Feel free to pop along and enjoy the afternoon in their beautiful gardens, whilst raising money for nursing and health charities. With four acres to explore, and limited tickets, there will be plenty of space for social distancing.

The Old Vicarage, Church End, Broxted CM6 2BU

Admission £5 (children free)

Light refreshments (cake stall!), plant sale (Luke & Ellie have propagated these) and Luke will also be showing off his collection of carnivorous plants & succulents - his giant aeonium is in flower!

For info & to pre-book visit:

<https://ngs.org.uk/view-garden/16413>



As our weather can be incredibly unpredictable, please make sure your child always has a coat/waterproofs with them for when they are walking to/from school, so that they don't get caught out!

Found!



Small black & white soft toy - let me know if it's yours!

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 33 / May 2021

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.

This is replacing bags2school so please fill it up with any dry textiles (no school uniforms please)



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.



Re-loved!

If you have any school T-shirt's and jumpers that no longer fit please feel free to pop them in the foyer so we can organise a second hand uniform sale.

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

Photo credit: peels and playboy





SCHOOL BREATHE
breathwork for a calmer classroom

Elevator Breathe

This is a great breath technique for calming the nervous system and can be practiced at the beginning of the day to help start the day in a calmer frame of mind. Can be practiced before an exam or anytime your child/ren feel anxious.

Benefits

- Lowers heart rate
- Lowers blood pressure
- Slows breath rate
- Brings the mind into stillness

& Breathe

Begin by noticing your in-breath and out-breath. Just observe your breath and notice which parts of your body expands more as the breath comes in.

Imagine that your breath is an elevator and you are going travel down through your body. You are currently on the fourth floor (your mind) and you need to make your way to the ground floor (your belly)

Breathe in through your nose and start the elevator ride.

Breathe out slowly through the nose.

Breathe in again now and take your 'breath elevator' down to the third floor, down to your throat. Feel the breath around the throat area as you breathe in.

Breathe out slowly through the nose.

Let's travel now to the second floor which is based at your heart centre. Breathe in again now as we travel down to the next

floor. Breathe in slowly and feel your breath arrive at the second floor, around the heart area.

Breathe out slowly through the nose.

We are nearly there...let's travel together to the first floor which is all the way down near your belly button.

Breathe in slowly and feel the breath elevator travel down to the second floor and feel your breath go down all the way to the belly. When you breathe in your belly should rise.

Hold the breath there (pause for a moment). Now, breathe out. (Pause for a moment)

This time, breathe in and take your elevator down all the way to the ground floor that is deep into your hips and sitting bones.

Hold the breath there. (pause). Now breathe out all the air.
Breathe in feel and imagine the breath travel all the way down to the basement, deep down into your toes. Hold the breath there. Now breathe out all your air. (Pause)
Breathe in one last time bringing the breath elevator up from the basement to the ground floor at the belly. Breathing in feel the space between the basement and the belly.
Breathe out through the nose slowly.
Now you have reached the ground floor you can take a few more breaths here to help you feel calm and grounded.



“Be present, be gentle, be kind”

Week commencing 3rd May



Homes and Habitats

This week I would like you to make your own bug hotel. For this challenge, you will need to look at what particular animals need to live and the type of environment that they like to live in. You can draw your design and label it. This mini-habitat doesn't need to be big- it can be something small.

Who would live in your hotel?

