

Great Easton Grapevine

Summer 5 – Wednesday 12th 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 ★

Y5/6 - Lexi & Bobbi



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



Outstanding Swimming Money

Please can all Y5/6 parents ensure that they have paid for their child's swimming for this half term. Y4/5 will be starting after half-term - payment requests are on Schnappy for those that are still due.



We are continually receiving emails/complaints regarding driving and parking in and around the village hall.

One resident reported that a car was blocking his driveway and he needed to get out to collect his own child from school - when he asked the parent to move their car, he received quite a nasty response - please consider where you are parking to avoid inconvenience to the people that live there!

We also had an incident this week where someone drove into our car park at speed, narrowly missing another car just leaving. There should only be exceptional reasons for using our car park - please drive carefully when entering and exiting.

We are still seeing cars in the layby during the 'no parking' times - please be mindful that this should be kept clear during those times.



Please remember that we are a nut-free school. If sending snacks/lunches in for your children, please check the ingredients to make sure there are no traces as we have children in school with allergies.



There will be no Duolingo club on Thursday 20th May (next week).



Please note that next Thursday will be burgers and Friday will be a roast.



Links for Nick's multi-sports for during half term and after have been sent out today.



It is no longer a requirement to wear facemasks for collection & drop off at the village hall but please continue to socially distance.

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)



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You shop. Amazon gives.

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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: pavel's and peabody





The Gorilla Chiller

Habit Anchors & Tips

A great fun way to start the day. This breath exercise will help children feel calmer and more confident. Encourage the children to practice outside where the sound can travel and they can make a little more noise!

Benefits:

- Brings you into the present moment
- Opens and clears vocal cords
- Extends the exhalation to help induce feelings of calm
- Great for pepping up energy

Gorilla Fun Facts (extracted from the Book 'Breathe Well')

"The highest part of the respiratory system, after the brain, is the nasal cavity, trachea and larynx (front of the throat). Just above here is an interesting bone called the Hyoid bone, which is the only 'floating' bone in the body. The positioning of the larynx and hyoid bone is unique to human beings and is in the perfect position to work in unison with the tongue - making humans the main 'chit chatters' of the animal world. Without this unique positioning of the larynx and hyoid bone, we would still be hooting, grunting and 'AHHHHing' like our gorilla cousins. No other animal has a larynx low enough to produce sounds as complex as our ancient ancestors. Perhaps the day the larynx dropped and Neanderthals started to use oxygen for 'chatting', was the day we started to lose a vital connection to our respiratory system. Perhaps it was then, that we began to 'waste our breath'.

Channelling our ancestral 'inner gorilla' can help us flex our vocal chords, and reconnect us with a primal sound. This breath exercise can often bring on a bout of the giggles too, which can be a welcomed workout for the diaphragm".

Script

- Imagine you are in a peaceful spot out in nature, perhaps a forest, or sat on a sturdy branch of your favorite tree.
- Sit with a comfortable posture. Inhale slowly and deeply through the nostrils, taking a deep belly breath in (breathing in belly should rise) and then take in a little more air to bring the breath into the upper chest.
- On the exhalation, open the mouth nice and wide and make a soft Gorilla-like sound 'Ahhhhhhhhh'. Continue with this sound until the breath and sound runs out. (Keep going.....there's always more 'out breath' than you think.)
- Now, you can bring your 'gorilla hands' into play. Contrary to how films portray the great apes, they use the palms of their hands to beat their chests not their fists. Bringing both hands to the upper chest, place the palms flat on the upper chest, just below the collarbones. Close the eyes if that makes it easier to feel physical sensation in the body.
- Breathe in through the nose.

- Open the mouth, breathing out, make a low gorilla-like “AHHHHHHHHHHH” sound as you exhale. Channel your inner gorilla, as you beat the palms of the hands on the upper chest, just below the collarbones.
- Take a few resting breaths in through the nose, out through the nose, between each round.
- Breathe in through the nose, out through the nose and notice any physical sensations in the body. Some can feel energy moving in the upper chest and vibrations just below the collarbones and sometimes mild vibrations in the throat.
- Repeat the ‘The Inner Gorilla’ with the gentle beating of the upper chest 3–5 times.



“A child can teach an adult three things; to be happy for no reason, to always be busy with something and to know how to demand with all his might that which he desires”. – Paulo Coelho

Week commencing 10th May



Paper plane

This week, your challenge is to make a paper aeroplane that can travel the furthest distance. You might like to try lots of different designs to get the furthest distance, using various techniques, materials and Technology. The only limit for your design is that you can only use 1 sheet of A4 paper. You can use weights, glue, sellotape and other resources if you would like to. When you have made the perfect paper plane, film yourself throwing it and if you can, measure the distance.

