

Great Easton Grapevine

Summer 8 – Wednesday 9th June 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.

★ **Star of the Week** ★

Y3/4 - Chloe

Y5/6 - Declan, Eliza & William

School Meal Booking

As you are now all aware, booking of school meals now needs to be made in advance - here is the link for booking for 21st - 25th June 2021

<https://forms.office.com/r/RRLtzqzR1W>

EVERY MEAL MUST BE PRE-BOOKED

(even if your child always has a school dinner, so that we know which meal they are having).

If you have not pre-booked your child's meals by Sunday 13th at 5:00pm, you will need to ensure that they bring a packed lunch to school each day for that week.

We are aware that Year 6 will be in Kingswood so there is no need for you to complete the form. Miss Wilson's class are on a school trip on Weds 23rd so will need to complete the additional question for that day.

Please don't forget, if you did not complete the booking form before half term, or made other arrangements this week, you will need to send in packed lunches next week.

www.greateastonprimary.co.uk will be coming out shortly.



We are currently looking for someone who would be interested in taking on the school cleaning position. This could be a job-share if it suited, so please get in touch if you have any availability and would be interested in finding out more.



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



SCHOOL BREATHE
breathwork for a calmer classroom

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



Music Lessons

From September, school will no longer be involved in booking music lessons for Essex Music Services - if your child currently has lessons (or you would like them to have them next term) please look out for the letter that

What is your PTA up to?

Great Easton Primary School / Parent-Teacher Association (PTA) / Issue 36 / June 2021

Thank you!

Thank you to everyone who donated books and sent in money. We raised £66.50!

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:
pta@greateaston.essex.sch.uk

Photo credit: pearly and piobay





Sun Breathe

Benefits

- Calms the brain and helps relieve stress and fatigue
- Encourages a positive mindset
- Triggers the parasympathetic nervous system

Tips and Habit Anchors

You can lay on your back in sunshine to practice this. Or imagine you are in your favourite sunny place. This is a great breath exercise to encourage any child to feel calm and centred and allow them to return to a sunnier frame of mind. Can be read aloud before bedtime.

& Breathe

Sit in a comfortable position and take a few breaths through the nose. Slow the breath down.

Place both hands over your belly button. Take a breath in and feel the belly rise. Imagine a sun glowing in the belly as you breathe.

Breathe in - allow there to be a gap between top jaw and bottom jaw.
Breathe out - allow the forehead and face soften.

Stay here, breathing slowly, for a minute, allowing the body to soften with each breath. Then notice one warm part of your body. Can you imagine this warm part of your body as a small sunshine radiating golden sun rays as you breathe in? Now notice another warm part of your body. Imagine this is also a small sunshine too. Remember to slow your breathing down.

Now imagine these sun rays growing and glowing throughout the rest of your body with each breath you take. Imagine that can radiate this warmth throughout your own body.
Create a sunny smile upon your lips and take a few more breaths here. Notice how you feel.



“A good laugh is sunshine in the house”

Week commencing 7th June



Can you make snow fluff?

Materials:

- 1 cup corn starch
- 1 cup shaving cream
- Food Coloring

Instructions:

- 1.Pour the cup of corn starch into a large bowl. Use a spoon to scoop the shaving cream on top of it. Put 5-10 drops of food coloring on top. Stir to mix.
- 2.When the mixture looks like grated cheese, use your hands to squish the mixture even more.
- 3.Pretty soon the shaving cream and corn starch will form a ball, about the same texture as dough.
- 4.If your mixture is really wet and sticky after mixing, it needs a little more corn starch. If it won't stick together and falls into pieces, add a little more shaving cream.
- 5.That's it! Try sculpting snow angels, snowmen, or make a tiny snow fort!

How does it work?

The tiny pieces of corn starch get mixed into the shaving cream and suspended in the mixture. Shaving cream is mad of tiny tiny bubbles, and the surface tension on the surface of the bubbles helps 'float' the corn starch particles when the two mix.

