

This magazine is packed
full of good ideas to
inspire, support and
challenge you to be the
best you can be!

Issue 29: Friday 24 SEPT 2021

High Five

Primary
Behaviour
Support &
Provisions 



Inside this issue

- 03 Take 5
- 04 Connect - The Mirroring Game
- 05 Take Notice - Around Your School
- 07 Give - Gratitude Tree
- 08 Give - Feel Good Friday for staff
- 09 Keep Learning - Leaving a Legacy
- 10 Be Active - 10 Minute Shake-up
- 11 HIGH FIVE FRIDAY
- 13 Help Hub - Holding on to Hope



Inspire...

First we try to find ways to make you want to be the best you can be



Challenge...

You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things



Support...

When you want to be the best you can be we try to help you as you learn and grow

Welcome to High Five!

Welcome back to High Five. Our theme this week is a simple one...be well! Wellness is at the centre of everything we include in HighFive. It isn't easy to be the best you can be at Being Well all the time, but using the Take 5 approach will certainly help.

Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**

HighFive Friday

Last year, some of our fabulous schools agreed to help us try out lots of great Take 5 ideas. In these schools, Fridays were transformed into HighFive Fridays! See page 12 for more info.

In the next few issues, each of these schools will be sharing with us some of their ideas and telling us about how they made HighFive Friday the highlight of their Wellbeing Week! This week, our HighFive Friday school is Tonagh P.S.



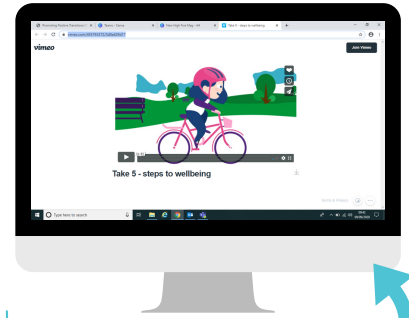
Take5

steps to wellbeing



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Watch a short video about Take5 here



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.



The 'Mirroring Game' is a great way to connect with friends whilst having lots of fun. The pupils in Tonagh P.S. got into pairs and took it in turns to copy each others actions. One pretends to be a person looking into a mirror while the other pretends to be the reflection of that person, exactly copying the person's movements and facial expressions.



You could try it with others in the classroom or have some fun in the playground at break or lunchtime.




Take Notice

The pupils and staff of Tonagh Primary School like to take their lessons outside as much as possible. They do lots of interesting and fun activities such as cloud watching and listening for sounds around their school. They also take the time to stop and notice wildlife, flowers and the weather.



Cloud watching



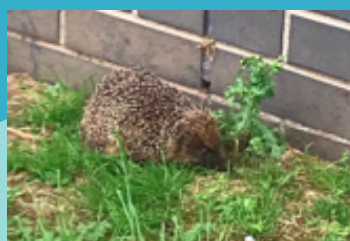

Does this cloud look familiar?




Closing our eyes and listening for sounds in the playground



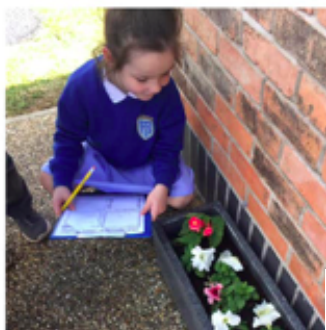
Taking notice of what's growing in our playground




Have you ever seen any usual animals in your playground?



Take Notice



What do you notice when you are out in the playground or on a walk?

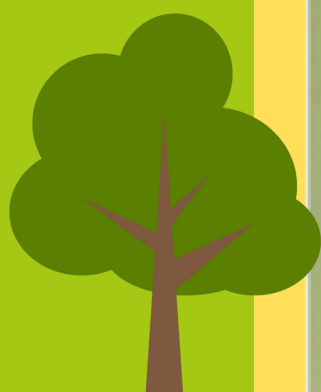
- Is it warm or cold?
- What can you see?
- Is it sunny or is it rainy?
- What shapes and colours are around you?
- What about the smells and scents?
- What sounds can you hear?



After being outside you could draw a picture of something beautiful you noticed or do some nature mindful colouring.

Gratitude Tree

In the entrance to Tonagh P.S. they have a 'Gratitude Tree'. A gratitude tree is a great way to show others the things that you are grateful for. They reflect on the school year and take time to note what they are grateful for within the school community.



You could write someone you know an gratitude note for no reason. Use sticky notes to write positive messages and stick it to their desk or around your house for someone to find. What could you write?

You are
a good
friend

Thank you
for helping
me

You are
kind

Give

Feel Good Friday



The staff in Tonagh Primary School are also looking after their own wellbeing. They had a 'Feel Good Friday' where hot chocolate and a cupcake was delivered by surprise to each staff member during the school day. They got to sit down for 10 minutes and enjoy.



A member of staff said our 'wellbeing activities so far have been amazing, it gives you a boost when someone takes the time to complete something for you.'

Keep Learning



During the Summer term the P7 class decided they would like to 'leave a legacy' by creating a new outdoor classroom area in the school grounds. They worked hard planting flowers and designing a new seating area to take the classroom outside. Well done everyone!



The Primary 7 leavers tested out the new outdoor classroom by having a drumming session.



10 Minute Shake Up Games

The NHS have teamed up with Disney to bring you play-along games inspired by your favourite Marvel, Pixar and Disney characters. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!



Dash's Ball Skills



How to play...

1. Grab a football or balloon. Count how many keepy-uppies you can do with your feet, hands and head.



2. Now try with just your head and feet.



3. Now with just your feet.



4. Now switch between right and left feet. Master as many skills as you can in 10 minutes!



change 4 life

*Click Here for more
10 minute shake up
ideas*



High Five Friday

HIGH FIVE Friday is an ongoing whole school emotional health and wellbeing programme where schools dedicate every second Friday to focus on embedding nurture principles, complete activities featured in the newsletter and use the Take 5 framework to deliver their day's learning.

It is time and space for every member of the school community to step back, reflect on the last two weeks and focus on enjoying each others' company.

The programme follows the Take 5 model and is shaped by three core principles:

Everyone belonging

Reducing tension

Raising self awareness

This term a group of schools are working hard to develop the High Five Friday programme so that we can enable more schools to take part in the new year.

From now until December each issue of High Five will be guest edited by a school involved in developing this programme. We know you will enjoy trying out their great ideas!

We'll keep you updated on the programme through our High Five newsletter, including information about how to get involved in the new year!





For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk

Holding Onto Hope in a Changing World



The five Health and Social Care Trusts in Northern Ireland have joined forces with the Public Health Agency (PHA) and the Northern Ireland Ambulance Service (NIAS) to deliver a campaign encouraging everyone to hold on to hope, to nurture our mental wellbeing and to raise awareness of the local and national services that are available to help when times are tough.



Take the
Hope Quiz
here



Your score will direct you to tips, information and resources that can help including:

- Take 5 Steps to Wellbeing
- Self-Care tips
- Helplines information
- Self-help resources
- Training on mental health
- Information on techniques such as gratitude, mindfulness and challenging negative thoughts.
- Downloadable poster and email strap

#holdingontohope21



Click here to access
campaign resources on the
MindingYourHead website

When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



Click here

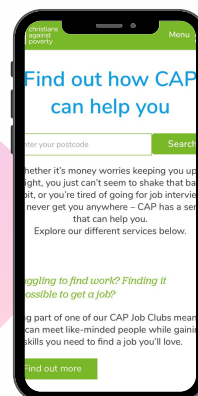
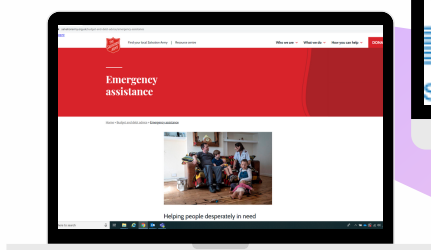
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.

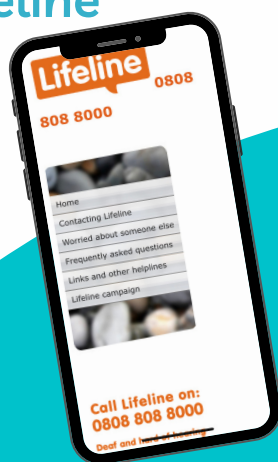


Click here

The Salvation Army, St Vincent de Paul and Christian Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



Childline



ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.



Click here for a link to the Department of Education's Re-Opening Schools Guidance



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

[Click here to keep up to date with the Public Health agency.](#)

