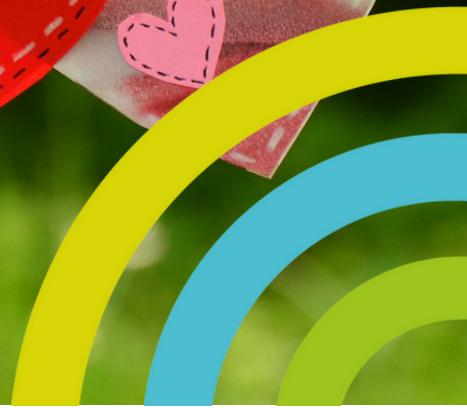


Issue 45: Friday 10 JUNE 2022

High Five

Primary
Behaviour
Support &
Provisions 

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



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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 in this issue is to Be Loving To Yourself And Others. We are sometimes better at loving others than we are at loving ourselves! Both are equally important, so as the academic year winds down, remember to celebrate who you are and appreciate yourself as well as doing so for the people around you.

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.**

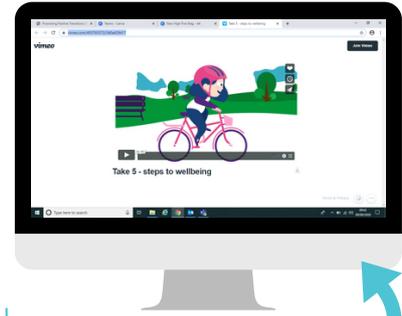
High Five Friday

Gaelscoil Uí Dhochartaigh in Strabane are being the best they can be by showing love to themselves and others.



Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

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



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.

Be Loving To Yourself and Others

This is a great time of year to think back and celebrate all the successes and achievements of the past year.

Let's use our Wow moments to help us.

Show your love to yourself by identifying two things you have achieved this year.

Show love to others by telling them about two things they have done well this year.



WOW!
I am proud of...



WOW!
I am proud of...



WOW!
I am proud of...



WOW!
I am proud of...



Be Active

Sports Day

Sports Day is an excellent opportunity to Be Loving to Ourselves and Others as we can:

Encourage each other



Contribute positively to our team



Have fun taking part



Be proud of what we achieve



Be pleased with ourselves



A huge part of Sports Day is working as part of a team during relay races and group games etc. The pupils at Gaelscoil Uí Dhochartaigh had some top tips for connecting with their friends during Sports Day.



**Do your best
for your
team**



**Remember
it's only a
game**



**Cheer each
other on**



**It's the
taking part
that counts**



Minding Minibeasts!

Rang 3 are learning about Minibeasts as part of their topic this term. We focused on the 'Take Notice' steps to well-being, where the children are caring for and showing love to the Minibeasts in the world around them. The children have recently decorated a 'Minibeast Hotel' to attract some 'guests'. We researched the suitable materials and resources needed for our visitors.

The children also made bird feeders with nuts and seeds for the birds to eat. We were able to hang them up on the trees around the school.



Take Notice



Interviews with People who Help Us.

Tell us a little bit about your job.

I am the Learning Support Coordinator in Cumran Primary School in Clough, Co Down. It is my job to understand the best way to teach all types and levels of learners- helping classrooms to be more inclusive than they've ever been!

What is your favourite part?

I love giving extra support to pupils to help them reach their full potential and shine. It isn't always an easy job but what helps in keeping me motivated is knowing that it is not about me, but about the pupils I have the pleasure to work with every day. My job offers rewards that few other careers can provide!



Carol Gardner is Senco in Cumran Primary School, Clough

Connect



Connecting with my family is really important to me and I love nothing more than heading outdoors with my husband and two children for a walk in the countryside

Keep Learning



I have been setting myself goals and cooking so many yummy recipes- my favourite is the three ingredient chocolate brownies!



Be Active



Cycling is one of my favourite ways of getting active. We love trying out mountain bike trails and pump tracks- our favourite is the crocodiles back at Blessingbourne Country Estate



Take Notice



I am getting better at taking time to reflect and enjoy the world around me



I love paying attention to people who are around me and showing small acts of kindness that might brighten their day

Give



Keep Learning

Know yourself, love yourself

We love doing PATHS at school. Rang 2 are learning about Twiggle and his friends. We are learning how to do the turtle and how to calm down when we are angry.

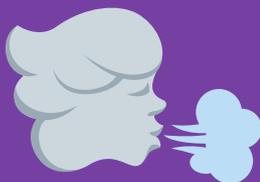
Let's do the turtle!



1 Stop



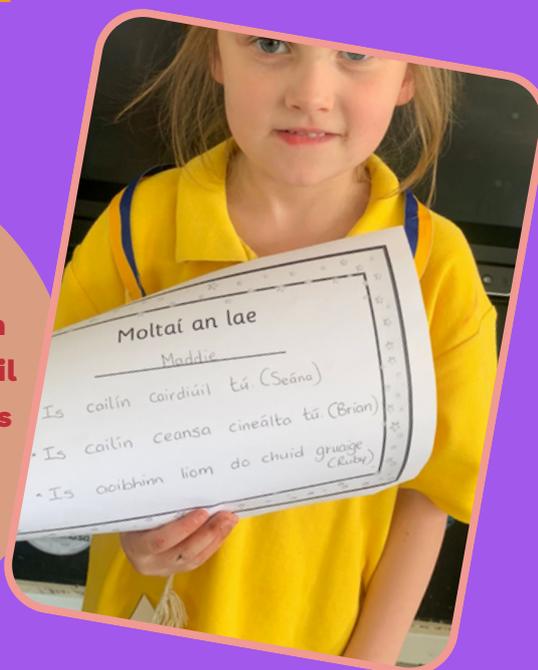
2 Breathe



3 Say the problem and how you feel



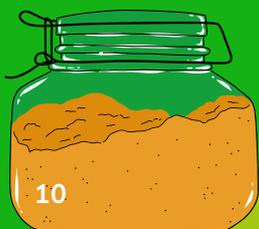
Every day, we have a Pupil of the Day. When it's your turn to be Pupil of the Day, your friends and teachers think of compliments



Give



The children in Rang 6 loved creating their own *Prócaí Áthais*: Happiness Jars. They penned positive affirmations conveying gratitude and self-love. They thoroughly enjoyed this task and relished the opportunity to both praise and compliment their friends and identify all the things that they are grateful for.





PBSP Inbox



This 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!

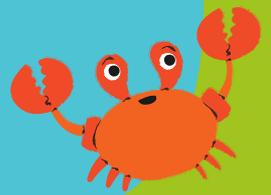


Tonagh Primary School

The pupils and staff enjoyed a full day of 'Seaside Fun' without even leaving their school! They had a great day learning about sea creatures, along with lots of fun and games too!



Seaside fun with Primary 1



P5 enjoyed dance club this term. What an enthusiastic bunch of dancers!





PBSP Inbox



Meadow Bridge Primary School

P3H & P3F had a fab morning taking part in a Numeracy treasure hunt. They had to follow clues to find the number 17 which had been hidden around our school's outdoor area. The children got their detective hats on to follow the clues and had to take a selfie beside where it had lead us to. Mrs. Hall was very impressed with the great problem solving and team work that went on throughout.



Playground Buddies are back at Meadow Bridge! The P1 - P3 children are so pleased to have them join them for fun, games and chat.



High Five Friday

"We have had another great 'High 5 Friday' at Meadow Bridge. Today, we focused on 'Connect' and 'Keep Learning'. Some of our older pupils became the teachers and shared their knowledge of sign language. Check out our learning in action!"



Tell us your High Five news at primarybsp.enquiries@eani.org.uk





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



Be Loving To Yourself and Others

Being kind and loving to ourselves is essential if we are to be able to show care and love to the most important people in our lives, and be effective in all the things we do. Often, our lives are so busy that we fail to acknowledge our capabilities and recognise the many wonderful things that we achieve!

Being loving to ourselves means recognising our feelings and tending to our own needs. In doing so we prepare ourselves to deal with daily challenges, have plans to follow our interests and goals and feel a sense of pride in who we are.

We've thought of lots of easy ways that we can be loving to ourselves. Practicing and modelling these for our children can help them to develop self-confidence, resilience and happiness so that they can be the best that they can be.



Inspire...



Show your child how to be loving to themselves by doing things that help you to stay calm and focused. That could be starting to read a new book, spending time outdoors, taking a break from work for a cup of tea or coffee or a chat with someone, listening to favourite music, having a relaxing bath, baking something you love to eat!



Be Loving To Yourself and Others



Support...



Help your child to recognise and practice things that make them feel good about themselves:

- Talk about good things that happened today. Congratulate them on at least one thing they have achieved. Encourage them to find something to feel proud of.
- Share 3 things each that you are grateful for right now.
- Schedule family time to relax.
- Model thanking someone for something they have helped you with today.
- Explore a range of activities with your child to discover their interests: sports - football, swimming; cooking, reading, painting etc. Highlight your child's talents and strengths and encourage them to take time do the things they love!
- Encourage your child to show a small act of kindness to someone else.... Hold a door for someone, tell someone why they are special, share something they have with a friend, give a family member a hug, ask someone new to play.

Be Loving To Yourself and Others



Challenge...



We all have a need to feel loved, and showing kindness and love to others is good for our emotional wellbeing, - we feel better for doing it!

There are lots of quick and easy ways we can encourage our children to be loving to others:

- Pay someone you are with a compliment today
- Play someone else's favourite game
- Notice someone who looks sad or lonely – smile and say hello, sit beside them and ask them how they are feeling
- Offer to do a small chore for someone at home, - set the table, make their bed, tidy up, feed pets / walk the dog, wash the car
- Say thank-you to someone for something they have done
- Make a card for someone to let them know you are thinking of them
- Spend time with someone you care about. This could be watching a favourite tv programme, playing a game, helping with a chore
- Say sorry if you do something wrong
- Tell someone in your family how much you love them

Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.



Structure Activity

The idea is to relieve the child of the burden of maintaining control of interactions. The child sets limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



"Mother, May I?"

Parent gives instructions to the child to do something, for example, "Take three giant steps toward me." Child must say "Mother, may I?!" before responding to the command. If the child forgets, she must return to the starting line. The goal is to have the child come to her parent and get a hug on arrival.

Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.



Match the Beanbags

Parent and child get five beanbags each. The parent balances a beanbag on the child's body (on the head, shoulder, knee, in the crook of an arm) and the child places a beanbag on the same place on the parent; they take turns dumping the beanbags from the same body part into each other's hands.

Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.



Shoe and Sock Race

Adults race to put kisses on feet and then put child's shoes back on before the kiss flies away. Ask parents to see whether the kisses are still there and add new ones when the child goes to bed at night.

Challenge Activity

The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



Cotton Ball, Marshmallow, or Newspaper Ball Fight

Divide into two teams. Using cotton balls, marshmallows, or newspaper balls, each team throws the balls at the other team trying to get rid of all balls on their side. Players may set up a "shield" with pillows and throw from behind it.

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

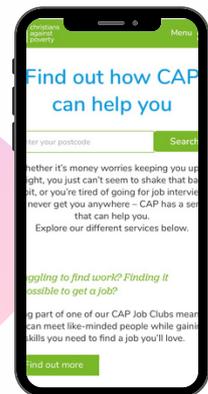
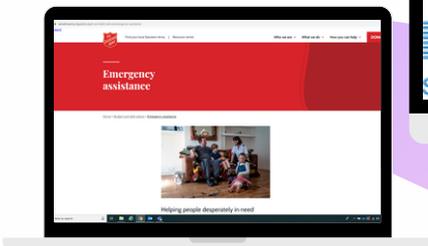
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



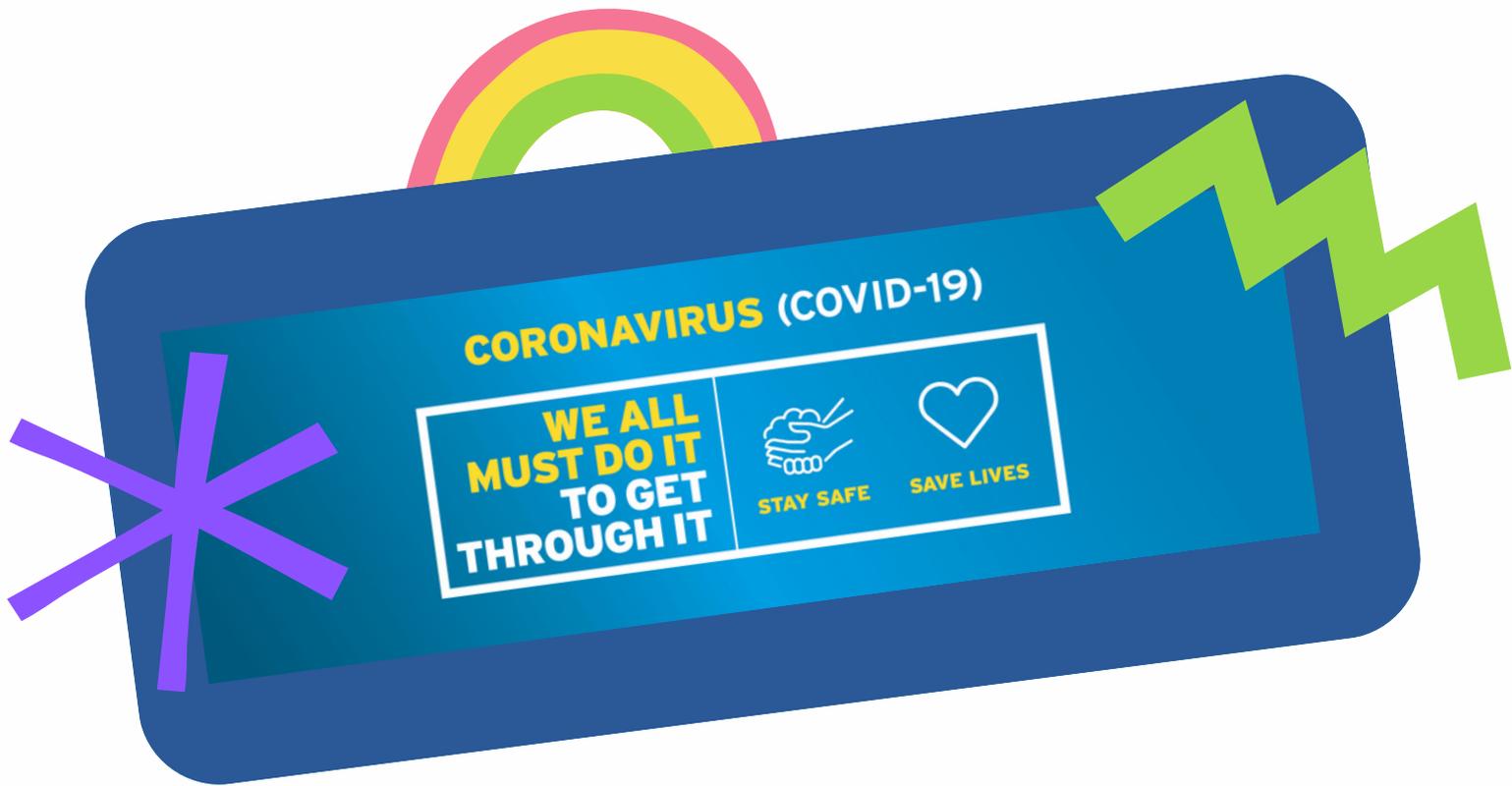
Childline



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 Coronavirus Guidance for Schools



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](#)

