

Issue 52: Friday 25th November 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 Excited. We are just about to move into December when there are lots of things to be excited about, whether it's Christmas parties, Christmas dinner or school holidays. In this issue Donard School share some ideas for exciting activities- we hope you enjoy them!

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.**

Join in with High Five Friday!

Over the last year, a number of schools have helped us to develop High Five Fridays. If your schools would like to find out more, register for one of our online information sessions.

09 January 2023: 2.15pm - 3.30pm

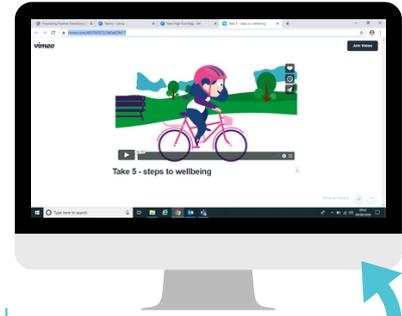
12 January 2023: 3.15pm - 4.30pm

Click here



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

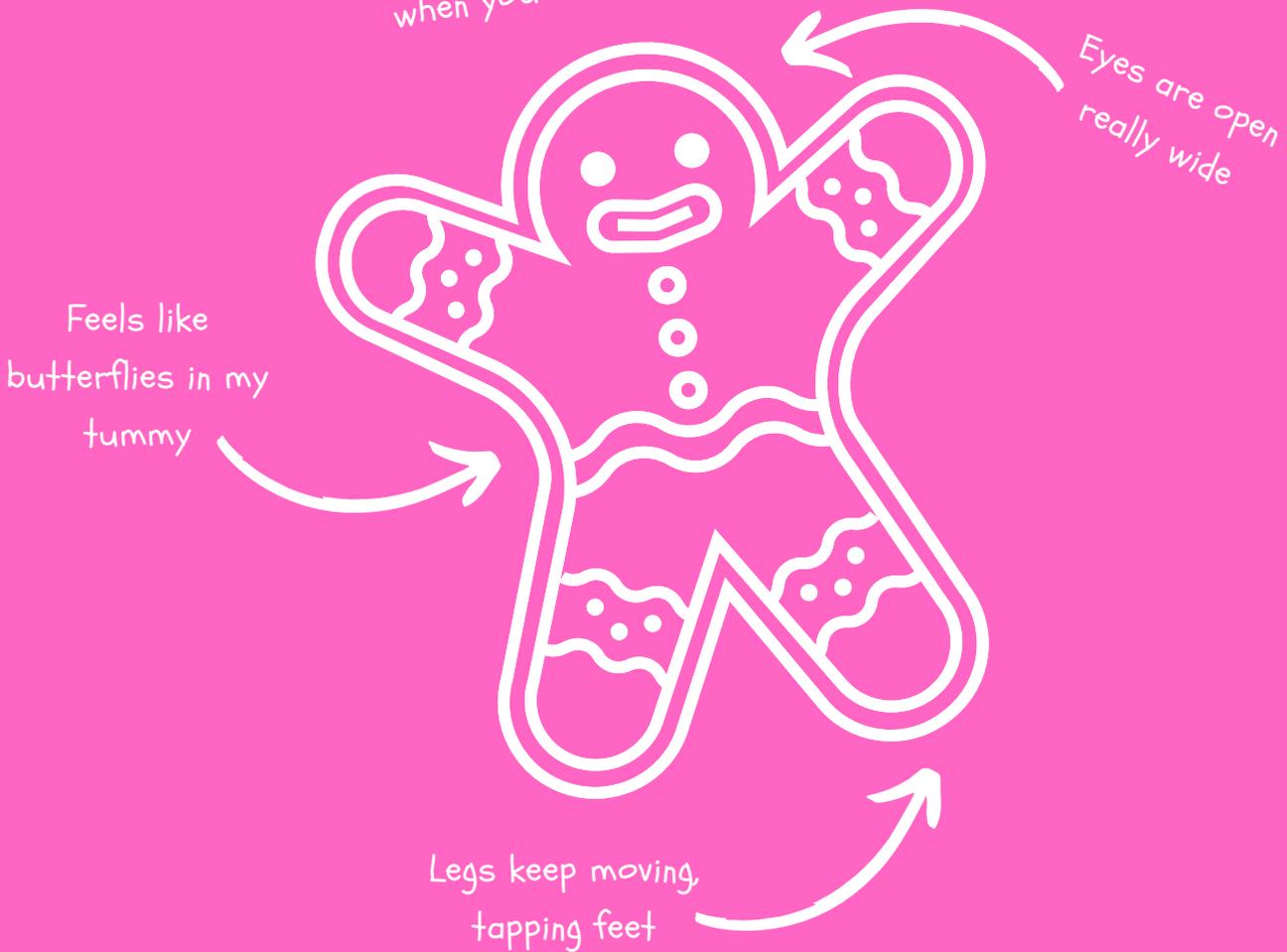
Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

Be Excited

Feeling excited is close to feeling happy but it's a little bit different. Excitement usually comes when we are looking forward to something which is about to happen. So the closer we get to the event, the more excited we become!



Draw on the gingerbread man to show what you feel happening in your body when you feel excited



Try the Gingerbread man activity for other feelings- spot similarities and differences between these and being excited.

Be Active

Staying Healthy & Active

Pupils enjoyed outdoor movement sessions, completing their daily mile and spending time with other classes in the play park to make sure they were staying healthy and active.



Click here to find out about 'NORTHERN IRELAND DOES THE DAILY MILE SANTA RUN'. Get your school involved!



High Five Friday

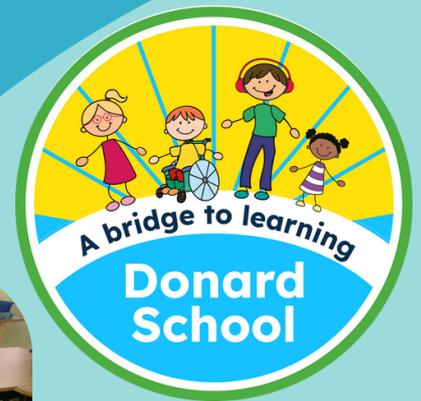
As part of High Five Friday, pupils in the Junior School used the opportunity to connect with one another during an Autumn Themed Big Play session in the hall. All classes joined together and had some fun exploring and playing with lots of different autumn themed sensory trays. Pupils in the Senior School connected during Assembly time and shared breaks.



Take Notice

Take Time to Relax

Pupils spent some time learning how to relax and focus on their breathing. They also enjoyed foot spas and hand massages.



Some pupils enjoyed nature walks, noticing the weather and the changing seasons around them.

Christmas Nature Activities

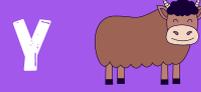
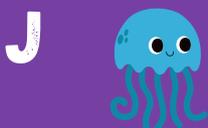
Connect children with nature during the holiday season. Get active and create memories with these fun festive nature activities.



ABC Game

The ABC Game is fun to play and will also help you to learn something new. Name a topic and as a whole class or in groups of 2 – 3, try to get through the alphabet by naming items that start with each letter and match whatever topic you've named.

Animals



Can you think of any other topic you would like to try?
You could try...

- Animals that live in the jungle
- Countries of the world
- Types of food



Pupils enjoyed continuing with their projects in the Senior School while in Junior School pupils enjoyed some practical learning through play.



Give

Spreading Kindness

Some pupils baked buns or drew pictures for other classes. Some pupils took some time to give to themselves by spending fifteen minutes doing something they really loved.



Non Bake Chocolate Snowman Truffles, the perfect recipe to make during the holidays. Click here for the recipe.



Kindness Advent Calendar

Click on the image below for your own 'Kindness Calendar' and see how many ideas you can complete.



December Kindness 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|---|
| 5 Give a gift to someone who is homeless or feeling lonely | 6 Leave a positive message for someone else to find | 7 Give kind comments to as many people as possible today | 1 Spread kindness and share the December calendar with others | 2 Contact someone you can't be with to see how they are | 3 Offer to help someone who is facing difficulties at the moment | 4 Support a charity, cause or campaign you really care about |
| 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today | 14 Share a happy memory or inspiring thought with a loved one | 15 Contact an elderly neighbour and brighten up their day | 16 Look for something positive to say to everyone you speak to | 17 Give thanks. List the kind things others have done for you | 18 Ask for help and let someone else discover the joy of giving |
| 19 Contact someone who may be alone or feeling isolated | 20 Help others by giving away something that you don't need | 21 Appreciate kindness and thank people who do things for you | 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness | 24 Bring joy to others. Share something which made you laugh | 25 Treat everyone with kindness today, including yourself! |
| 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy | 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why | 31 Plan some new acts of kindness to do in 2023 | |

ACTION FOR HAPPINESS **Happier · Kinder · Together**





Inbox



Take 5 Schools
Anti-Bullying Week



Tamnamore

This is Jamima, who is the centre puppet in Tamnamore EOTAS. She spent the day having fun and spending time with her friends. Check out all of these photographs, she has had a busy day!





Inbox



Tamnamore



Take 5 Schools

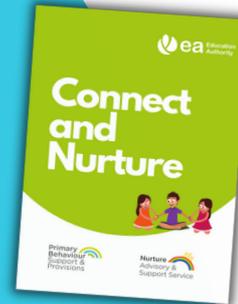
Anti-Bullying Week

The children in Tamnamore EOTAS attended an anti-bullying connect and nurture session with our centre puppet Jamima.

Finding the Pupil's Voice

Connect and Take Notice

Jamima approached the circle seeking advice from centre children in respect of her 'puppet friends' who were experiencing bullying behaviours. Children engaged positively and offered Jamima good advice.



Odd Socks Day





Inbox



The Addressing Bullying in Schools 'Reaching Out' Survey

The Education Authority Addressing Bullying in Schools Implementation Team would appreciate your support in 'Reaching Out' to the whole school community via a series of short surveys.

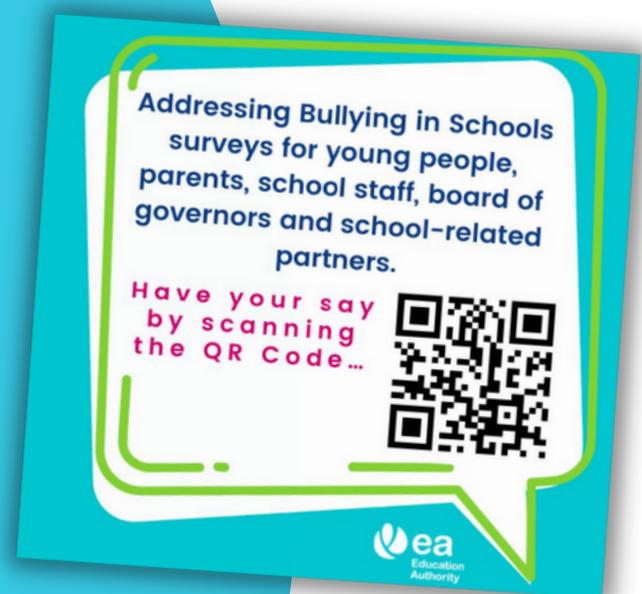
Feedback from the surveys will enable the EA Team to evaluate the implementation of the 'Addressing Bullying in Schools Act (2016)' and tailor future training, resource development and support for school leaders and staff, boards of governors, parents and students.

Please share the relevant link or forward the QR code to the various stakeholders in your school community. This will help EA refine and improve the support with the implementation of the Anti-Bullying in Schools Act to support young people to move forward.

The responses can be printed or saved for use by your school when completing an internal audit of stakeholders' views to baseline for policy review.

The following surveys are available:

- Parents
- School Governors
- Post-Primary Children
- Primary School Children
- School Staff (non-teaching)
- School Leadership
- Organisations and Educational Stakeholders
- Teachers and Support Staff



Please click on the link for the survey most suitable to your area.



The Parent Hub is a section especially for the grown ups at home. 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





Advent Calendar: Tips to keep you stress free during the festive period



Day 1: Set a Christmas budget and stick to it!

We are encouraged to spend our way to happiness at Christmas. But this often leads to us feeling stressed and sometimes in debt. Agree a budget with family and friends for gifts and stick to it.

Day 2: Plan ahead

Planning out what you want to do and who you really want to buy gifts for, also by sorting who you will be hosting on Christmas day will make things a lot less stressful.

Day 3: Do a bit at a time

Instead of having to blitz your Christmas shopping in one weekend, do a little at a time.

Day 4: Christmas to do list

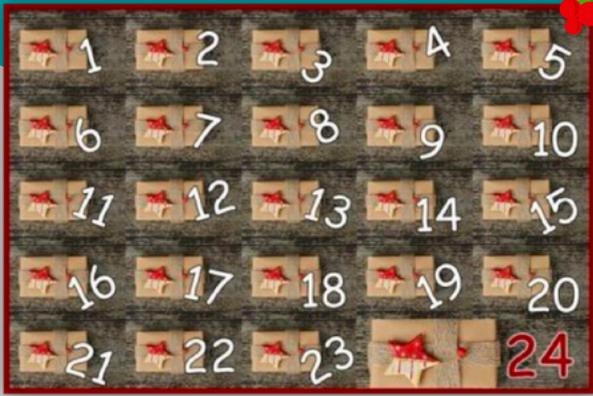
To do lists can be helpful especially at Christmas, but to avoid stress BE REALISTIC of what you can achieve in the time you have available.

Day 5: Prefect Christmas or Good Enough?

Don't put yourself under pressure to produce the prefect Christmas for everyone.

Day 6: Dear Santa

To help with Christmas stress give ideas of some of the gifts you would like to receive and encourage family and friends to do the same with you. Consider doing "secret Santa" with family and friends to cut down on the number of gifts you need to buy.



Day 7: Remember what Christmas is all about!

Try not to get caught up in all the commercial images of Christmas and enjoy spending time with the people you love.

Day 8: Ignore the Christmas adverts

T.V. Ads can be a source of stress and put you under pressure to have the “perfect” Christmas. Make a cup of tea during the ad breaks or turn them to mute.

Day 9: Enjoy simple things

December is the busiest month of the year for most people. Give yourself a break and enjoy some hot chocolate, tea/coffee or mulled juice. Listen to some of your favourite music and chill out for 15 minutes. Feeling recharged you’ll be ready to start ticking off that to do list!

Day 10: Get some Christmas helpers

Encourage the whole family to get involved in preparations. Helping decorate the tree, coming up with gift ideas or helping tidy the house for visitors. Not only will this ease the burden of the person who is always doing everything but the whole family will feel included.

Day 11: Enjoy the build up to Christmas

We can focus so much on making sure Christmas Day is a success that the rest of the festive season can pass us in a blur. Instead enjoy the moments before Christmas day – wrapping Christmas presents in front of the fire, listening to some Christmas songs.

Day 12: Try a new activity

Why not try something new over the festive period like going ice skating.

Day 13: Take a winter walk

Wrap up warm and take a peaceful winter walk in your local forest park or do a Christmas scavenger hunt.

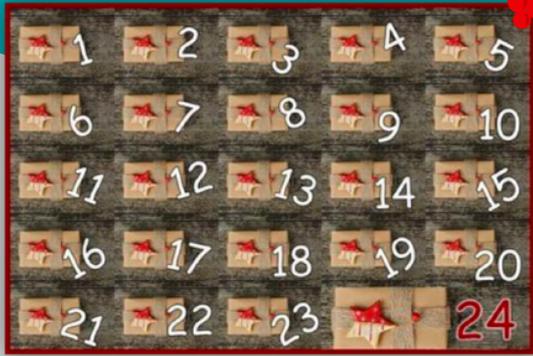
Day 14: Indoor Activities

The weather in winter is not always great. The dark mornings and nights cut down our opportunities for outdoor time. So, consider reading a book, knitting, or doing a jigsaw.

Day 15: Be creative

Being creative can reduce our stress levels and is a great way to spend time with other why not try making some DIY Christmas cards to give to family and friends.





Day 16: Consider helping others at Christmas

Spread some peace, love, and goodwill by donating or volunteering at a local charity. Pick up an extra gift or food item when shopping and leave it at nearest drop off point to help a family in need.

Day 17: Play games

Why not dust off a good old-fashioned board game. Or use materials at home to create new games like pin the nose on Rudolph or Christmas charades.

Day 18: Get some sleep

December can often be so busy with lots of busy days and late nights. Remember to take care of yourself and get sleep.

Day 19: Turn off devices

Take some time out turn off your devices and listen to some relaxing music, practise some meditation and mindfulness.

Day 20: Fun with the family doesn't have to cost money

Remember what you enjoyed doing as a child at Christmas and share this with your family – a board game, charades. Look out for free events in your local area like Christmas tree lights switch on, Santa arriving at the local shopping centre, events in your local library.

Day 21: Appreciate nature

Why not take some time out to watch the sunrise or sunset on the winter solstice.

Day 22: Take notice of your surroundings

Take a drive around your local area and look at the houses with all their decorations and festive lighting. Choose your favourites.

Day 23: Spend time with people

Take time to spend some quality time with those closest to you. Have a Christmas movie night wear some Christmas pyjamas and make popcorn. Snuggle down in front of an open fire or with cosy blankets.

Day 24: Enjoy!!

And Finally, just enjoy Christmas and all the special moments created with family and friends.



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 set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Pop the bubble:

Blow a bubble and catch it on a wand. Playfully tell your child to pop the bubble with a particular body part, for example, little finger or toes. Then you can do this blowing lots of bubbles.

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.



Whose Toes Did I Touch?

Everyone sits in a circle with feet all entwined under a blanket. The person who is "it" touches the lumpy blanket and has to guess whose toes they have touched.

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.



Bare Feet in Lotion

Use a large plastic sheet or shower curtain. Put a puddle of lotion in front of each person. All hold hands while you twist and dance in the lotion.

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.



Ball pass

Gently roll a ball to and fro when sitting or standing close together. You can make it more challenging by moving further apart or changing speed of the roll.



Empower Project

The Empower Project is managed by DADS. DADS is a community/voluntary organisation that has helped and supported families and their children on the spectrum for over 20 years.

Empower Project is a Big Lottery funded initiative through the Reaching Out Supporting Families Programme. This programme supports families across Northern Ireland and beyond. The focus of the project is to support children under 12 with Autism, Dyslexia and Dyspraxia, ADHD, Tourette's Syndrome, their parents and the wider family circle to enhance confidence and learn together to develop skills to support their children.

Empower Project offers webinars virtually online.

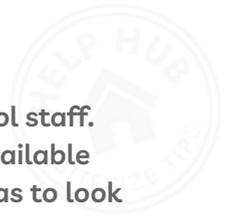
[Click here for further information.](#)



D.A.D.S – DYSLEXIA, AUTISM, DYSPRAXIA SUPPORT is a Northern Ireland-based self-help support group for children who have special educational needs, their parents/carers, and their teachers. Founded in 1998 the organisation has supported 100's of families throughout Northern Ireland. 'We support parents/carers and help guide them through the bureaucratic process of assessments, reviews, and statementing. Currently, we are the Lead Partner in the Empower Project!'



[Click here for further information on D.A.D.S.](#)



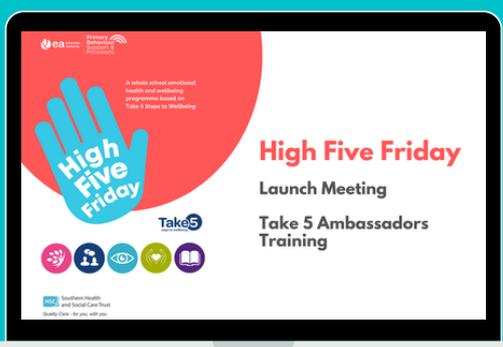
The Staff Hub is especially for school staff.
Check this section each issue for available
training, new resources and good ideas to look
after our own wellbeing!





Upcoming PBS&P Training Available

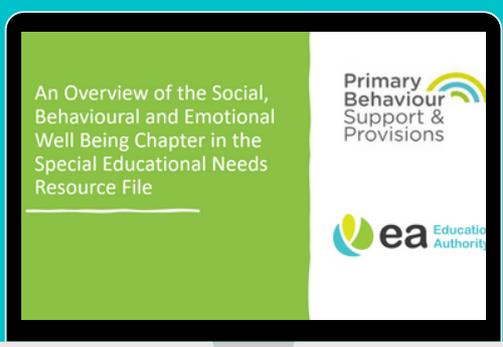
Click the images below to register for these training sessions available to school staff



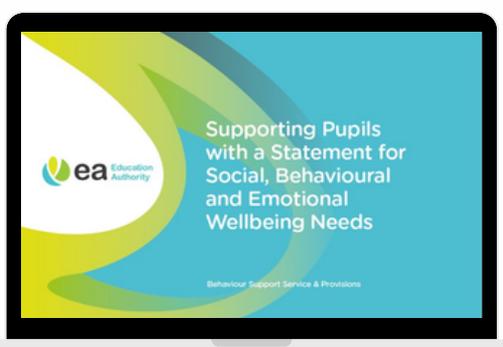
[High Five Friday Information Session](#)
09 January 2023: 2.15pm - 3.30pm
12 January 2023: 3.15pm - 4.30pm



[Developing a Calm Plan](#)
04 January 2023
11.00am - 12.30pm



[Overview of Updated SBEW Guidance in the SEN Resource File](#)
19 and 26 January 2023
2.15pm - 3.45pm



[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs](#)
10, 17, & 24 January 2023
11:00am - 12:30pm

[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)

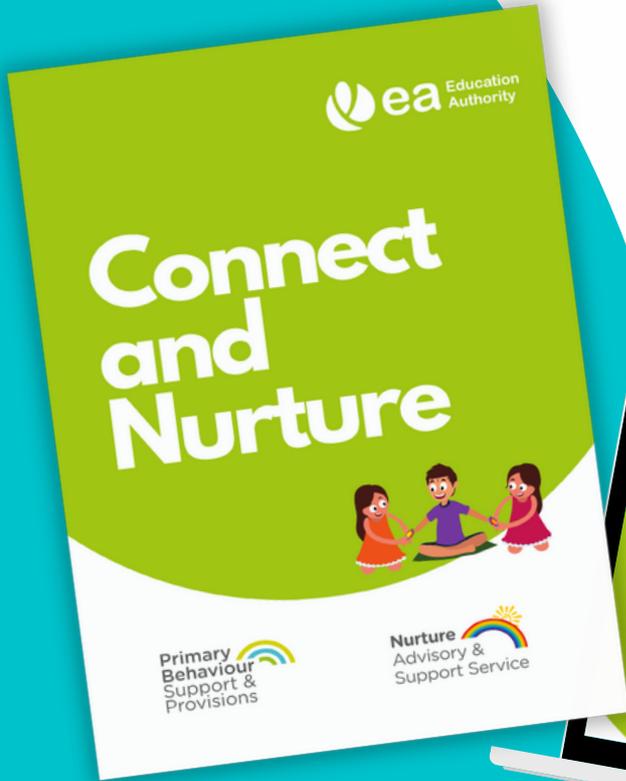




Upcoming NASS Training Available

Click the images below to register for these training sessions available to school staff

Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.



[Connect and Nurture](#)
[6th December 2022](#)
[2.00pm](#)

School settings can also request Connect and Nurture training through anycomms by submitting the SIC form. If you are signed in to c2k click on the image for more information.

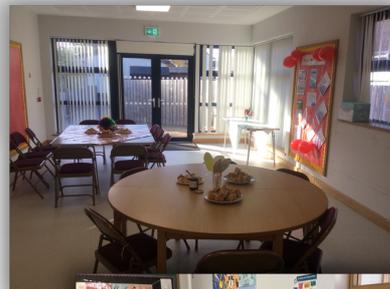
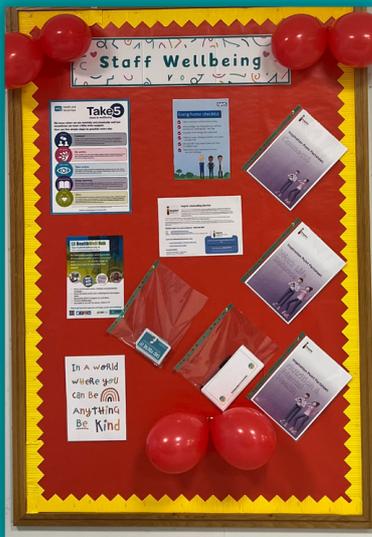
[Click here to see all training available this year from Nurture Advisory and Support Service](#)

High Five STAFF HUB



Donard School Staff Wellbeing: Our New Staffroom

'To help promote staff wellbeing, Donard School launched their new staffroom on Friday 14th October 2022, giving us the opportunity to come together again and connect. Break and lunch was provided for staff on the day, a staff wellbeing noticeboard was set up and we've organised a book swap. Below are some photos of our new staffroom as well as photos of some staff enjoying spending time together again and making the most of the break and lunch provided on the day.'



Staff Feedback:

"Lovely to see new faces and chat to staff from other ends of the school. Treats were much appreciated and wellbeing wall will be used. Thanks so much."

"Great to be all together again. Lovely lunch and atmosphere. Thank you."



Festive Ideas for the Staffroom



Christmas can be such a busy time for everyone in school, and we can sometimes lose our festive cheer. It's important for staff as a team to come together and share in some festive fun. You could:

- Decorate your staff room to make it more festive
- Agree a small list of items that staff could bring e.g. Christmas crackers, biscuits, sweets, mulled juice etc.
- Have a celebration Christmas day – for staff to get together and chat after the school day for children has finished
- Wear a Christmas jumper.

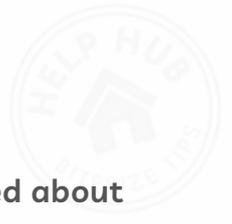
The Daily Mile Santa Run 2022

The Daily Mile Network Northern Ireland is inviting schools & early years settings to register for The Northern Ireland Daily Mile Santa run which is taking place on Friday 2nd December 2022. 'We would love to see all settings across Northern Ireland taking part in this event, to celebrate the huge benefits of The Daily Mile to both physical and mental health of children & young people.'



Click here to register and you will receive fun electronic resources to support your school on the day.

Active Learning



One way to help our children get excited about learning is to use the flexibility built into the NI curriculum and engage in active learning! CCEA have some great resources to help you plan.

This document provides guidance for those working with children in pre-school and foundation stage. It aims to support delivery of all areas of learning in the Pre-School Curricular Guidance and the Northern Ireland Curriculum at the Foundation Stage, both of which are play-based and cover multiple areas of learning. Click on the image to access the document.



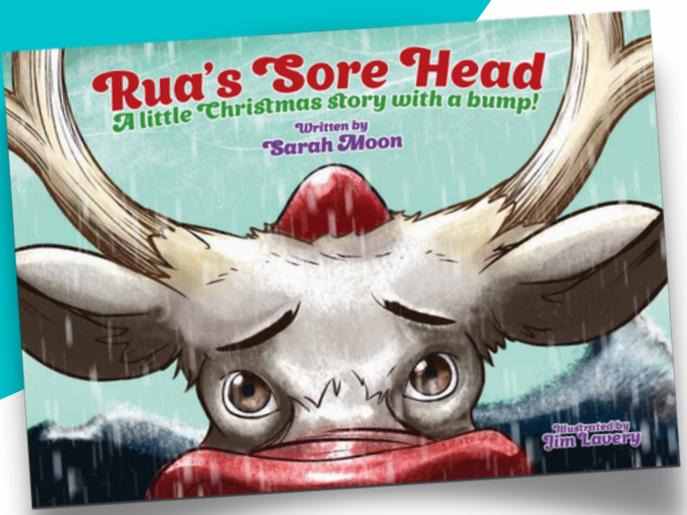
This resource provides practical advice to KS1 and KS2 teachers on a varied range of methods which they may wish to integrate into their daily learning and teaching activities. It is hoped that Active Learning and Teaching Methods will be dipped into and referred to regularly rather than simply read and shelved, so as to provide school staff with innovative ideas and strategies to integrate into their teaching. Click on the image to access the document.





Rua's Sore Head

This is a beautiful book that facilitates discussion with primary school pupils and teachers on the impact of brain injury e.g. on memory, coordination, fatigue but importantly for all children it addresses the issues of inclusion, bullying and compassion. The Education Authority (EA) facilitated the book being issued to primary schools in 2021/22 and are now working alongside Brain Injury Matters on promoting the use of the book in schools through Primary Behaviour Support and Provisions High Five magazine.



To provide feedback on how the book has been used in school and the impact on children and staff we plan to facilitate a focus group, led by Brain Injury Matters, to help inform how to take this resource forward e.g. a re-issue, development of a further book, e-book etc.

If you would like to be involved in the focus group please click [Expression of Interest](#) . The number of responses to be part of the focus group will determine the number of focus group sessions required across the province. Commitment would be for a one off session lasting approximately 1 ½ hours.

Thank you for your support and consideration.

The SEND Implementation & Development Team

Rua's Sore Head would make a fantastic stocking filler or a brilliant story to read to the kids on Christmas Eve before Santa visits! Please get in touch with Brain Injury Matters to get your copy of this magical, festive story.

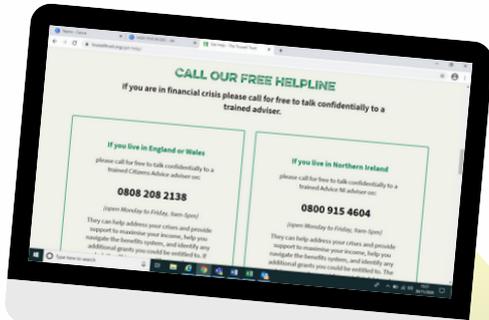


BRAIN INJURY MATTERS



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

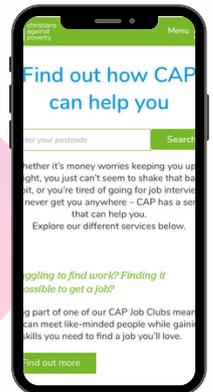
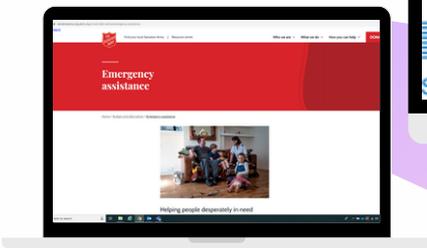
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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.