

Issue 82: Friday 04 Oct 2024

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

High
Five



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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 Be Friendly. Friendship is when you find someone who makes you happy, who cares about you, and who you care about too. Friends are people you can play with, talk to, and spend time with. In this issue Orangefield Primary School, Belfast, share lots of ways they are kind and friendly to others.

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.**



Action for Happiness

This month's calendar from Action for Happiness has the theme of 'Optimistic October'.

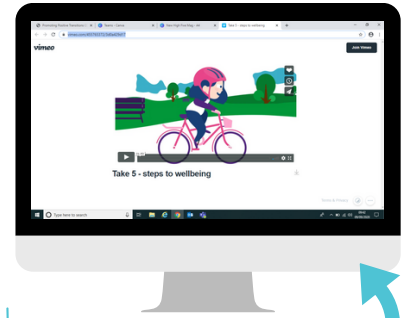
The calendar gives you lots of different ideas of actions to help you focus on what really matters. What will you try?



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 Friendly

Friendship is all about giving and receiving kindness and joy. Good friends make each other laugh, support each other, and are always there to share fun adventures and memories. Here are some ways to be friendly to others...



- **Listen Actively:** Listening is one of the most important parts of being a good friend.
- **Be Kind and Supportive:** Always be there to offer kind words and support. Whether your friend is happy or sad, showing that you care can make a big difference.
- **Share and Take Turns:** Make sure everyone gets a chance to have fun and be involved.
- **Respect Differences:** Understand that everyone is unique and has their own likes, dislikes, and opinions. Respect your friend's differences and appreciate what makes them special.
- **Include Others:** Make sure no one feels left out. Invite others to join in games and activities, and be open to making new friends too.
- **We All Make Mistakes:** If you make a mistake or hurt your friend's feelings, say sorry. A sincere apology can help mend the friendship and show that you care about their feelings.
- **Be Honest:** Always tell the truth. Honesty builds trust, which is the foundation of any strong friendship.
- **Have Fun:** Enjoy your time together. Play, laugh, and create happy memories. Friendship is about having fun and enjoying spending time with each other.
- **Celebrate Together:** Celebrate your friend's achievements and 'wow' moments.



**We can't all be best friends
but we can choose to be
friendly to everyone'**

WOW!
I am proud of...



Be Friendly

Take Part in World Hello Day!

World Hello Day is celebrated on the 21st of November each year. Anyone across the world can take part in World Hello Day. All you must do is greet ten different people in a friendly and kind way. This promotes the importance of kindness and being a lovely human being. This can be a fun challenge for your class!



'Find Someone Who...' is a fun activity to learn something new about others in your class. Can you think of any other questions you could ask?



You could add some of your own fun facts into your High Five Journal. What makes you unique and special?

Find someone who...

<p>Has a pet fish</p>  <p>Name: _____</p>	<p>Has a sister</p>  <p>Name: _____</p>
<p>Has blue eyes</p>  <p>Name: _____</p>	<p>Likes apples</p>  <p>Name: _____</p>
<p>Likes the beach</p>  <p>Name: _____</p>	<p>Likes singing</p>  <p>Name: _____</p>



Be Active

High Five Fun Day

Staff and pupils from Orangefield Primary School organised a sponsored High Five Fun Day in Term Three, when the pupils spent the day participating in a range of activities in line with the five ways to wellbeing. It was lots of fun and included a range of physical activities and challenges, including wall sits, sit ups, bench step-ups, using the gym apparatus and doing laps of the pond on space hoppers! We had lots of fun being active in all sorts of ways, while raising money for nominated charities.



Click here to access more ideas to Be Active

Be Active

Feel Good Factor

In Orangefield P.S. we incorporate being active in our daily class routines through daily danders, classroom-based yoga and stretching. Pupils use the sensory corridor throughout the day to be active and to take movement breaks. These activities have been really beneficial during periods of transition to help us prepare for learning and improve focus and concentration. Being active also encourages that feel good factor and sense of positivity and comradery amongst pupils and staff alike.



Daily Dander with buddy class



The sensory corridor is used for movement breaks



Classroom yoga



Click here to access more ideas to Be Active

Feeling Connected

Every class connected with another class from a different key stage, who became their buddy class for the year. Pupils enjoyed getting to know each other and working alongside younger or older pupils to carry out various activities. On High Five Friday we introduced story time, when the older pupils read a book to a pupil from their buddy class.



Reading with buddy class



KS2 pupils leading outdoor games with their buddy classes



Daily dander with buddy class

The buddy classes went on daily danders together on high five Fridays throughout the year, promoting a sense of community across the school. The key stage two pupils also led various outdoor games with their buddy classes, such as 'duck duck goose' and building with loose parts. Older pupils thrived with these opportunities to take on greater responsibility and to support the younger pupils.



Connecting with our year group peers through team games at the start of term



[Click here to access more ideas to Connect](#)

Feeling Connected

At the beginning of each term classes took part in different activities and games, such as real life 'Guess Who?' to get to know more about their peers. The pupils also connected and worked together in year groups to solve clues to find all the pieces of their high five posters which were located around the school grounds and then to piece them together, to reveal their high five poster.



Whole school tree display using all of our hands, showing how we are all connected - growing and learning together!



Drawing pictures of ourselves to join the whole school display

As part of our sponsored High Five Friday fun day every child in the school used a template to draw a picture of themselves which then joined hands with all the other pupils' pictures. This created a display around the whole school, illustrating how we are all connected. We have created several whole school displays to highlight our connectedness.

We used individual puzzle pieces decorated by each pupil in the school, outlining our individuality and uniqueness and then pieced them all together to show how much bigger and colourful we can become when we come together. For another display we used all of our handprints, staff included, as leaves on a tree, illustrating how we are all growing and learning together in Orangefield.



Individual puzzle pieces being joined together for whole school display



[Click here to access more ideas to Connect](#)

Take Notice

Taking Notice of Nature

Each term we connect with our buddy classes, working together with a focus on one of the five ways to wellbeing. For 'Take Notice' we went for a rainbow walk with our buddy class, finding lots of different items in nature for each colour of the rainbow. We went on season walks and senses scavenger hunts, exploring all the different signs, colours, smells, sounds and textures of each season.



Rainbow walk pictures

Senses Scavenger Hunt



Season Walks



Click here to access more ideas to Take Notice

Taking Notice of Nature

During the summer term we created different patterns using all the colourful plants and other items we found. We looked out for different types of birds in our bird hut. In autumn pupils took notice by selecting a variety of leaves and experimented with mixing colours to create the colours they found in nature.

Nature Art



Making Patterns



Our P7 and P1 buddy classes went on a walk with their journey sticks. Each time they found something interesting they added it by winding lengths of wool around their selected items, creating a visual nature story of their journey around the school grounds.



[Click here to access more ideas to Take Notice](#)



Keep Learning

New Challenges

We focussed on 'Keep Learning' for the month of January. During this time each class was given the challenge of learning a song/poem/words in a different language, which they then performed for the rest of the school in assembly, on high five Friday, at the end of the month. It was a great opportunity for pupils to show case their learning, whilst also encouraging inclusion and diversity.

Primary Five pupils were learning Mandarin and researching Chinese culture and celebrations. They celebrated Chinese New Year and tasted lots of traditional Chinese food, as well as creating various decorations for display, including Chinese lanterns and dragons. The pupils then shared their learning during a wonderfully colourful display in assembly.



Click here to access more ideas to Keep Learning

New Challenges

Classes discussed the importance of maintaining a growth mindset, to support us in learning new skills and taking on new challenges. Pupils selected a range of skills to learn or enhance (e.g., keepie-uppies, a piece of music, a dance routine) which they agreed to practice every day that month. At the end of the month, they celebrated their achievements by demonstrating their new skills to their peers!



Our KS2 pupils learnt about growing different fruit and vegetables and put this into practice in our planting beds. They harvested the potatoes and made their own potato wedges to share with their peers. They then prepared the planting beds for the following years crop so that other pupils could continue to enjoy a fruitful crop....and some tasty wedges!



Click here to access more ideas to Keep Learning

Spreading Kindness

Pupils and staff enjoyed participating in lots of activities based on this area of wellbeing. They included writing gratitude journals and writing 'caught you being kind' or thank you notes for their classmates. They showed how kindness grows by recording and hanging these kind acts on leaves on their classroom kindness trees, which each classroom made.



Towards the end of term three the whole school took it in turns to write thank you notes to other pupils or staff who had had a positive impact on their school year, as a token of their appreciation.

These notes were posted in our school post-box and distributed around the classes to spread a little joy. We also produced kindness displays, exhibiting kindness poems dedicated to the people in our lives who had shown kindness.



Click here to access more ideas to Give

Can you think of some ways to spread a little kindness in your class and school?

Spreading Kindness

We also held a series of fundraising events (including odd socks day) for our nominated school charities on our High Five Fridays, in support of various campaigns such as anti-bullying, mental health and children in need.



Along with the support of our school PTA we organised a litter pick on a High Five Friday, to give back to the local park. Classes also took it in turns to give a little back to the school by volunteering for 'litter pick' duty on the school grounds at the end of break or lunchtimes.

During our school High Five Fun Day, the older pupils gave their time to the younger pupils and helped to teach them new playground games and share the KS2 playground with them.



Click here to
access more
ideas to Give



Orangefield Staff High Five Friday

Staff got involved in High Five Fridays alongside the pupils, as well as organising their own High Five Fridays, with a range of activities to support staff wellbeing.

A treats rota, where staff volunteered to provide Friday treats which they shared with colleagues during Friday breaktimes.



A staff BBQ was organised during the first term, giving staff the opportunity to connect, with each person bringing something to share. In term two we made the most of our outdoor classroom and had a staff mindfulness session, before enjoying some toasted marshmallows over the fire pit!



A staff scavenger hunt was held during term three for all the staff, around the local area. It created a great sense of comradery, providing the opportunity for staff to connect and be active together, as well as evoking a healthy measure of competitive spirit!!

Staff 'walk and talks' were also organised for lunchtime around the local park. Those staff a little more adventurous even ventured up Cavehill (in the rain) after school!





Inbox



Tamnamore EOTAS

We are absolutely delighted to have built a connection with a local business Smurfit Westrock, who kindly donated some equipment which will support our children with our outdoor learning programme.



Staff from Tamnamore EOTAS are pictured with Sarah Haughey from Smurfit Westrock.

We received 8 raincoats and outdoor cooking equipment. These raincoats will support us for many outdoor activities such as our 'Walk and Talk', forest schools, photography and gardening outdoor learning.





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





Be Friendly

It's been proven that friendships are good for your emotional wellbeing. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed company, too. But just like baking cookies or playing football, making friends is a skill. And the more you practice, the easier it gets. Check out these tips on helping your child be friendly.

Be Active



Meet other people –
Joining a sports club or getting involved in an activity they enjoy like crafts or Lego, is a great way of meeting new people. It is also a fantastic way to boost your child's self-confidence, doing something they love with others. Do some research about what is available in your local area or the extra-curricular activities offered at school.

Give



Encourage your child to help other people –
Helping others is a great way to meet others. Encourage your child to be helpful.

Keep Learning



Make an effort –
Encourage your child to not always wait for others to arrange something, to ask their new friends if they would like to play together in the playground, or maybe arrange a play date afterschool or on the weekend! Share skills to learn something new.

Connect



Be a good friend –
Encourage your child to be a good friend, to be trustworthy, listen to them, be respectful and supportive. You could read books with your child to promote being friendly. Talk to your child about what qualities they would want from a friend and see if it matches up.

Take Notice



Be a great listener –
Be a role model for your child by being a good listener, introduce yourself to new people, ask questions about them and really listen to their answers, look for common ground. Encourage your child to do this too with new people they meet.

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!



How to Create a Friendly Classroom



Greet your pupils each morning with enthusiasm. Find something positive to say as much as possible or as much as time will allow for.



Provide pupils with time to share happenings, events, or items with you. If possible, you can set a certain time frame aside each day for 3-5 pupils to share, it will help to create a friendly, warm, and welcome environment, it shows them you care, and it provides you with opportunities to learn about what is important to them.



Take time to talk about differences within the classroom. Diversity is everywhere and children can benefit from learning about diversity. Talk about varying cultural backgrounds, body image, talents, strengths, and weaknesses. These conversations always need to be held in a positive light. Understanding diversity is a lifelong skill children will benefit from.



Take the time to share something that is important to you. This could be as simple as you saw something interesting that you would like to share.

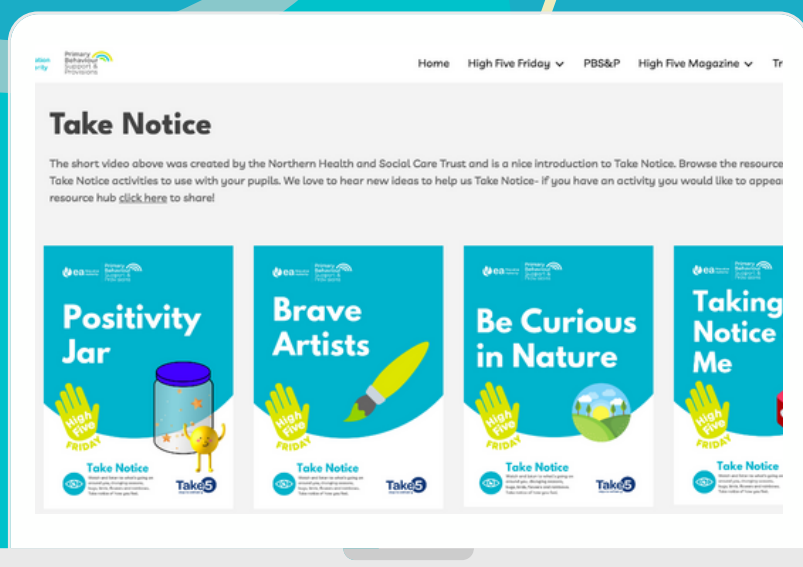


Build activities into your day that support pupils working together and connecting with one another. Small group work and teamwork with well-established routines will help in developing a very consistent environment.

High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. The Hub allows access to over 200 resources including:

- The fortnightly PBS&P High Five Magazine
- High Five Friday information and activities
- Staff Hub
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting



Click on the image above or scan the QR code to visit the hub



Upcoming PBS&P Training

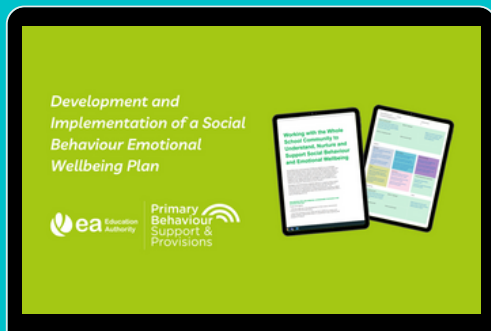
Click the images below to register for these training sessions available to school staff



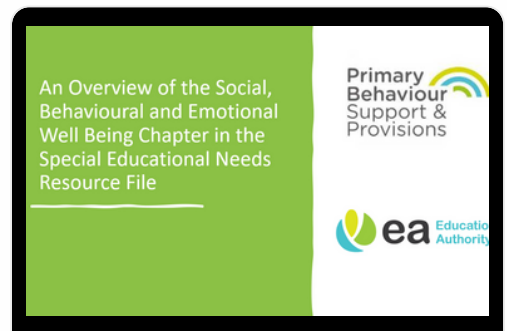
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
21 Nov, 28 Nov & 05 Dec 2024
2:00pm - 3:30pm
(Participants must attend all sessions)



Developing a Calm Plan
21 Oct 2024 2:00pm - 3:45pm
18 Nov 2024 2:00pm - 3:45 pm



Incorporating the Pupil's Voice within an SBEW Plan
13 Nov & 20 Nov 2024 2:30pm - 3:45pm
(Participants must attend both sessions)



An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File
07 Nov & 14 Nov 2024 2:15pm - 4:00pm
Participants must attend both sessions

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



Upcoming NASS Training Available



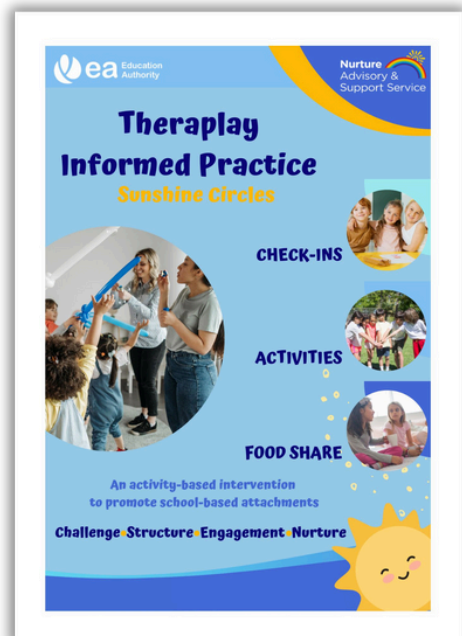
Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.



Connect and Nurture (CAN)
11 December 2024
11:00am - 12:00pm



Nurture in Five
20 November 2024
Time: 11.00am - 12.00pm



Theraplay Informed Practice - activities to build attachment
27 November 2024
11:00am - 12:00pm

[Click here to access further training information from the Nurture Advisory & Support Service](#)

Telephone Advice & Support Helpline



The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm on: 028 3831 4461. Teachers or school managers requiring advice about a primary or nursery aged pupil not currently known to Primary Behaviour Support and Provisions can call and speak to one of our officers who will share strategies and guidance to help with the situation being described.

There were 2037 calls to the helpline last year.



TASH Closure

The helpline will be closed on the following dates:

- Monday 28th October to Friday 1st November (inclusive)

If you need to contact us when the helpline is closed you can email: primarybsp.enquiries@eani.org.uk



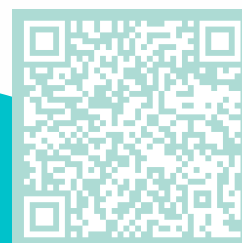
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

The Primary Behaviour Support & Provisions (PBS&P) Service supports the personal, social and educational development of pupils with a Special Educational Need (SEN) arising from social, behavioural, emotional and wellbeing needs.

We do so by working together in partnership with children, educational staff, parents and carers and other professionals.

We provide support for children in pre-school settings, primary schools, learning support centres and special schools, as well as information, advice, training and guidance to families, carers and educational setting staff.

Scan the QR Code for information on the following areas



How to access Primary Behaviour Support

How to get support for a child or young person.



Behaviour Support for a child

Find out about the support available for your child or young person.



Information for Schools Primary Behaviour Support

Find out about the support available to educational settings.



About the Primary Behaviour Support and Provisions Service

General information about the Primary Behaviour Support and Provisions Service and who they work with.



Useful Resources and Links - Primary Behaviour Support

Information and resources for school staff and parents in supporting children and young people.

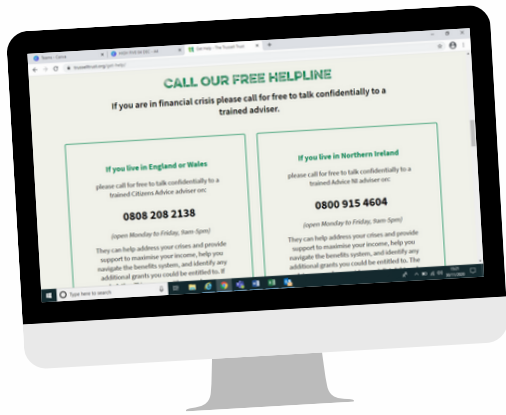


Contact Primary Behaviour Support & Provisions Service

If you have queries or need advice, guidance or support contact us.

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.

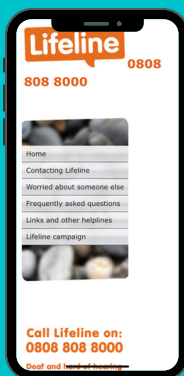


Scan the QR Code

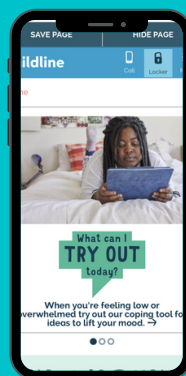
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



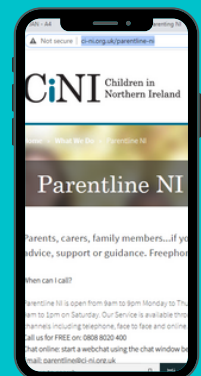
Lifeline



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.