

Issue 64: Friday 15th Sept 2023

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. We are starting off a new school year by introducing you to the High Five Journal. The journal is an effective way for schools to embed the pupil voice as part of the school routine. Throughout this issue we'll be sharing ideas to help you get started with this in your school.

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](mailto: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 Journal

September is a great time to introduce the High Five Journal to your class routine. Click on the image to access training and resources to support you in taking this forward.  
C2ken sign-in required



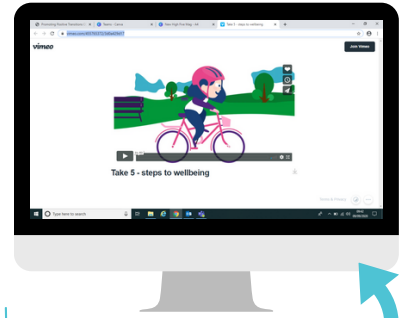
# Take5

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.

# High Five JOURNAL

This year in High Five we want to inspire, support and challenge you to keep a High Five Journal. Start by watching one of the videos below and talk to someone in your class about what your wow moment could be, or how you would decorate your journal.

If you are in P1-P3 click here to see a High Five journal in action!



If you are in P4-P7 click here to see a High Five journal in action!

First job - decorate your journal!  
You will need, colours, glitter, glue and a big imagination!

All of the Take 5 activities in this issue will be something you can make a note of in your journal!





There are ten top tips to exploring as a happiness adventurer. You can remember these key tips if you remember the GREAT DREAM.

- G**iving – Give to others, send a letter, or help a friend.
- R**elating and connecting – Spend time with your friends, family, or animals.
- E**xercise and physical health – Get out and exercise, dance, play games, try some yoga.
- A**wareness – Take notice the things around you, what do you see, what do you smell, did you notice it before.
- T**rying new things – Why not try something new, plan an adventure, learn a new hobby, play an instrument.
- D**irection – set some goals.
- R**esilience – Keep trying when you start something new.
- E**motions – Connect to how you feel.
- A**wareness – Be aware of nature, of the here and now, enjoy mindfulness.
- M**eaning – and being part of something bigger.


(Credit: Vanessa King, Val Payne and Peter Harper)



### Happy Thoughts

At the end of every day, think about something that made you feel happy...

I felt happy when...



Why not make a list and see if any of these things make you happy. Share it with your class, family or in your High Five Journal. Do any of these things bring you happiness?

# Be Active


## Through the Hoop

This activity will help to improve lots of different skills such as problem-solving, communication, working together and being creative. All you need is a hula hoop!

Everyone stands in a big circle. Choose a place to start by placing a hula hoop between two people in the circle and picking one to go first. Starting with that first person, can everyone climb through the hoop? To make the activity slightly more difficult but much more fun you could...



- Repeat, but this time with everyone holding hands
- Repeat the task again, but nobody is allowed to use their hands
- You can also add more hoops
- Or divide the class into smaller groups and have them race each other to get the hoop around the circle first
- For the ultimate challenge...see if you can complete the task with only one person touching the hoop.



What was your favourite activity?

How did it make you feel?



**WOW!**  
I was proud of...

Was there a 'Wow' moment during the activity? Could it be how people were helpful, that they were patient and kind to each other or how you all worked well as a team? What was your group 'Wow' moment?

## A New School Year

Today's date is:

My new teacher is called...

Today's weather:



Today I feel...



I am excited about...



Something I want to learn this year...



Something I find difficult....



How I can be kind to others...



Can you think of 3 targets you would like to try to accomplish during this school year?

1.

2.

3.



Remember it is okay to ask others for help when we are trying something new!



## Things I Like About Me

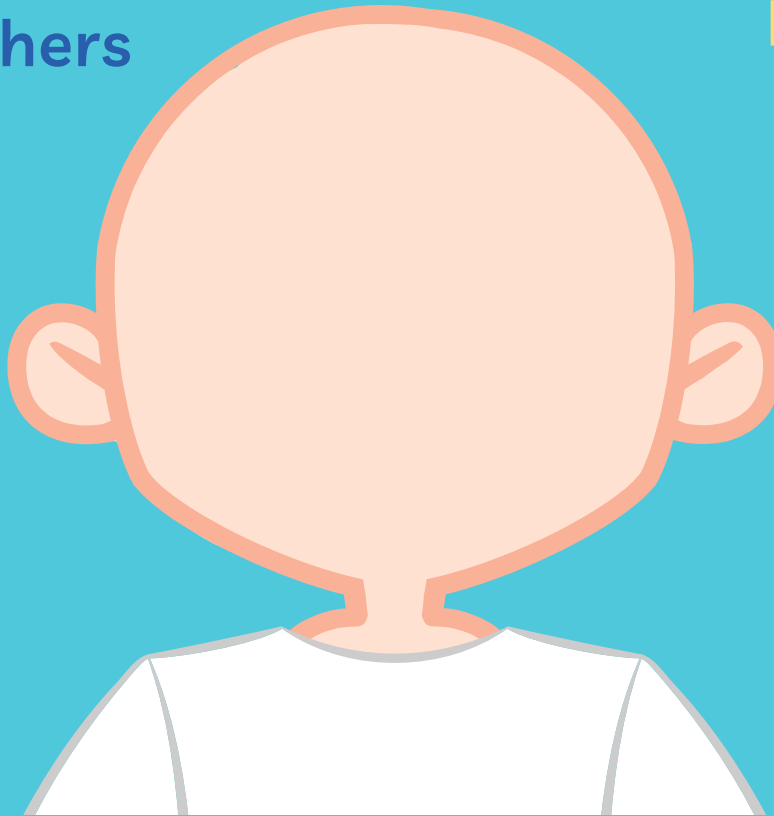
It is important to 'give' to ourselves as well as others. Draw a picture of yourself and record all of the things that you like about yourself. These should include things are you like about your personality, characteristics or things you are good at. If you are finding this difficult think about the things others have complimented you on, you could also ask an adult or classmate.

Kind to others

Helpful

Friendly

Artistic



Who is your  
favourite person?

What are the things that  
you like about them?



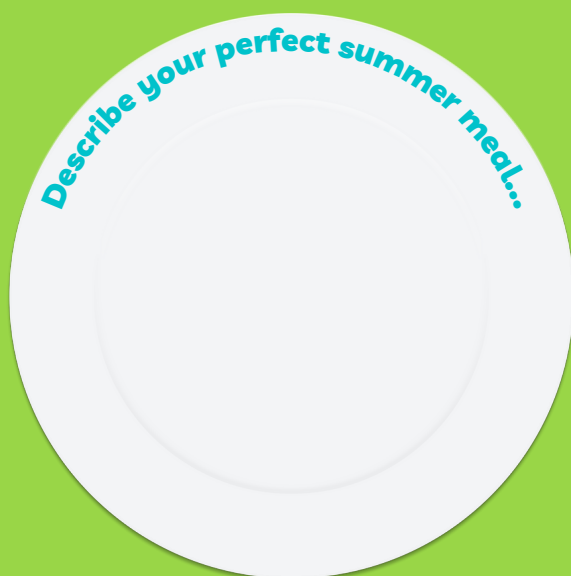
## Summer 'WOW' Moments

'Wow' moments are things that you are proud of. It could be something small, big or something new that you might have wanted to try for a while. Is there something that you are proud of during the Summer? Write down your 'wow' moments in the stars below.



Write your Summer 'WOW' moments in your High Five Journal and share them with your class!

## Share with Others





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](mailto:primarybsp.enquiries@eani.org.uk)



# Back to School Tips for Families

Many children will feel anxious going back to school after the summer break. One thing that can help children are morning and evening routines. You can even make these routines fun by creating games such as 'Beat the Buzzer', songs and rhymes to help with dressing, packing their bags etc. You could even make-up your own songs!

## Develop a Morning and Evening Routine

### Evening Routine

- Pack your child's bag
- Lay out uniforms
- Make lunches
- Bedtime Routine
- Create a relaxing and age-appropriate bedtime routine for your child, begin this an hour before you want them to go to sleep
- This could include a bath, brushing teeth and reading a book together
- Primary school age children need between 10 to 12 hours sleep each night.



### Morning routine

- Get up!
- Have a healthy breakfast
- Brush teeth, wash face and get dressed
- Leave the house on time

### Afternoon Routine

- Change out of uniforms as soon as they get home
- Help your child to get into the habit of putting their shoes, coats and bags away
- Have a snack and a chat
- Have some time for play

### Homework routine

- If possible, create a comfortable and quiet space for your child to do their homework.
- Young children will need your help with homework.

### Helpful Tips

When you are planning your routine it is important to think about when you need to leave the house and how long the morning routine will take. Getting your child up an hour before you need to leave should ensure that your mornings are relatively calm and organised.

Give them time to play! It can be difficult for children to focus on homework after they have been at school all day. A burst of physical activity can help their concentration and will help them to relax.

Try not to allow your child any screen-time in the hour before bed. Blue light from televisions, computer screens, phones and tablets can suppress melatonin and delay sleepiness.

Remember some children have better organisational skills than others. They will need lots of help from you!

# Back to School

Asking simple open-ended questions can often help you learn more about your child's day at school. Here are some ideas to encourage conversations....

What are you looking forward to tomorrow?

Did anything make you feel happy today?

Did you see anyone being kind?

What was the most interesting thing you learned today?

What was the best part of your day?

## Ways to reconnect and relax after a busy school day...



Sit down and enjoy a snack together



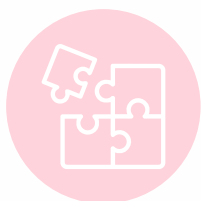
Play with a pet



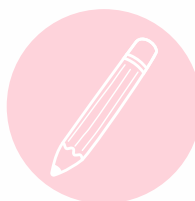
Ask them about something that made them smile today



Go for a walk



Play a game or do a puzzle



Be creative, colour and paint





# Helpful Ways to Manage the New Term

Back to school can be a stressful time for you and your child. Remember you can not pour from an empty cup. Looking after yourself and taking time to do things you enjoy is essential for your emotional well-being.

Remember, you need to look after yourself to look after your child. Take a break and make time to do something that you enjoy,



Exercise – once the kids have gone to bed, why not try You Tube for a gentle yoga session



Take a Bath - a hot bath can help you relax and unwind



Walking – take a walk around your neighbourhood



Meditation - why not try some simple meditation or breathing exercises



Reading - visit your local library and reconnect with reading



Music - listen to your favourite songs



Chat with a close friend or relative



Drink plenty of water to stay hydrated



Drink a cup of tea or coffee from your favourite cup



Sleep and rest well



# Parenting NI



Parenting NI is the leading charity for parenting support in Northern Ireland.

Parenting NI is committed to supporting all parents and ensuring that their voices are heard whenever decisions are made that will affect them. 'We will continue to or endeavour to deliver a range of high quality support and services to meet parent's needs' including:



### Support Line

Listening to you and offering reassurance on freephone 0808 8010 722.



### Programmes and workshops for parents

Including the Odyssey, Parenting Your Teen programme.



### Family Support Services

Support for families including Big Lottery funded **Dads Project**.



### Parental Participation

Allowing parents to have their say on issues affecting them.



### Employee Wellbeing

Giving organisations the tools to support their parent employees.



### Training

Training for professionals working with parents and families.



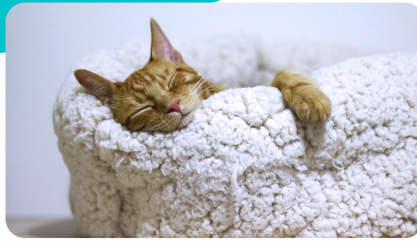
Click here  
for further  
information



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!



# Sleeptember



‘Sleep is critical to health and wellbeing and as a nation we really aren’t getting enough. With research telling us that a third of us sleep for just five-to-six hours a night, it’s imperative that we start focusing on sleeping better. It is a basic and fundamental human requirement and is vitally important for good physical, mental and emotional health as well as crucial for memory, learning and growth.’



## Top Tips

To improve your chances of sleeping well, it’s essential to develop a good wind down routine. Small changes can have a huge impact on your sleep quality and quantity. Here are some ‘top tips’ to change the way you wind down at bedtime...



Dim lights in the evening to encourage the development of melatonin, the sleep inducing hormone.



Establish a regular sleep pattern, if you can. Going to bed at the same time and getting up at the same time, even on weekends!



Avoid using technology before bed, as it stimulates the brain making it harder for you to switch off.

Experiment with new ways of relaxing before bedtime, such as...



Reading



Warm baths



Quiet soothing music



Gentle stretching and yoga



Mindful colouring



Use calming scents

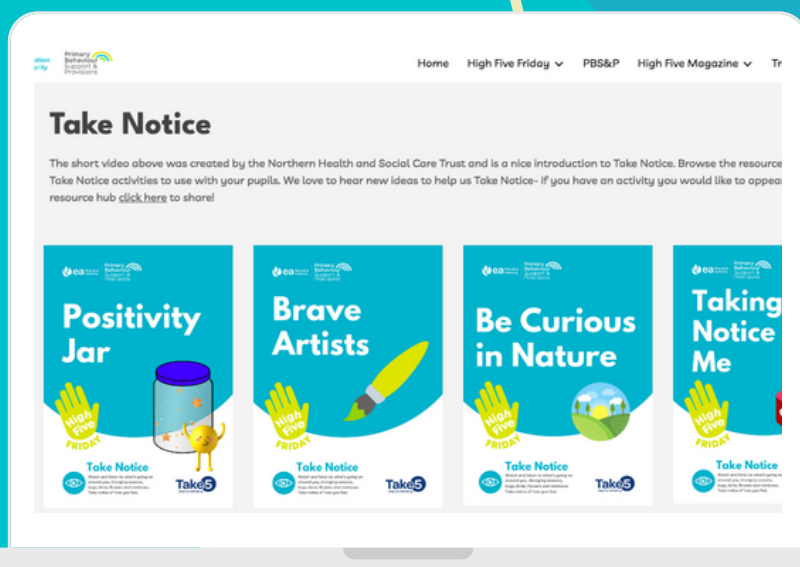
Click here for further information



# High Five Resource Hub

Primary Behaviour Support & Provisions have developed the High Five Resource Hub, which can be accessed on C2K. The Hub allows schools to directly access:

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



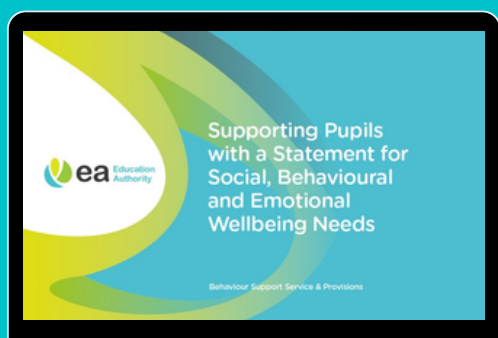
If you have a C2k account click on the image to visit the hub.



# Upcoming PBS&P Training

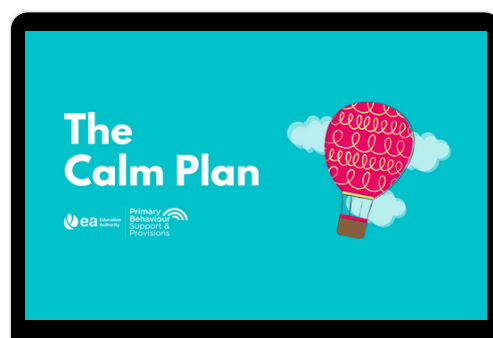


Click the images below to register for these training sessions available to school staff



Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs  
26 September, 3 October & 10 October 2023: 11:00am - 12:30pm

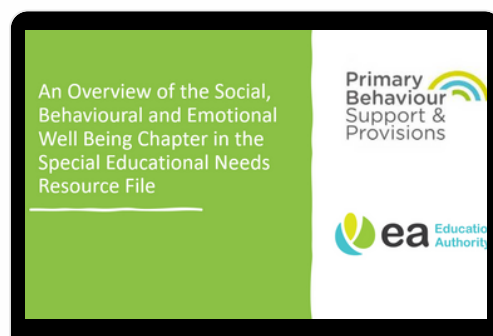
(Participants must attend all sessions)



Developing a Calm Plan  
23 October 2023 2:30pm - 4:15pm



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice  
18 & 25 September 2023 2:30pm - 3:45pm  
(Participants must attend both sessions)



An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File  
05 October & 12 October 2023 - 2:15pm - 3:45pm  
Participants must attend both sessions

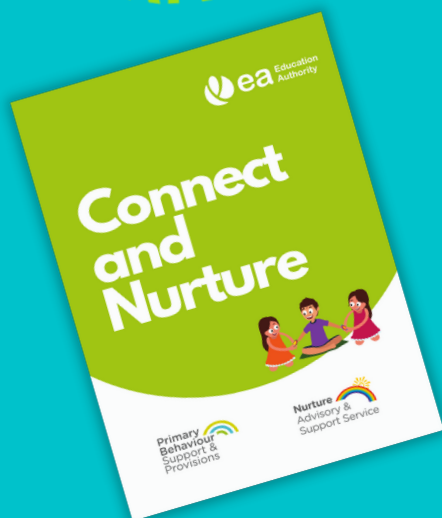
[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)





# Upcoming NASS Training

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)  
03 October 2023  
2:30pm - 3:30pm



Theraplay Informed Practice -  
activities to build attachment  
10 October 2023  
2:30pm - 3:30pm



Click the Nurture Advisory & Support Service logo to see all training available this year



## 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.

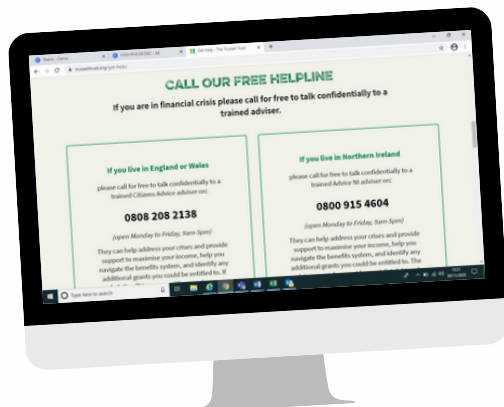


### Contact Primary Behaviour Support & Provisions Service

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

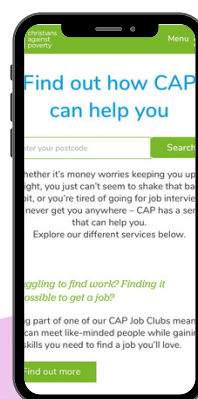
# When We Need Support

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.

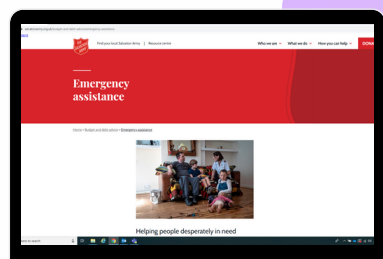


Click here

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.



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.