

Issue 66: Friday 13th Oct 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!

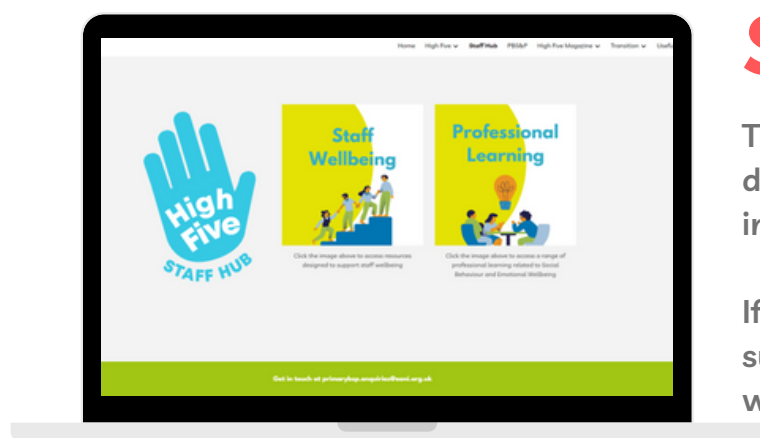
Welcome back to High Five. Our theme in this issue is to Be Well. Wellbeing is when we feel good and function well. This issue is full of ideas to help you and your pupils explore what it means to be well and use this to develop a class wellbeing plan.

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.**



## Staff Hub

The High Five resource hub has a section dedicated to staff wellbeing. Click on the image to visit (C2ken sign-in required).

If you would like to share an idea to support staff wellbeing that has worked well in your school [click here](#).

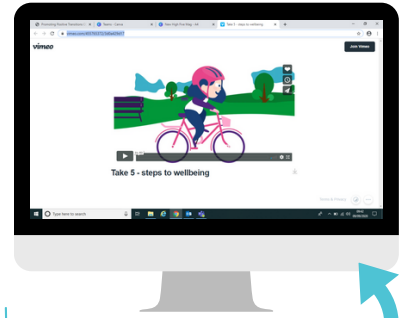
# Take5

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.



# Be Well

Did you know that part of the school curriculum is helping you to be well? The adults in school have learned so much about what wellbeing means and they plan lots of activities to make it more likely that you feel well.



## First we Feel Good... ...then we Function Well

Wellbeing means two things are happening. It means you feel good and are functioning well. Have you ever noticed that school is harder when you are sleepy, not feeling well or are in a bad mood? That's just true for everyone no matter what age you are!

**Make a note of  
times you feel  
good- who are  
you with? What  
are you doing?**



# Class Wellbeing Plan

If you are going to be functioning well enough to learn in school it's a good idea to come up with a class wellbeing plan. This means you schedule moments throughout the school day which will make you all feel good- then you will be functioning well and ready to learn!

1

Step 1- Make a list of all the things in school people in your class enjoy doing. Daily mile? Go Noodle? Favourite book?



2

Step 2- Choose one of the activities from the list to be your class morning ritual- a feel good activity that you do together to start each day well.



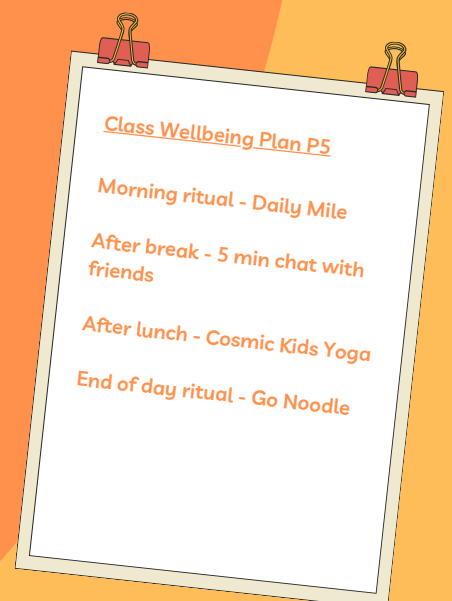
3

Step 3- Choose one of the activities from the list to be your class end of day ritual - a feel good activity that you do together to end the day well.



4

Step 4- Choose two more times in the day your class usually need a feel good top up. Make a note on the class timetable!



Click here to access more ideas for your class wellbeing plan

# Be Active

Being active is essential for maintaining good health, and school is a great place to include it into your daily routine. Here are 5 fun ways to be active in school:

- Join a sports team or afterschool club - These are a great way to stay active and make friends. With lots of options like basketball, soccer, and dance, there's something for everyone!
- Walk or bike to school - If you live close enough to school, think about walking or biking instead of taking a bus or car. It's a great way to get some fresh air and exercise.
- Take part in break time activities - Break is a designated time for play and physical activity. Join in on games like tag or skipping to get moving.
- Stand up and stretch - Sitting for long periods of time can become uncomfortable. Take breaks to stand up and stretch your legs, or even do some light exercises like star jumps.

Being active in school doesn't have to be boring. Including these fun activities into your daily routine can lead to better health and a more enjoyable school experience.

Joe Wicks, the Body Coach, recently visited a host of different schools across NI & Ireland, on his recent 'Schools Tour'. Joe says he is continuing his mission "to get more kids moving and learning about the incredible benefits of movement and exercise."



Click here to access more ideas to Be Active (C2ken sign-in required)

Click here to access a free activity pack from the 'Body Coach' website

## Worrysaurus

We like 'The Worrysaurus' story by Rachel Bright. It is a fun story about dealing with our worries. Worrysaurus has planned a special picnic but it isn't long until he begins to worry. Can Worrysaurus find a way to chase his worries away and have fun?



Click here to watch the story which is read by the author Rachel Bright

After you have read the story perhaps you might want to share your worries with a trusted adult.

It's good to talk to someone. You might even want to make your own little 'happy tin' just like the one the little dinosaur had in the story, so then when you are feeling worried you can reach for your 'happy' items inside to help you.



Click here to access more ideas to Connect (C2ken sign-in required)



# Take Notice

If it all gets a little too much, why not try making a 'Calm Jar'.

All you need is an empty clear container with a lid, some warm water, some cooking oil or washing up liquid and some glitter. If you haven't got glitter, then try some food colouring or paint.

Give it all a good shake and watch.

This calming clip shows you the idea...



Click here



And then...relax!!

Here are some ways to relax at home and take notice of how you are feeling...



**Reading:** Read books or listen to audiobooks. Reading can be a great way to relax and escape into a different world.



**Art:** Set up an art station with paper, paints, crayons, and markers. Let your creativity flow, as you create your own masterpiece.



**Games:** Board games, card games, and puzzles are all great ways to relax and spend time together with the people at home.



**Nature Walks:** Take a walk around your neighbourhood or a nearby park. Being in nature can be very calming and relaxing.



Click here to access more ideas to Take Notice (C2ken sign-in required)



# Keep Learning

## What I Love About Me & You

This is a lovely way to feel positive about yourself and a fun way to connect with friends and family. You can use post-its, or perhaps cut out some stars, or pretty shapes and on each write one thing you love about yourself, or are proud of. You can do the same for our friends and family and let them know either by showing them online, or perhaps even posting it to them. You may learn new things about yourself or your friends and family that you didn't realise!



Click here to access more ideas to Keep Learning (C2ken sign-in required)

## Hug Jar

Sometimes when we experience big feelings or emotions, we can become overwhelmed. These feelings can be so hard to cope with, and we sometimes can't find the words to explain what's wrong. Maybe the Hug Jar will help? Like a Calm Down Bottle, it's a tool to support you with your feelings.



## How to Make a Hug Jar

You will need :

- a jar or container
- paper or card
- scissors

First, create lots of hearts to fill your container. Then, when you feel upset, take a heart out of the jar and give it to the person you'd like a hug from. It's a way of showing that it is time to stop for a moment and share some special time together.



Click here to access more ideas to Give (C2ken sign-in required)



# Inbox

## Crann Taca CNaG Conference 2023

PBS&P and NASS attended the recent CNaG Conference with a focus on Special Educational Needs.

The keynote speaker Dr. Sinéad Nic Aindriú from Dublin City University provided a presentation on 'Developing a Positive Whole School Ethos and Culture: Relationships, Learning and Behaviour' with a focus on inclusive education for all. It should be remembered that minor things have a major impact on the life of a child and on their families. Importance of bringing parents along on the journey to support their child with SEN and pupil voice.

Workshops were also facilitated during the day including one on 'Be Inspired' by PBS&P and NASS. PBS&P and NASS provided an overview of our services and the resources available on our PBS&P C2k Resource Hub particularly showcasing the Irish & Irish accessible versions of our resources including the High Five Magazine.





# Inbox



KILCOOLEY  
PRIMARY SCHOOL



## High Five Friday at Kilcooley Primary School, Bangor

Kilcooley Primary School have shared a lovely video of their Primary 6 pupils and staff having lots of fun on their 'High Five Friday'!

Click here to  
watch the video



### Be Active

We went out for  
a walk



### Take Notice

We had our snack  
outside and focused  
on our 5 senses



### Keep Learning

Learning Makaton



### Connect

We connected with  
Nursery and P7



### Give

We read about a girl in hospital in  
Belfast. Her friends had asked people  
to make cards for her to cheer her up.  
We hope our cards will make her smile!







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)





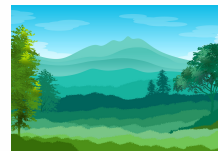
# Support Your Child's Emotional Development

Encourage and help your child to...

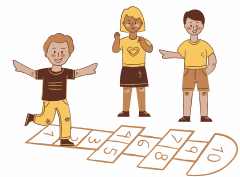
**Sleep well** - children who regularly get a good nights sleep have better attention, behaviour, memory and better mental and physical health.



**Get outdoors** - particularly into nature. Being outdoors reduces stress and tension and makes us happy.



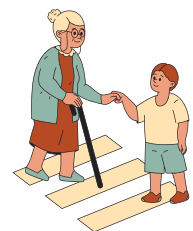
**Be active** - as they need lots of exercise. Regular exercise will boost their mental and emotional health.



**Be creative** - creative play allows your child to try out new ideas and to problem solve.



**Be helpful** - do things for others. They could give away outgrown toys and clothes or make buns for friends and family.



**Play regularly** - play is absolutely essential for a child's happiness and their mental health. It also teaches them to be creative, problem solve and learn self-control.



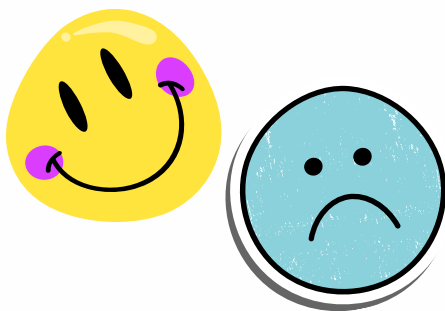


## Support Your Child's Emotional Development

- Ask your child how they are feeling and try to notice their feelings throughout the day.
- Talk to your child about emotions. When reading books to children talk about the characters' emotions.
- Talk about how you are feeling during the day. You could make this into a game by encouraging your child to watch you use a range of facial expressions to convey emotions such as happy/angry/sad.
- Help children understand that all people have feelings. For example, when reading a book, ask questions like, "Why do you think she felt that way? How could you tell she was feeling sad?"

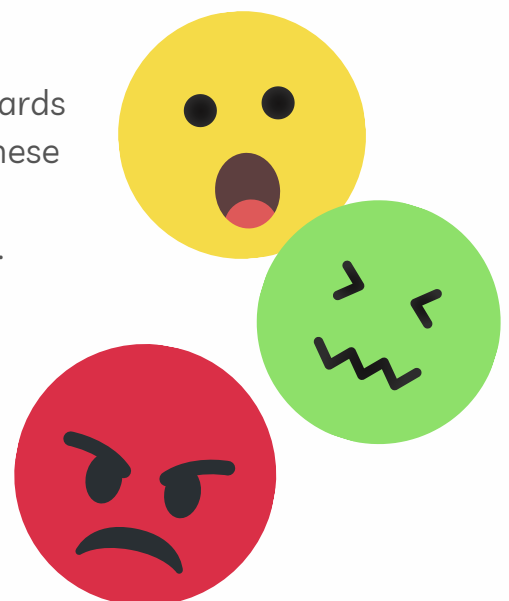
### Recognise that children do not always have the words to express their emotions.

When your child experiences a strong emotion, it's important to support their efforts to calm down so they will be better able to talk about how they are feeling. After children learn how to calm down and talk about how they are feeling, they can then begin to problem solve.



Make your own simple flashcards - start with happy and sad. These cards can be used to open up conversations with your child.

Play a Game - get a ball, throw it and say "When I'm sad, I..." and take it in turns to answer. Answers could include - throw things, shout and cry. Vary questions. Then help them think of better solutions.



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!



# Tips to Reach the Learning Brain

When we feel good we function well. Try including the 3Rs cycle throughout your day in class to help maximise learning.



## Regulate

Plan in brain stem calmers- rhythmic games, activities with less verbal communication



## Relate

Follow up with a focus on belonging  
A shared class memory- "this is going to be a bit like the time we learned about..."



## Reason

Now the social engagement system is online- the pupils are feeling good and functioning well. Ready to learn!

# Regulate

Always begin and end a lesson with a short regulatory activity



# Reason

Core lesson time, on task time



# Relate

Follow up with a short activity which reinforces sense of belonging- unconditional acceptance



# Regulate

Always begin and end a lesson with a short regulatory activity

# Reason

Core lesson time, on task time



# Relate

Follow up with a short activity which reinforces sense of belonging- unconditional acceptance

## Remember:

- Plan lots of 3Rs cycles throughout the day- make sure every lesson builds in time to regulate (feel safe) and relate (feel connected)
- Notice if your class or individuals need shorter cycles to begin with or on a particular day- adjust your expectations for on task time



Click here for more ideas



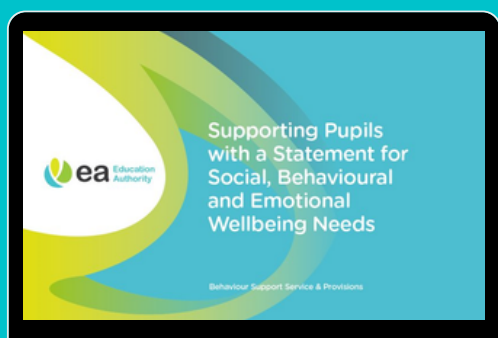




# Upcoming PBS&P Training



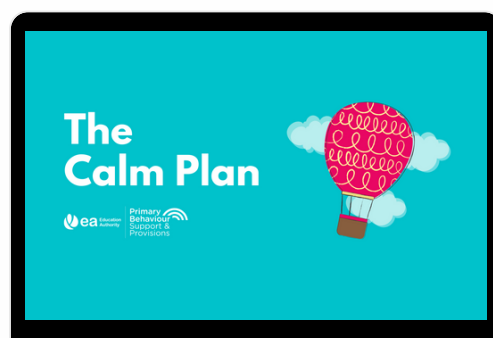
Click the images below to register for these training sessions available to school staff



Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs  
15 November, 22 November & 29th November 2023

2:00pm - 3:30pm

(Participants must attend all sessions)

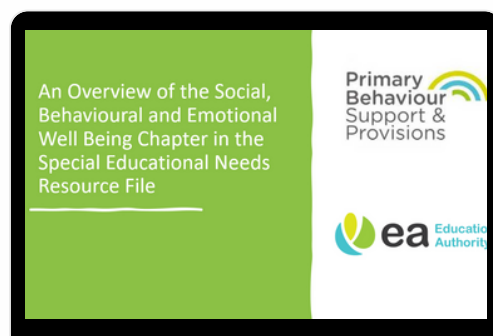


Developing a Calm Plan  
23 October 2023 2:30pm - 4:15pm



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice  
21 November & 28 November 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

23 November & 30 November 2023 - 2:15pm - 3:45pm

Participants must attend both sessions

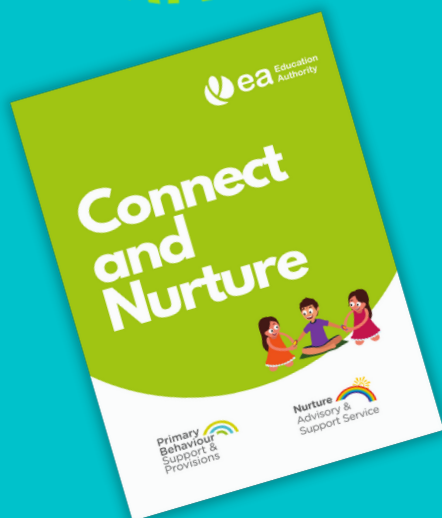
[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



# Upcoming NASS Training 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)  
21 November 2023  
2:30pm - 3:30pm



Theraplay Informed Practice -  
activities to build attachment  
28 November 2023  
2:30pm - 3:30pm



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



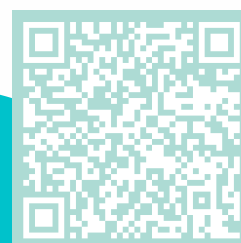
## Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

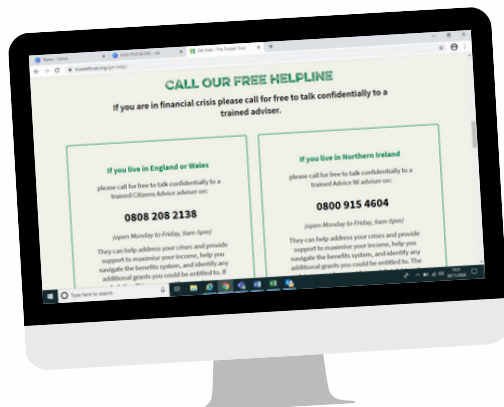


### Contact Primary Behaviour Support & Provisions Service

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

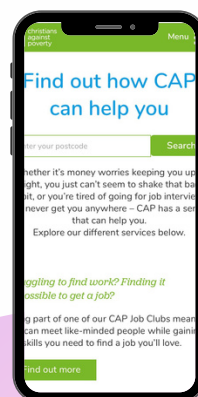
# When We Need Support

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.

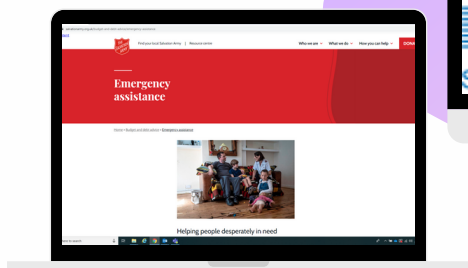


Click here

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.