

Issue 42: Friday 29 April 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!



# Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be Curious
- 05 Connect -
- 06 Take Notice - Our Woodland Trail
- 07 Take Notice - The Play Trail
- 08 Be Active - Active Maths
- 09 Keep Learning - Read with Your Pet
- 10 Give -
- 12 Help Hub - Inspire, Support, Challenge
- 13 Help Hub - Be Curious
- 14 Help Hub - Theraplay Informed Activities



## 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 Patient. In Spring, we often look forward to the longer evenings and more pleasant weather that Summer brings. Let's try to be patient as we wait for the Summer to arrive, so that we can appreciate the wonders of the moment we are currently in. Take Notice and Connect with the present!

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.

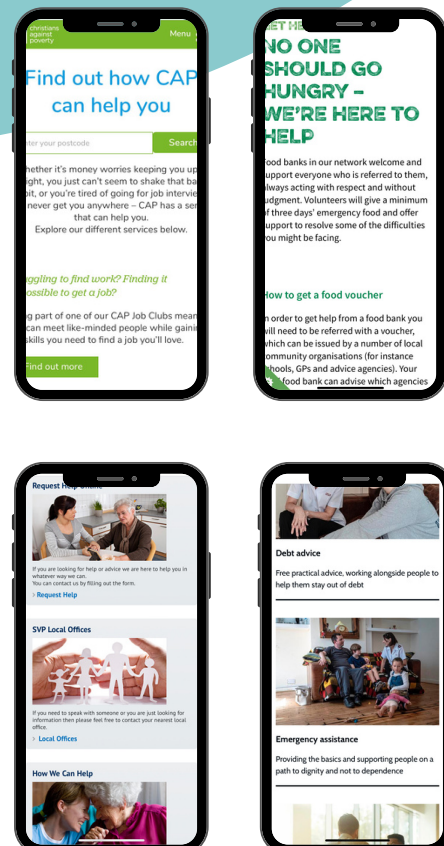
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

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.**

## Available Help

Our Help Hub always includes links to organisations who are available to help. In this issue we just want to highlight four who provide support to anyone experiencing financial difficulties. Click on the phones to follow the links for [Christians Against Poverty](#), the [Trussell Trust](#), [St Vincent de Paul](#) and the [Salvation Army](#).



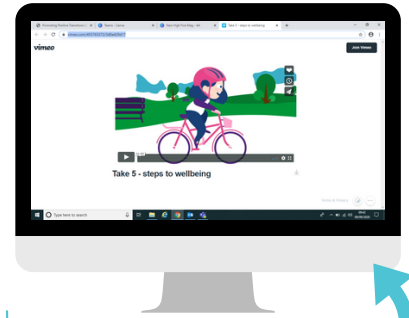
# Take5

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 Curious

Bloomfield Primary School in Bangor..

Being 'Curious' during Outdoor Play in the Nurture Group (The Lighthouse Gang!)



In our P1 Nurture Group we spend a lot of time helping each other during 'Outdoor Play Challenges' – building, finding, creating, discovering – and we work as a team as we help our friends explore the world together. We are learning that it is good to give a helping hand when it comes to our STEM and Science tasks in particular – the more brains and bodies working together the better!



We all have different learning styles, notice things at different times, problem solve in different ways, and we all have different questions we want to investigate together!

During our challenges we spend time in our friend's company, share ideas, work as a team and build friendships as we work towards a goal. We also have the best fun!





# Connect

Bloomfield Primary School in Bangor..

Being 'Curious' about the World Around Us  
(The Lighthouse Gang!)



We have been finding out about bulbs and seeds this year. The bulbs have grown beautifully and our friends in school have been enjoying looking at the lovely spring time flowers this month. The plant pots are nearly at the stage we can give them away to others and the vegetable seeds that we have grown in the classroom and polytunnel will be ready to share soon too!



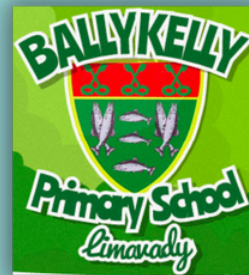
**We have enjoyed  
being curious about  
growing things and look  
forward to making our  
friends and family happy  
by giving them away.**



# Take Notice

## Our Woodland Trail

At Ballykelly Primary our Woodland Trail is very popular with all our classes. This outdoor space is full of learning opportunities which are fun and practical but also being outdoors is good for our well-being and mental health.



Classes have been involved in lots of different activities. P6 and P7 classes were reading the book, “Over and Under the Pond”. They were able to visit our pond which is tucked in at the back of our woodland trail. Lots of pond dipping took place and we discovered lots of frog spawn.



Click here to  
find the story



Did you know that being in a wooded area reduces stress, improves mood, increases our ability to focus and improves our energy levels?

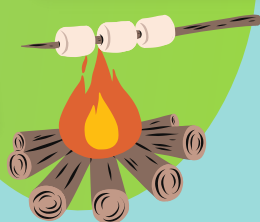


# Take Notice

## The Play Trail

Being able to utilise this space is very important to our school and every class attend weekly and enjoy learning and having fun outdoors.

P3 and P4 have been working alongside the Play Trail who have been showing us how to enjoy the outdoors. We can create camp fires so we can toast marshmallows and we can build dens and relax in the hammock.



P1 and P2 are taking part in Shared Education and they are using our Woodland Trail to carry out practical maths activities.



For Golden time lots of classes enjoy playing 'Hide and Seek' in the trail and you can imagine how many hiding places we can find!



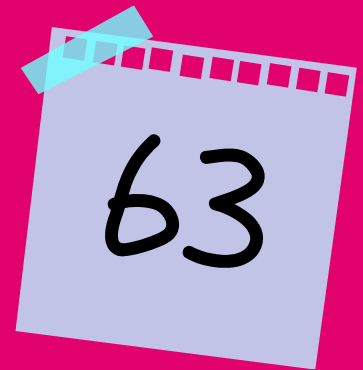


## Active Maths

Did you know you can do your numeracy lesson in the PE hall or the playground? Follow these simple steps and have a go!

**1**

Write numbers on pieces of paper and stick them each on a wall in the hall or all over the floor (or you can use chalk in the playground)



**2**

Play some music- when this is playing move and dance around the hall or playground



**3**

When the music stops everyone freeze and listen to the question read out by the leader

**4**

Think- work out the answer and then run to the number in the hall or in the playground

**5**

Have a rethink- everyone gets 10 seconds to check their answer and the option to move to a different number

**6**

Once you know the right answer start again at step one- maybe this time choose a different leader to come up with the question



## Read with your Pet

Fir Trees EOTAS pupils enjoyed reading to Ruby the dog when she visited them. Ruby loves being read to; she looked at the pictures, listened to the children's voices and relaxed so much that she even fell asleep during one of the books!



Does your pet enjoy being read to? Try cuddling them up beside you to read a book and see if they relax like Ruby does.





The children at Holy Child Primary School showed their support for children less fortunate than they are by wearing blue and yellow clothes to raise money for Ukraine.



They raised £1000 pounds to go directly to the Ukraine humanitarian crisis.



The children painted sunflowers and planted sunflowers to take home.

The school also ran a design a sunflower t-shirt competition and the winning design will be printed on t-shirts for families to purchase. All proceeds will also go directly to the people of Ukraine.





# For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



# Be Curious

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



## Inspire...



### P...

Model

## Support...



### M...

Waiting

## Challenge...



### G...

Patience



# Be Curious

## Play

**Enjoy...**

**Choose...**

**In the end, it's the people  
who are curious who  
change the world!**

**"Our greatest weakness lies  
in giving up. The most  
certain way to succeed is  
always to try just one more  
time". Thomas A. Edison**

**Inspire...**



**Support...**



**Challenge...**



# National Weaning Week



We are excited to remind you that national 'Weaning Week' is coming up soon from 4th - 11th May 2022.

Weaning can be an exciting but sometimes daunting time for parents. Research shows that introducing solids too early may increase the risk of asthma, eczema, digestive problems, allergies and obesity later in life. Introducing solids at 6 months using healthy foods is an investment in a child's present and future health.

Here are some top tips from parents and carers that they wished they knew when they were started weaning...



It can take 10 or more tries for baby to 'like a new food! So don't give up if they don't eat it the first time.

Introducing solids can be so much fun! It can be a really exciting time when baby tastes new food - enjoy it.

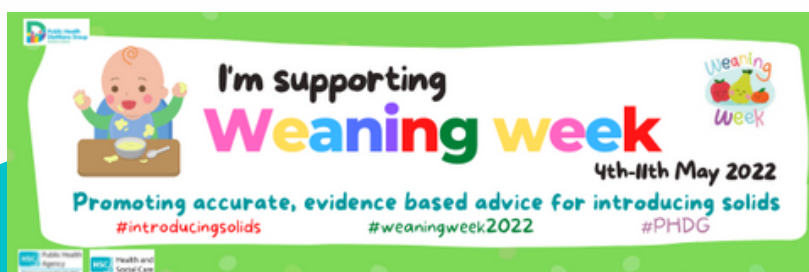
Tinned and frozen fruit and vegetables can be used to make baby's food! They are usually cheaper and just as nutritious as fresh!

An "Introduction to Solids" session is available on Thursday 5th May at 10am. Hosted by a dietician, sharing a complete guide to weaning and starting solid foods with your baby.

Click here



A 'Nutrition Matters for the Early Years' training is available for childminders and Day Care staff. For more information and dates, please click here.



# Theraplay Informed Activities

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



## Structure Activity

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



## Cotton Ball Blow

You and the child hold a scarf or long piece of cloth between you. Place a cotton ball at one end of the scarf and blow it back and forth to the child. As an alternative you could place the cotton ball in your cupped hands and blow the ball into the child's hands. Or you could fold up the long sides of a piece of foil (as long as the child's arm or leg,) and blow the cotton ball back and forth on the foil tray.

## 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.



## Counting fingers and Knuckles

Count from one to five on one hand and then starting with ten on the other hand count down to six. Say with a puzzled look, "Five and six makes eleven. Do you have eleven fingers?" Older children will enjoy the joke, younger ones will not get it. You can also count all the knuckles on both hands. Children are often surprised to learn that they have twenty-eight knuckles.

## 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.



## Preparing Pizza, Tacos, Hot Dogs, or Cookie Dough

Have the child lie on pillows on their tummy. Knead their back while describing how delicious the cookie or pizza, taco, or hot dog is going to be. Firmly put the appropriate condiments on the pizza or cookie dough.

## 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.



## Karate Chop

Hold a length of toilet paper or paper streamer in front of the child and have her chop it in half when you give a signal.



# When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



Click here

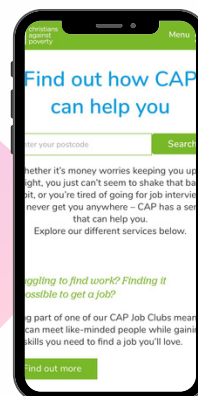
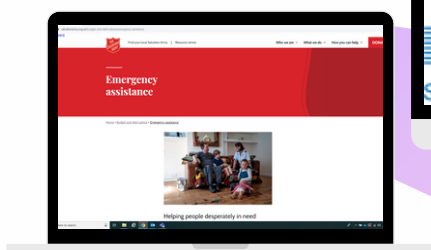
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

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



Lifeline



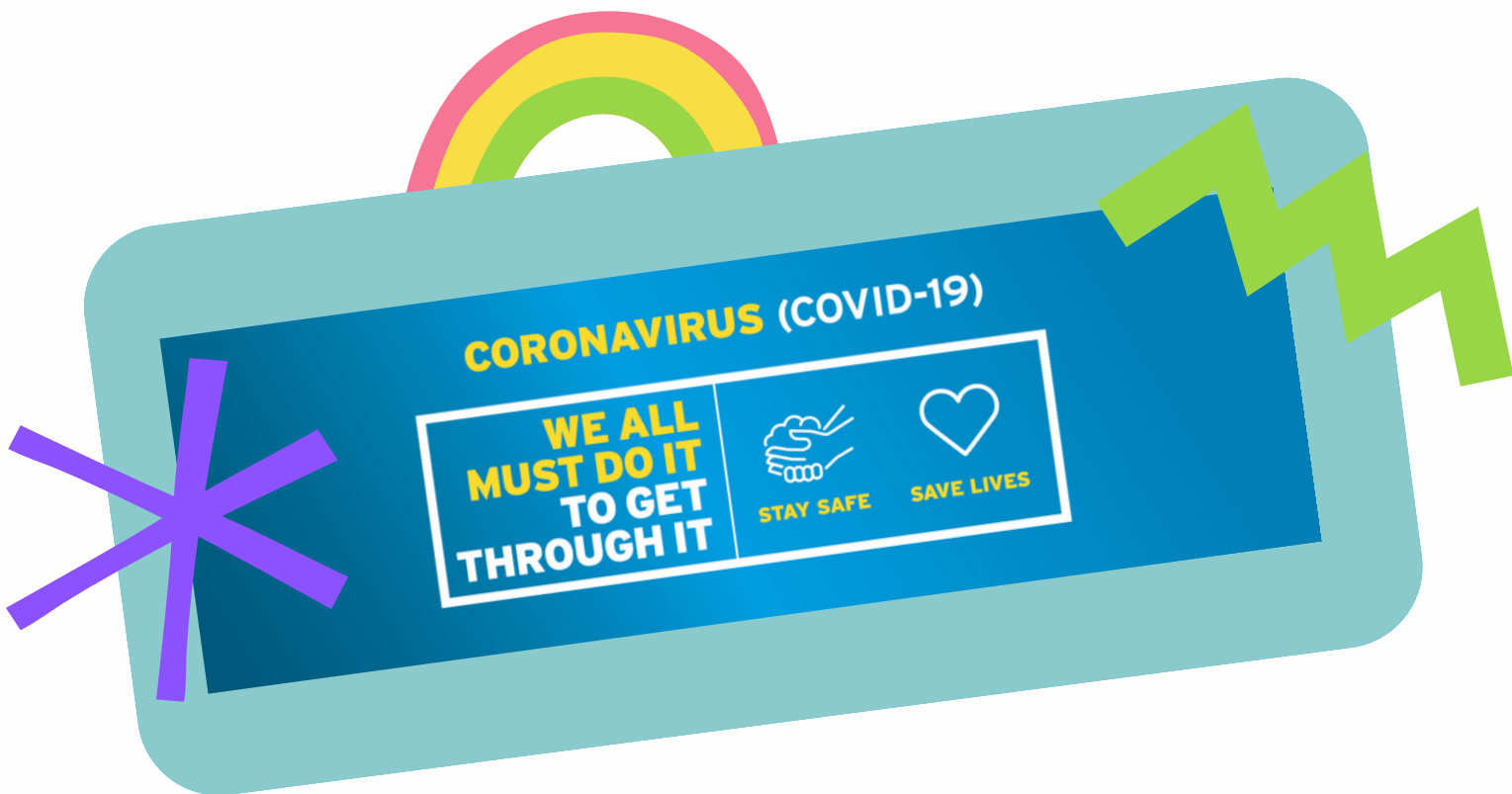
Childline



ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.



Click here for a link to the Department of Education's Coronavirus Guidance for Schools



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

[Click here to keep up to date with the Public Health agency.](#)

