

Issue 48: Friday 23rd September 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 Challenged. Read on to think about how you feel when you face a challenge and who and what can help you. We have also included some fun challenges to try out!

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 academic year, a number of schools have helped us to develop High Five Fridays. This is a whole school emotional wellbeing programme based on Take 5 Steps to Wellbeing. If your school 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



Send us photographs and news if you are having a High five Friday- primarybsp.enquiries@eani.org.uk

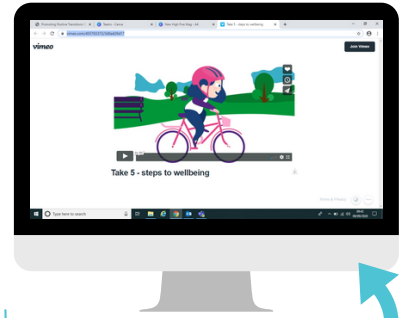
Take5

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 Challenged

Being challenged is a funny thing! When we are interested in something we find it easier to face a challenge- we don't mind the struggle and we are motivated to try, try, try again!

Talk about the activities or subjects in school you are less interested in- have you noticed that you are less excited to face a challenge when doing these things? What might help?

Tell your friend, teacher or whole class about a time you faced a challenge but you didn't mind- you kept going. It might be when you were playing a video game, baking a cake, building something with lego.

Other times, when we are less interested in the task we are less excited about overcoming the challenge.

But one of the most important tools we have for facing a challenge is the belief that we can learn something new. All new learning is tricky and should feel like a struggle so it's a good idea to get used to the feelings we have when we are challenged. Then, instead of avoiding the challenge, we'll confidently decide to learn something new!

Tell your friend, teacher or whole class about a time you learned something new and you felt the struggle that comes with new learning.

Remember- it's great when you struggle- it means you are facing a challenge and learning something new!



Target Challenge

The aim of 'Target Challenge' is to hit each target and see how many points you can get out of five throws – decide what type of throw you need to use to hit the target. Place targets of different sizes on the floor. Place some close and some further away. Players stand behind a start line and try to throw a bean bag onto their chosen target.

To make it easier...

Make the targets bigger and closer to the throwing line

For more of a challenge...

Make the distances further away.



Add a time limit and points to complete the challenge in

Click here to watch a video
on how to play Target
Challenge



Eye contact

Everyone who wishes to play gets into a circle.

Decide together someone who will be player one. To begin, player one makes eye contact (no words or hand motions) with another player (player two) and gives them a signal that means go. When player two says go, player one starts moving slowly toward them to take their place in the circle. Player two then makes eye contact with another player (player three) and gives them a signal meaning go, and starts moving toward them.

The objective of the game is to time each player's command so that each player makes space for the others in time. Can you take up the challenge?



Wiggles

This activity is best played in a group, see who can wiggle different parts of their face without moving the whole thing. They can try wiggling their ears, nose, or even their eyebrows. This will get lots of laughs as they see that some people can do it and some can't at all. It's also interesting to see the direction in which they wiggle their features, can your nose go up and down as well as side to side.



Click here for some fun
activities that you could try
with your friends and family



Take Notice



How to Face a Challenge

Think of a few times when you were challenged and then take a note of the things that helped you to overcome the challenge and the things that didn't help. You could try some of these ideas the next time you face a challenge...

Pause and take a few deep, slow breaths, in and out, focusing on your breath. This can help you feel calmer and help you choose what to do next in response



Find an adult or a good friend to talk to



Work together to try to find a solution to any challenges



Ask for help when you need it



Break down the challenge into smaller achievable steps

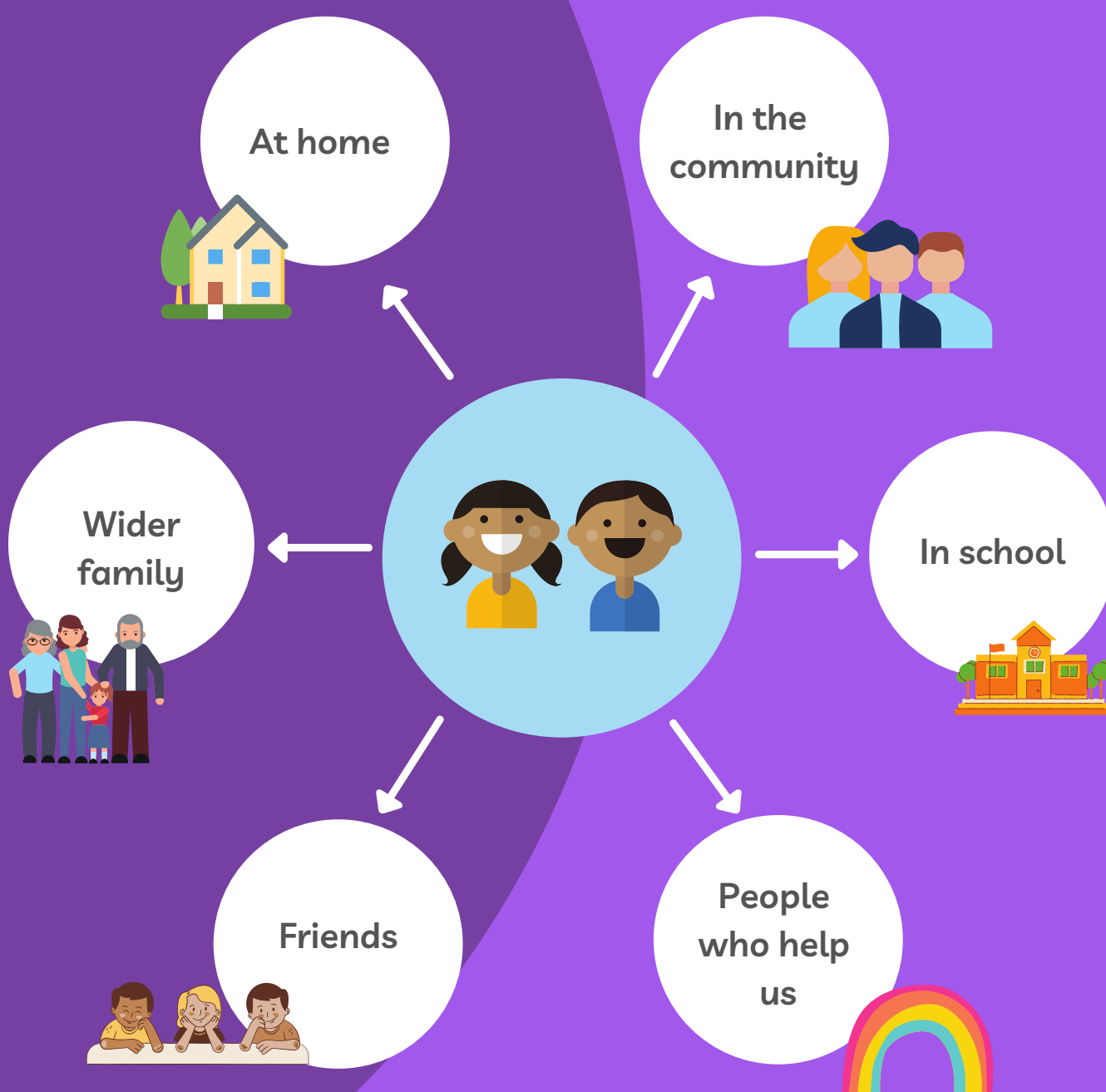
Small steps every day

Take your mind off it by doing something you enjoy or are good at, or by helping someone else



My High Five Huddle

There are lots of people who help and support us every day, these are the people we are thankful for. They could be people within your family, school or local community. Who would be in your 'High Five Huddle'?



Give

10 Minute Challenge

Challenge yourself to allowing 10 minutes each day to do something you enjoy. Find your happy place to do this and challenge yourself to listen to the different sounds and smells around you.

Where is your happy place?



What can you see?



Is anyone with you?



What can you hear?



What do you smell?



How do you feel?



Challenge yourself to be kind to someone and to yourself. Whether big or small it can make a difference.

Click here for 'BE KIND' by Pat Zeitlow Miller – a story about how 2 small words can make a difference.





Inbox



Take 5 Schools

Meadow Bridge Primary School

"It was an incredibly exciting day for our school yesterday as our Primary 5 class represented Meadow Bridge at the reception for King Charles III in Royal Hillsborough. As you can see, the excitement and amazement was clear from our special pupils! We were allocated space for 30 pupils to go down and meet the new King and the Queen Consort as they journeyed towards Hillsborough Castle.

It was an historic day for our school and these pupils, as many got to shake hands and exchange greetings with the Royal couple. A real treat for our boys and girls and they represented the school so well. A great day for Meadow Bridge and for our local community!"





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 Challenged

Feeling challenge can be difficult. Use these simple tips below to help your child get used to the feelings they have when they meet a challenge.



Modelling

We can model the best ways to manage stress:

- taking a deep breath
- walking
- connecting with a family member / friend
- open and honest conversations about feeling stressed / overwhelmed

Risk Taking

Allow and promote this especially within play:

We are tempted to not allow our children to experience risk, but we can introduce risk gradually and safely. Remember this must be age and stage appropriate. Some examples of risky play include:

- climbing a tree
- wave jumping
- cooking / baking
- traditional street games
- moving at a high speed
- using tools to build / repair items

Exposure

Allow children to experience small doses of stress / challenge:

We shouldn't shelter our children from daily challenges as this does not support their ability to be resilient. We can encourage them to persevere and notice what they have learned and achieved!

Growth Mindset

Foster a growth mindset with our children:

Explore the idea that we may not succeed the first time we are challenged by something but that we need to have the mindset that we cannot do this YET! Celebrate with your child when they find something tricky as this means they are learning something new.

Be Challenged



Click on the links below for more ideas to help your child view a challenge positively!

The National Trust

'50 things to do before you're 11¾'

Get your children closer to nature with '50 things to do before you're 11¾'. There's plenty of outdoor activities to do all year round, from watching the sunset to creating some wild art. Many can be done at home and in your garden.



Click here to access
the National Trust
Website

Playboard NI

'Playing is as critical to a child's development as eating and sleeping. As parents, one way that we can know for sure that we are doing something good is to play with our children and to let them play.'

Play builds resilient children Resilience is the ability to bounce back after getting knocked down. It is the way that we cope with setbacks and disappointments without them becoming debilitating hurdles that hamper our progress. Make time for play every day and help your children develop the skill of resilience, it will assist them to bounce back when the knocks and hardships of everyday life come their way.;



Click here to access the
'Play Matters' booklet from
the Playboard NI Website





ParentLine NI offer a FREE confidential helpline for parents and carers throughout NI.



HELPLINES ARE OPEN

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

Call 0808 8020 400

(Calls are FREE from all UK landlines and mobiles)

What you can expect from a call:

- You will be asked what you want to talk about and what you need from the call.
- You may be offered helpful resources or strategies to further support you.
- You may be signposted to other community services if appropriate.
- You may not have a question to ask, but simply need a space to feel heard and understood.

WHAT'S ON?

FEATURED PODCASTS

- “How Do We Build Resilience In Ourselves And Our Children?” with Ed Sipler
- Parenting in an Online World with Wayne Denner
- Anxiety Based School Avoidance with Strive NI
- ADHD – The Facts and More
- Autism – The Facts and More – Part 1
- Communicating and Connecting with Teens



Click here to access
the podcasts

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.



La La magnets

You and your child sit opposite each other with your hands together in the middle. Swing them from side-to-side singing 'la la la' then adult says a body part and you match them together (for example, thumbs, put your thumbs together like magnets / noses, put your noses together like magnets).

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.



Foil prints 2

Use tin foil to make impressions of different body parts (make a robot glove with foil using your child's hand. Can you make them a robot leg by wrapping foil around their leg? Etc.

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.



Pretend face / body paint

Using soft brushes or cotton wool again, pretend to paint your child's face / hand / foot. Ask them what they would like to be painted as. Talk about the pretend colours you are using. Again, this should feel relaxing and soothing.

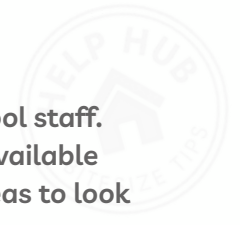
Challenge Activity

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.



Ballon Bop

Sit or stand for this activity. "Bob" the balloon back and forth, keeping it up in the air. Count the number of "bops" before it hits the ground. Try again to see if you can better the score



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!

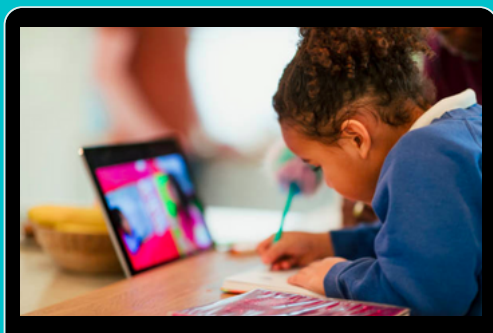




Upcoming PBS&P Training Available



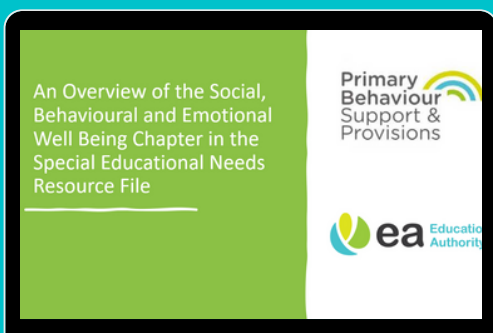
Click the images below to register for these training sessions available to school staff



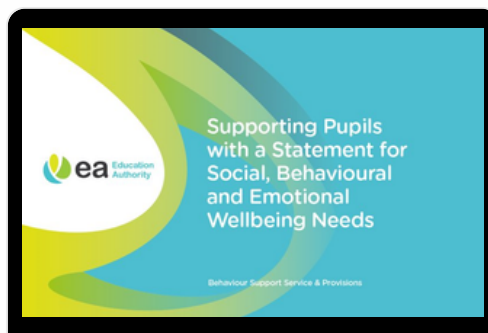
Development and Implementation of a Social Behaviour Emotional Wellbeing Plan, incorporating the pupil's voice
07 and 14 November 2022:
2.30pm



Developing a Calm Plan
17th October 2:30pm



Overview of Updated SBEW Guidance in the SEN Resource File
28 September 2:15pm
10 November 2022 2:15pm



Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs
15, 22, & 29 November 2022:
2.00pm

[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



Nurture in Education Programme. Level 1 Conference. All Education Sectors.
21st September 1pm



Nurture in Education Programme. Level 2 Conference. All Education Sectors.
28th September 9.30am



Connect and Nurture (CAN).
29th September, 3rd November & 6th December
2-3pm



Nurture Principles and Practice.
Implementation of the 6 Principles of Nurture .
5th October 2023
1.30pm

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



The Daily Mile

The Daily Mile Network Northern Ireland is a partnership with Health & Social Care Trusts, The Education Authority, Local Councils & sporting organisations to encourage and support settings to implement The Daily Mile and create a Daily Mile nation.

The Daily Mile aims to improve the health & wellbeing of children and young people across Northern Ireland. With the start of the new academic year, this is the perfect opportunity to highlight the initiative which can be implemented easily into the school & nursery day

The Daily mile is:

- 15 minutes a day, no equipment needed
- Walk, run or jog at your own pace
- Inclusive
- Its free!



Click here to watch a video which profiles St Patricks Primary School, Aghagallon and the huge impact the Daily Mile has had on their pupils

To register for the Daily Mile
click here



If your school or nursery would like to avail of additional resources to support your Daily Mile please email: physical.activty@southerntrust.hscni.net with class and pupil numbers. As a Daily mile banner/tracking sheet & stickers can be provided.



Workplace Health

Health and Wellbeing Team

"We are delighted to announce that Term 1 of the 2022/23 EA HealthWell Programme is now available for all EA staff (schools and services) to avail of. Now in its fourth year, the programme grows from strength to strength and continues to enable staff to be proactive about their own self-care.

The programme provides staff with the latest health and wellbeing initiatives, sessions and campaigns taking place over the next four months (September – December 2022). We will continue to add to the programme during this time and endeavour to respond to additional demand where possible.

There are sessions and events for everyone to get involved with."

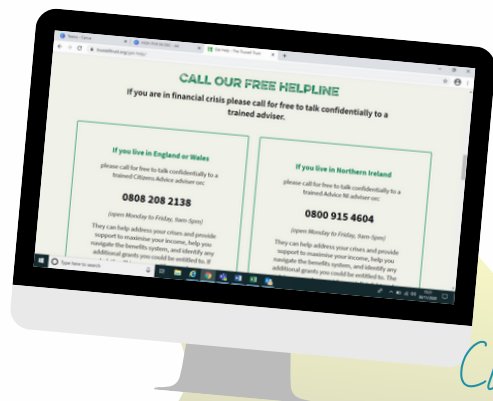


Click [here](#) to check out the full HealthWell Programme (Term 1). Book early to avoid disappointment.



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

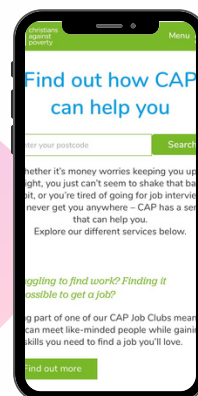
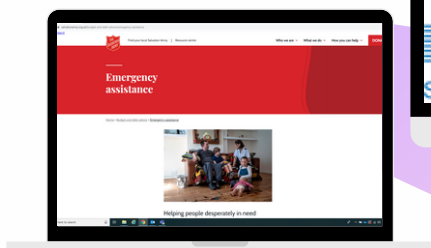
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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

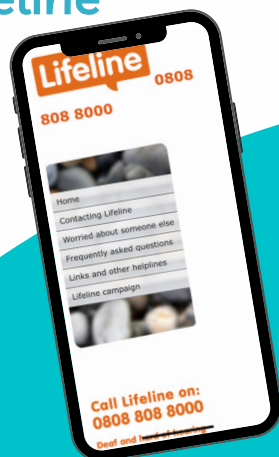


Click here

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.](#)

