

Issue 50: Friday 21st October 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. As we move into Autumn there are lots of things to look forward to but it is also a good time to think about how to Be Safe. This issue shares some good ideas to help you do just that!

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.**



PBS&P High Five Resource Hub!

Primary Behaviour Support & Provisions (PBS&P) are excited to announce the launch of the High Five Resource Hub which can be accessed on C2K. The High Five C2K Resource Hub will allow schools to directly access the fortnightly PBS&P High Five Magazine, High Five Friday and PBS&P Resources. Click on the image to access the hub (c2ken account required).



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

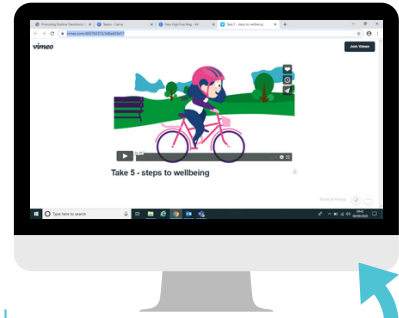
Take5

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 Safe

Before you try out any of the good ideas in this issue, take some time to think about being a safe class. Use the questions below to help:

1

What does a safe class look like? What would we see happening? What would we hear? Make a list!



2

What does an unsafe class look like? What would we see happening? What would we hear? Make a list!

Very Unsafe 1 2 3 4 5 6 7 8 9 10 **Very Safe**

3

Now look at your lists alongside the scale above and agree as a group where your class are. Why have you chosen this number?

4

How could you work together to move up two spaces on the scale- how could you work together to make your class safer?

Now you have a class challenge- work together to make your class a place where everyone can be safe! Check the scale at the end of each day for a week and see if you have moved any steps up the scale. Let us know how you get on at primarybsp.enquiries@eani.org.uk

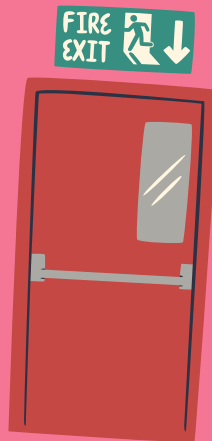


Be Active

Safety Walk

Your school building has been designed to help everyone be safe. There are even lots of rules that the school caretaker and school principal need to follow.

Go for a safety walk around your school and spot all of the things that are in place to keep you safe. Here are some ideas to get you started- look out for these:



Find out the answers to these questions...

Who makes sure everyone leaves safely if there is a fire in our school?

Who are the first aiders in our school?

Safety Jobs

There are lots of people who are paid to help keep us safe.

Make a list of all the jobs you can think of that exist to keep us safe



Do some research- what do you want to find out about these jobs?

Choose one organisation to connect with- email them some questions or invite them in to school.



Take Notice

Be Safe, Be Seen!

It is important for all of us to learn about keeping safe while out and about. Road Safe NI has created this booklet to look at all aspects of how we can stay safe whilst using our roads, either travelling as a pedestrian, cyclist or passenger.



Road Safe NI Charity hope you enjoy the book and learn enough to always stay safe on our roads.

Click here



To watch the 'New Green Cross Code' click here



This road safety themed activity booklet, available on NI direct, have been designed to provide a fun and interactive way to learn and remember road safety knowledge.

This booklet can be used either as a teacher/parent led activity or as standalone child activities that can be carried out independently. Click here.

**Be Safe,
Be Seen!**



Leaf Fireworks

At this time of year, the ground is full of natural materials to create some natural masterpieces with. This Bonfire Night you could celebrate with this colourful craft. Gather the brightest leaves you can find and arrange them in patterns on the ground so they look like exploding fireworks. You can even build a pretend bonfire out of sticks and poke fiery leaves in it to look like flickering flames.



Click here to watch a video for ideas to create your own masterpiece.



Be a Nature Detective

A fun activity to try at home or in school. Can you spot the signs of Autumn?

Click here



Safe Pets

It's starting to get closer to Halloween which means we'll hear and see a lot of firework displays. Remember, while we enjoy these, our pets can find them upsetting.



Click on these images to do some research on how to keep our pets safe when there are fireworks displays happening nearby.



Now use your research to create information leaflets, posters and messages for your school social media accounts sharing top tips to help our pets be safe.



Inbox



Take 5 Schools

Victoria Park Primary School, Belfast

Victoria Park Primary School is proud to be a school that positively promotes and supports the wellbeing of all pupils, staff and parents in their care.

Each class in school were provided with a pack of activities themed around the categories mind, body and soul. The pack activities supported increased physical activity through games and getting pupils outside in nature, to encourage a positive growth mind-set.

A series of visitors were invited into school to deliver programmes specific to the needs of pupils. These organisations included NSPCC, Relax Kids, Freddie Fitness to name but a few!





Inbox

Fios Feasa

Staff from Primary Behaviour Support & Provisions (PBS&P) were invited to attend the recent Comhairle na Gaelscolaíochta conference 'Fios Feasa' in Belfast. We displayed some of our school resources which are available in both English and Irish, such as our 'High Five Magazine'.

The keynote speech was provided by Professor Antonella Sorace, University of Edinburgh on 'Minority Languages as Resources for Education'. We provided her with copies of our most recent High Five Magazine in English and Irish.



Click the image for 'High Five Magazines'



Elaine Craig, Interim Assistant Director, Children & Young People's Services, joined staff from PBS&P and NASS.



Staff from Nurture Advisory and Support Service (NASS) also shared some of their resources, which are available in both English and Irish.





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 Safe

Try some of these fun Halloween activities by inspiring, supporting and challenging your young people. Remember to highlight the importance of keeping safe, now the darker nights are setting in.



Inspire...



Frozen Banana Ghosts

Bananas taste spookily like creamy ice cream when frozen in ghostly robes of white chocolate - quick and easy, with just 4 ingredients.

Click here for the recipe and some other delicious Halloween cookery ideas



Support...



Halloween Scavenger Hunt

Woods are wonderful places for spooky exploration. Let your imagination run wild on your next woodland walk and keep your eyes peeled for...

- A stick used to stir potions.
- Silky strands from a spider's web.
- A goblin's eyeball (a conker).
- A leaf the colour of a pumpkin.
- Slender twigs from a witch's broomstick.
- A leaf shaped like a bat's silhouette.



Click here for more nature themed Halloween activities

Challenge... Pin the Tail on the Witch's Cat



Pin the Tail on the Witch's Cat

A variation on pin the tail on the donkey - draw a big black cat, blu tac the picture to the wall and get each child to wear a blindfold and attempt to stick on the cutout tail. Winner is the closest!



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.



Run to Mommy or Daddy Under the Blanket

Child sits on one parent's lap facing the other parent with a small blanket lying on the floor between them. On a signal, both parents lift the blanket, and the child runs or crawls under the blanket into the arms of the other parent.

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.



Copy funny faces:

Sit facing your child, pull a funny face, can your child copy it?

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.



Feather Match

Prepare two sets of five feathers; if they are coloured, have the sets match. The parent decorates the child with one feather (in the child's hair, tucked into a sleeve, between fingers) and the child places a feather on the adult in the same place. Admire each other.

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.



Pillow Push

Place a large pillow between you and the child. Have child push against pillow trying to push you over.



Youth Wellbeing Web

The Youth Wellbeing Web is a central point of early intervention resources for emotional mental health & wellbeing in NI which was designed by young people for young people.



Click here to watch a short video on the services available



You will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.

Click here to access support and guidance for 8 to 10 year olds

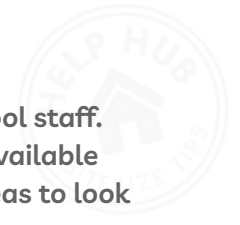


AGE 8-10

Parent/Carer Zone

A section of the Youth Wellness Web has been created to provide Parents, Carers, Teachers and Youth Workers with information and links for useful resources to support children and young people's Emotional Mental Health and Wellbeing.

[Click here for further information on support/advice available](#)



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!





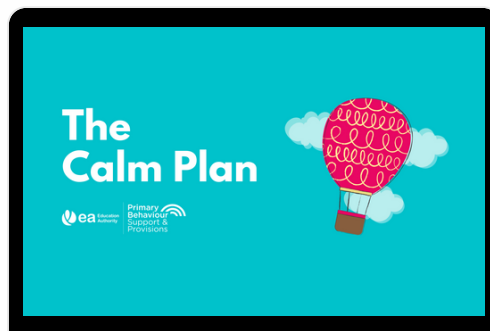
Upcoming PBS&P Training Available



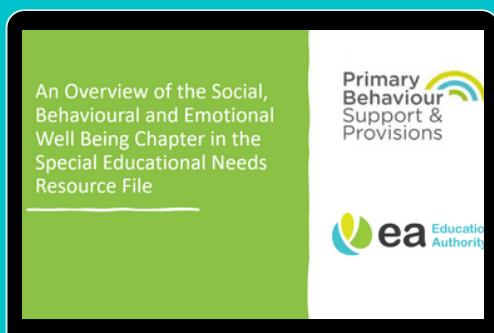
Click the images below to register for these training sessions available to school staff



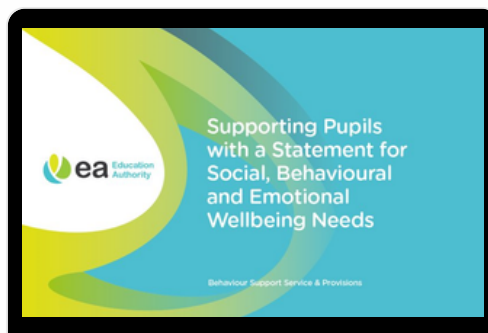
[Development and Implementation of a SBEW Plan incorporating the Pupil's Voice](#)
[7 & 14 November 2:30pm](#)



[Developing a Calm Plan](#)
[14th November 2:30pm](#)



[Overview of Updated SBEW Guidance in the SEN Resource File](#)
[10 November 2:15pm](#)

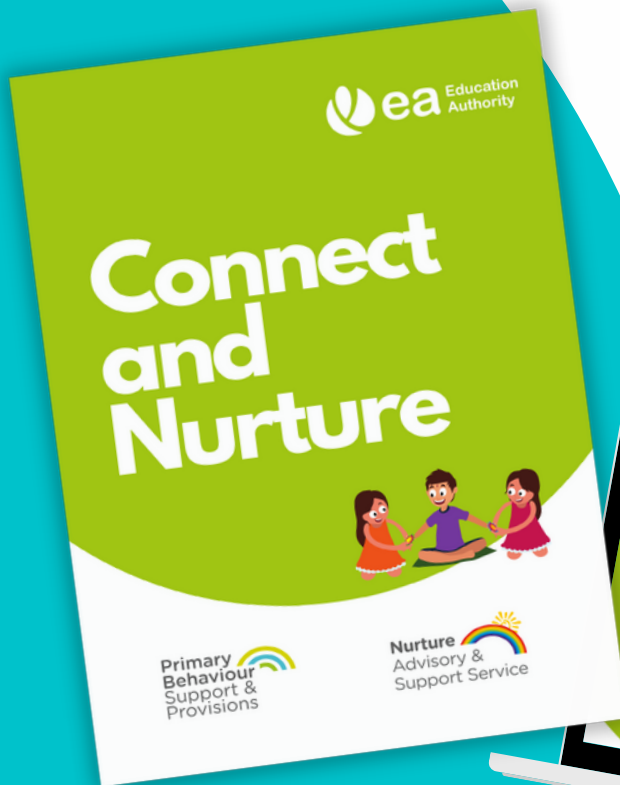


[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs](#)
[15, 22 & 29 November 2pm](#)

[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
3rd November 2022
1.30-3.00pm

School settings can also request Connect and Nurture training through anycomms by submitting the SIC form.

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



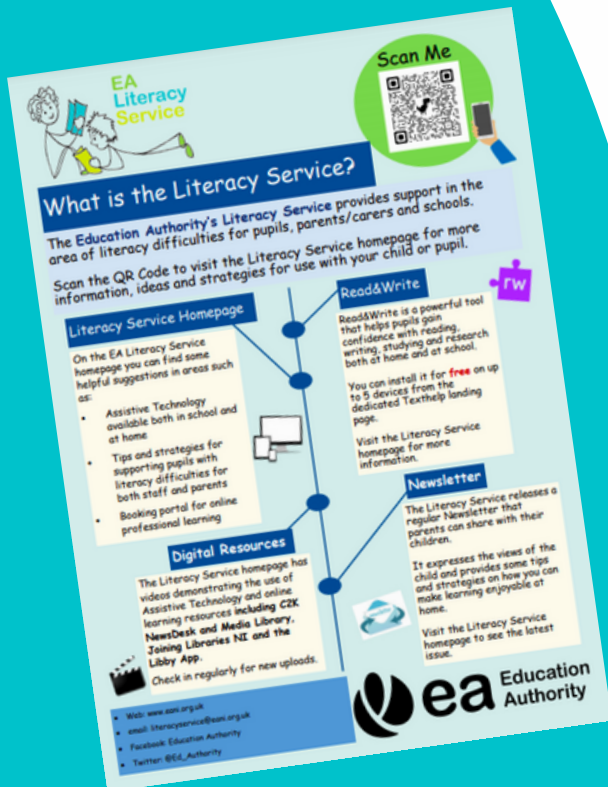
EA Literacy Service



The EA Literacy Service work to improve the reading, writing, speaking and listening skills of children and young people.

Support from the Service can involve:

- Teaching to help improve the reading, writing, speaking and listening skills;
- Support on an individual basis depending on the child's needs;
- Guidance on how to access and use assistive technology to support literacy development;
- Provision of information and resources to help parents support their children's literacy development at home;
- Provision of training to schools in the areas of literacy difficulties; and
- Development of partnership working with parents and schools



For more information, click here to download the EA Literacy Service poster

The EA Literacy Service is celebrating Dyslexia Awareness Month! As part of this, we'd like highlight the Literacy Service's Newsletter which promotes the views of children and provides useful tips for supporting a child's literacy development.

View the recent newsletter 'Reading for Meaning' by clicking here





Victoria Park Primary School, Belfast



Wellness Week

Victoria Park Primary School held a wellness celebration week. Staff availed of a Gold Health Check though Chest Heart and Stroke and participated in a treasure hunt around Belfast.

Staff also participated in a school quiz in which the winning team would receive a 'day with a sub' as the greatest gift we can give others is time. Staff were informed they could use this afternoon as they wished to catch up in school or spend additional quality time with their families.

During wellness week staff received 'golden tickets' which entitled them to one directed time free afternoon. A tea and treats afternoon was created in addition to 'You've Been Mugged' where self-care goodies and a compliment card, were sent to unsuspecting staff.



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

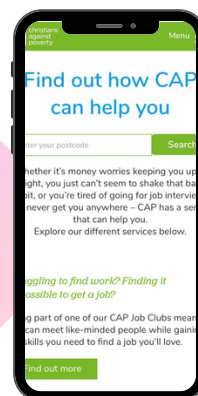
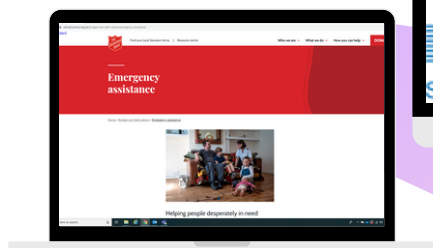
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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

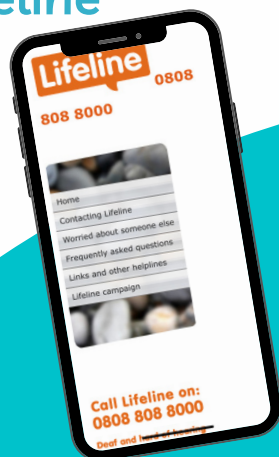


Click here

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



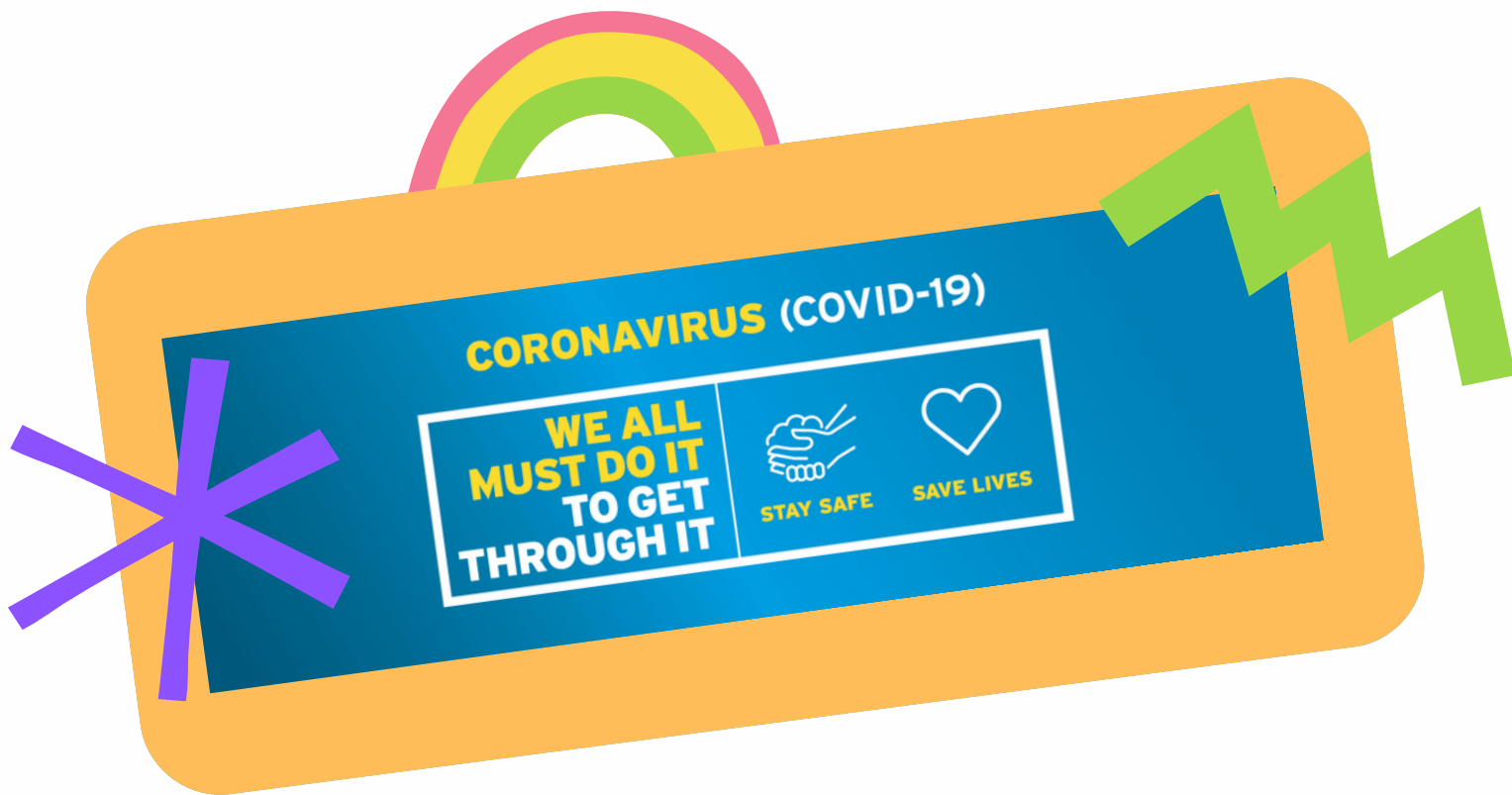
Childline



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.](#)

