

This magazine is packed
full of good ideas to
inspire, support and
challenge you to be the
best you can be this
summer!

Issue 27: JULY AUGUST 2021

High Five

Primary
Behaviour
Support &
Provisions 

Summer
Special 



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Click Here



Click Here



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. After a year of being the best we can be whilst learning in school and learning at home, our bodies and minds are ready for a break! Our focus in our summer special is to simply Be Playful! Let's enjoy some downtime with our families and friends so we can come back to school in September full of energy for another fun year of learning!

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.**

Looking forward

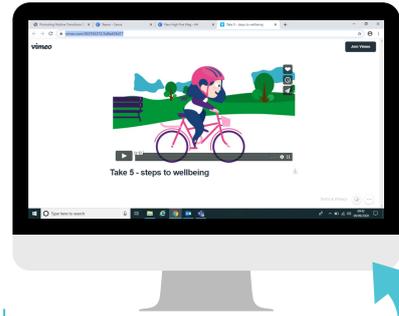
Fill the jar with exciting things you're looking forward to doing with friends and family during the summer holidays...

Add to the jar every time you think of something new



Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



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.

Ideas for a rainy day at home



You can still have lots of fun, even on a rainy day at home.

Be Active



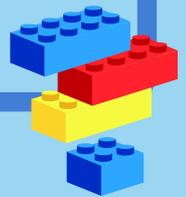
Build a tent using blankets.



Connect



Have a lego building contest.



Take Notice



Make a bird feeder for your garden.



Give



Create a cinema in your house, make tickets & popcorn.



Keep Learning



Glue cardboard boxes together to make something new.



Ideas for a sunny day at home



Have some fun outside on a sunny day!

Be Active



Create a treasure hunt with clues for someone in your family.



Connect



Make paper aeroplanes, whos can travel the furthest?



Take Notice



Paint some rocks. Can you make one that looks like a bee?



Give



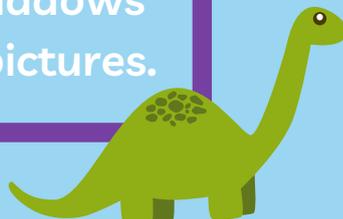
Plant some seeds, and watch them grow!



Keep Learning



Place some toys in the sun so they cast a shadow, draw around the shadows to make fun pictures.



Ideas for sunny days out



Enjoy spending time with friends and family on a day out.

Be Active



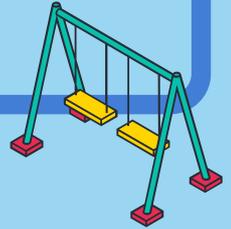
Have a rainbow scavenger hunt, find items that are every colour of the rainbow.



Connect



Meet up with your friends for a picnic or to go to the park.



Take Notice



Go on a nature walk. What can you see, hear, smell, feel?



Give



Do something nice for a friend or for someone in your family.



Keep Learning



Learn to play a new game with friends or family.



Be a BFF (Bee Friend Forever!)

Zoe Ball on BBC Radio 2 is challenging the nation to take part in the Big Bee Challenge on 31st August weekend.

Bees are an important part of our world because they are great pollinators. This means that they help plants to grow by spreading pollen as they go from plant to plant. Without bees, we wouldn't have so many lovely flowers to enjoy or healthy fruit and vegetables to eat.

We can give bees a chance by making sure our gardens have the right plants that contain nectar for them to eat.



Help us find food!

The BumbleBee Conservation Trust is running a garden-planting competition this summer. Check it out here!



Julie Corry is a Biodiversity Officer for Fermanagh and Omagh District Council. We asked her about what we can do to encourage bees at home in our gardens.



What does a Biodiversity Officer do?

As biodiversity officer, I do a wide range of tasks in Council to help improve how we manage Council parks and open spaces for wildlife. I also love to get out and work with schools and communities, to raise awareness about biodiversity through wildlife workshops on bees, trees, bats, wildflowers and more.

Which types of bees are most in trouble?



There are 99 species of bee in the island of Ireland and one third of these are threatened with extinction. These are common and rare bumblebees as well as solitary bees, but not the honey bee. This is because we have drastically reduced the amount of food (flowers) and safe nesting sites in our landscapes. The **All-Ireland Pollinator Plan** is about all of us, from farmers to local authorities, to schools, gardeners and businesses, coming together to try to create a landscape where pollinators can survive and thrive.

Find out more about the All Ireland Pollinator Plan here



[Click here to find out about which types of flowers we like to visit!](#)

What advice do you have for helping bees this summer?

By letting some areas of your garden go wild, allowing long grass and native flowers to bloom, our local native bees will have more food and shelter. If you are planting flowers in your garden, look out for ones with the bee symbol on them; this means they are RHS approved as pollinator friendly.

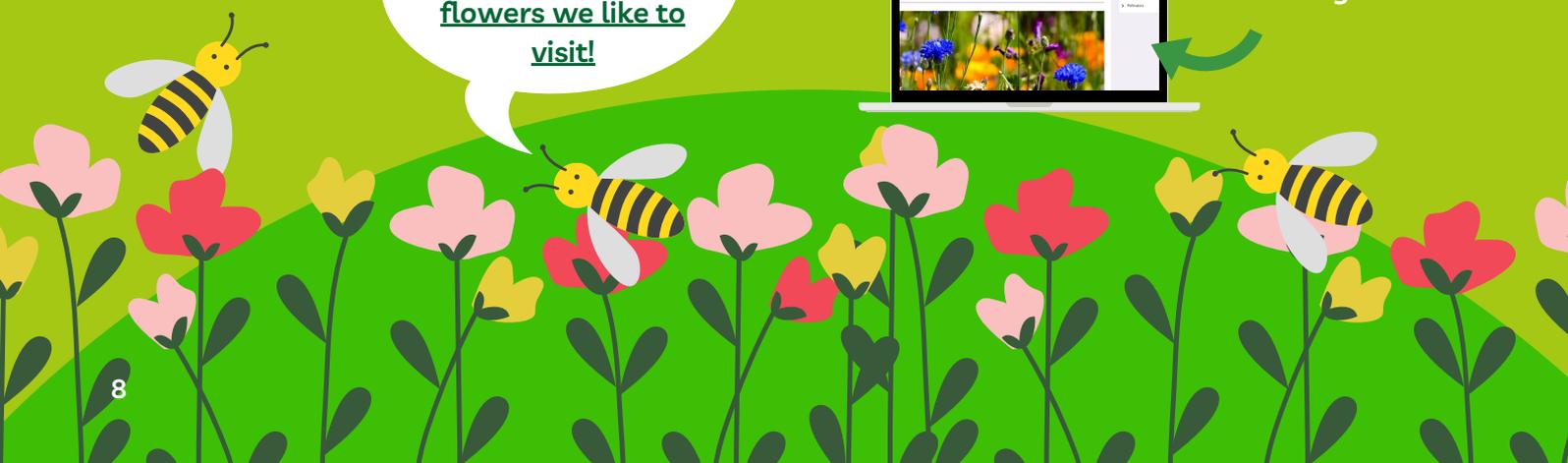
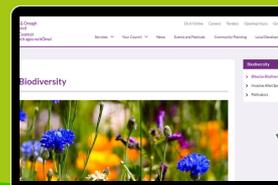
I don't have a garden. Can I still help the bees?

If you have no garden, no problem, you can use Pots for Pollinators, planting the right plants in a small pot for your front door! or sow out wildflowers in a window box.

How can I find out more about workshops or events in my area?

Keep an eye on your local Council website and social media channels for events and workshops that may be available, check out some conservation charities like Ulster Wildlife and RSPB or visit <https://www.myni.life/> for more info on what is happening for the environment across NI.

Click here to find out more about biodiversity



Keep Learning

Have fun!

Now that we are all finishing school for the year, this gives us the opportunity to try something new just for fun!

Learn how to do a flip on the trampoline



Use natural objects instead of a paint brush to create some awesome artwork



Learn some fun clapping games



Click here for some clapping games



Learn how to cycle with no stabilisers



Click here for easy step by step drawing ideas



Write and illustrate your own book or short story



Have fun learning how to draw



Keep Learning

Spend time doing fun things with family and friends.

Learn some skipping games



Design your own board game and plan with your family



Click here for a skipping song

Create a music video



Make up a dance routine to your favourite song



Make some delicious cupcakes and give them to someone special



Click here for some fun recipes

There are so many fun games you can play with your friends or with people in your house! Here are some of our pupils' ideas for games to play together.

Have fun at the beach (Treetops EOTAS)

Draw a picture in the sand and play Pictionary - use shells or rocks to decorate!

Have a look in the rock pools - Mrs McShane

Go for a paddle in the sea - try to jump over the waves or run away from the tide!



Build a sandcastle or a sand sculpture - Peter

Play volleyball with friends or family - Mrs Hartin

Pupils from the Den Class in Tamnamore EOTAS came up with lots of ideas for fun things to do on a rainy day. Ricardo, Ronnie, Rhys and Toms said...



Put your coat on, go outside and jump in some puddles!

Card games like Uno

Have a living room picnic

Play I-spy

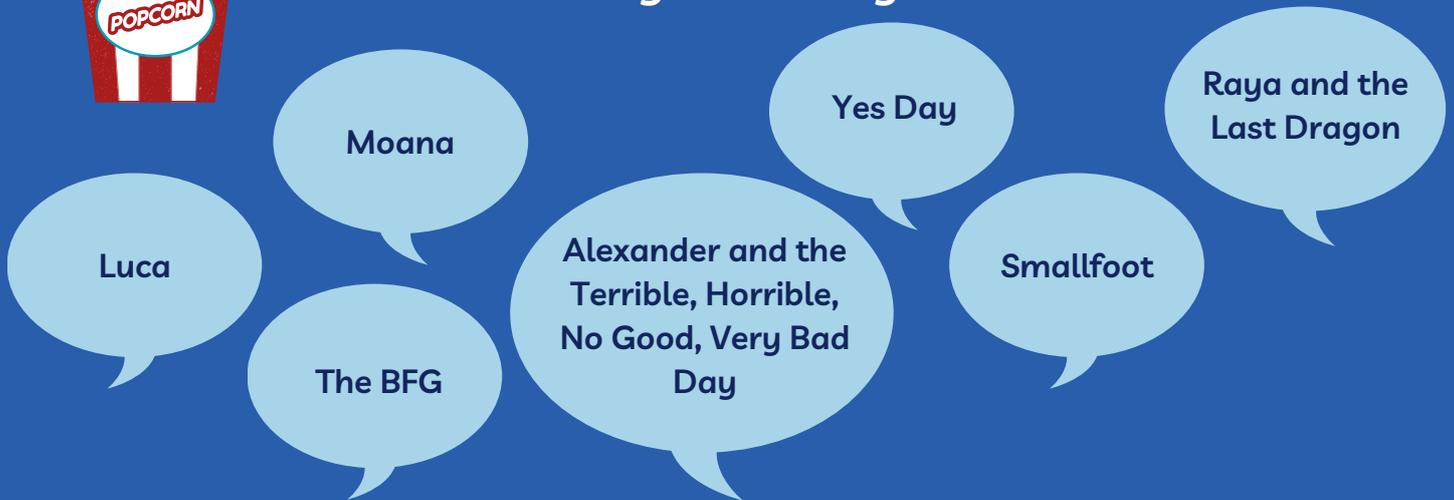
'Cosmic Kids' yoga

Click here for 10 more activity ideas for a rainy day

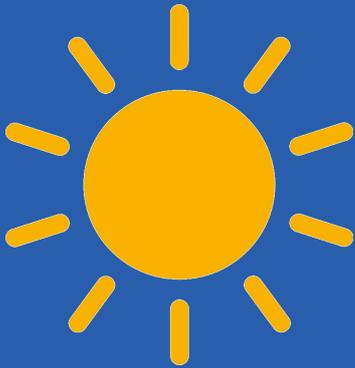




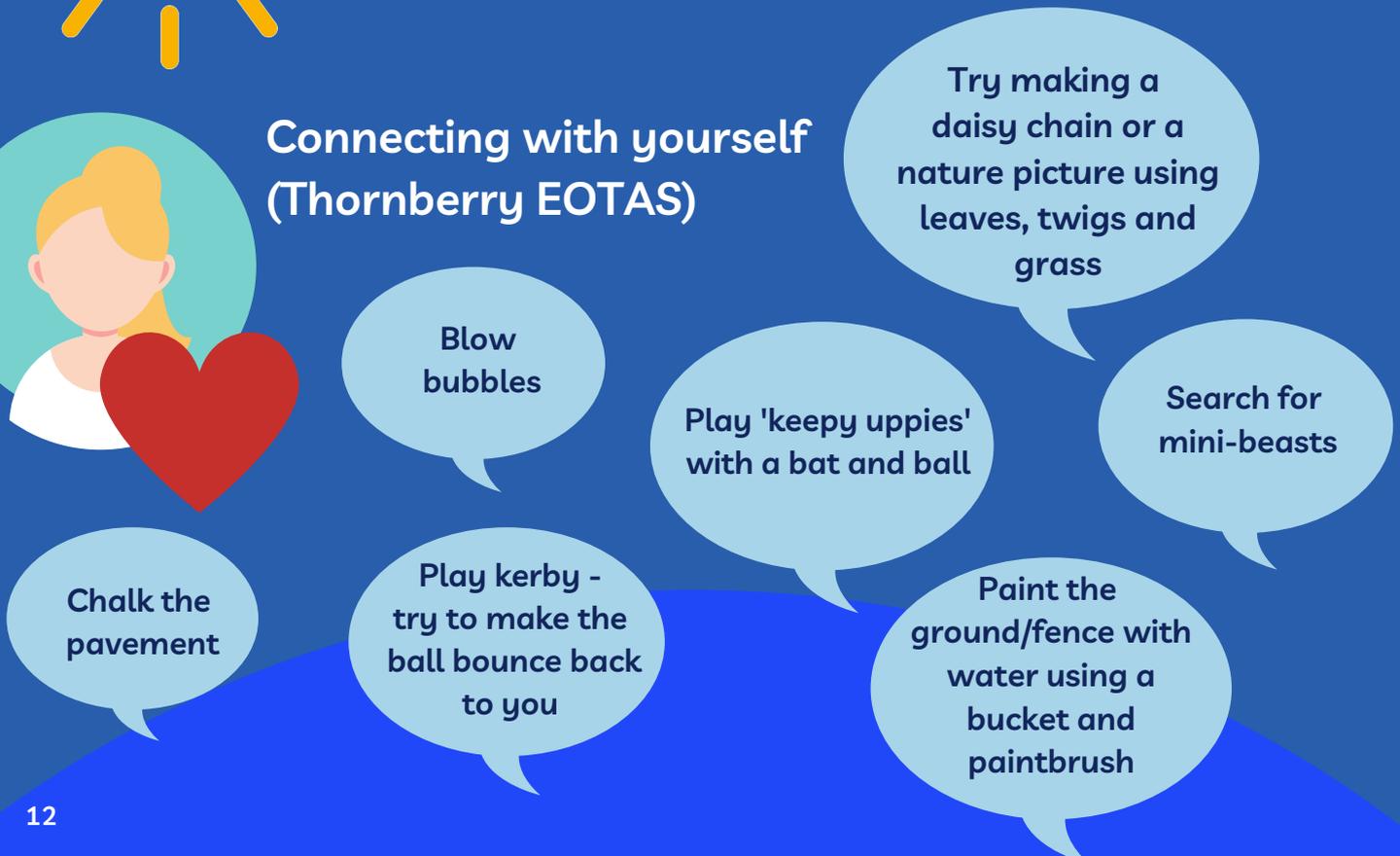
Fir Trees EOTAS pupils and staff gave us their ideas for a good family movie:



Outside on a sunny day
(Lea Green EOTAS)



Connecting with yourself
(Thornberry EOTAS)



Take a Little Long Look

Way back during the first lockdown we set a challenge to take little long looks. Do you remember this one we suggested for a bee?

Find a bee and look at it for one minute. Did you notice anything at the end that you didn't see at the start?

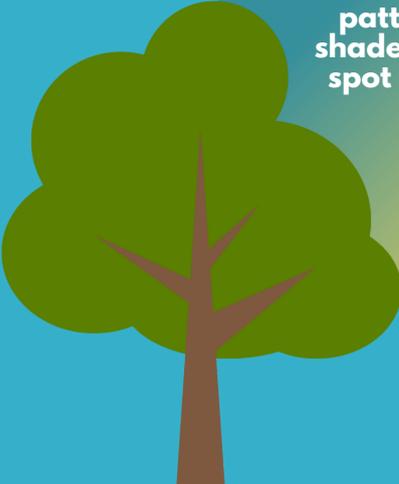


Top tip:
Look at our bee-hinds to work out what types of bees we are!

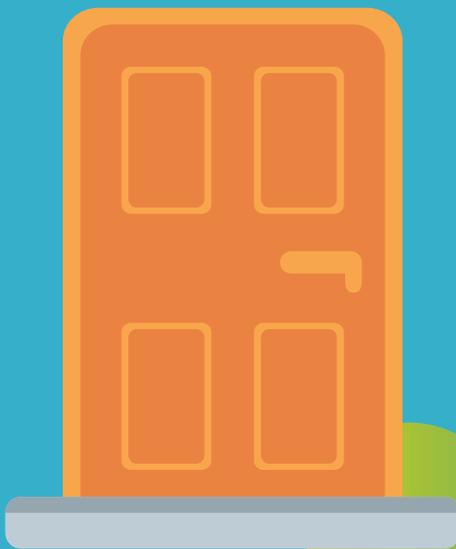
See if you can get a photo of any of the bees in your garden. Can you use this ID chart to help you work out what type of bees you have? Click here to find out more about these bees!

Take a Little Long Look

Here are some more ideas for a little long look...



Find a tree and look at the leaves. Notice the patterns and different shades of green. Can you spot any bugs or birds?

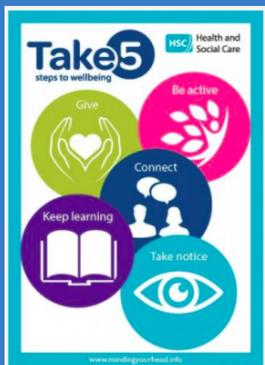


Sit or stand at your front door. How many colours can you see as you look out?



Look at long grass. Notice it move and sway. Are there any wildflowers? Are there any bugs hiding?

Health and Wellbeing Fundraising Challenge



Primary Behaviour Support & Provisions staff have completed a challenge to walk, run or cycle 3869 miles during June 2021. That is the same distance as the length of the coastline of the whole of the island of Ireland!



This year's chosen charity is K9 Search & Rescue NI, which is a not-for-profit K9 Search & Rescue Team based in Northern Ireland, founded in 2017.



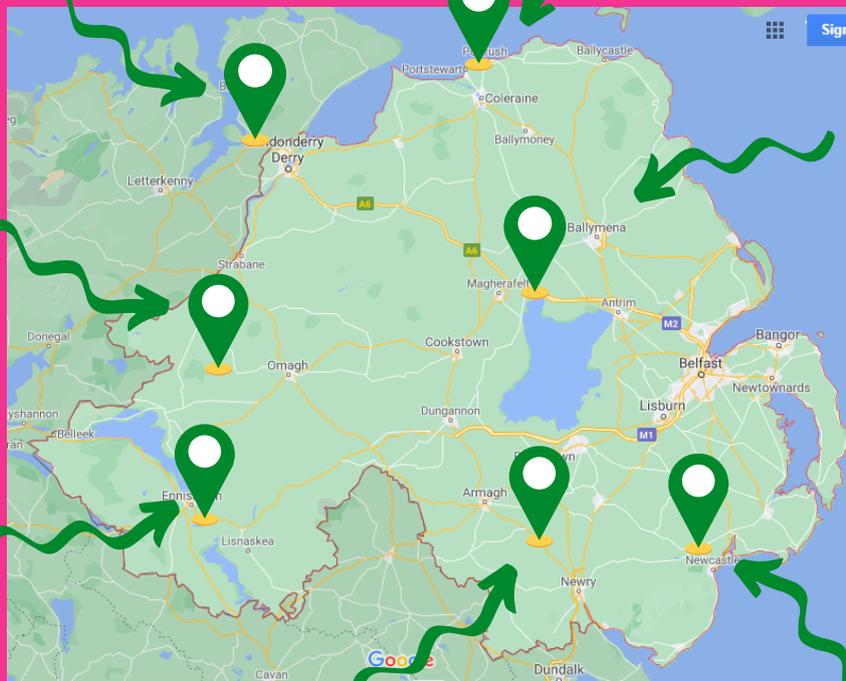
Mr Gardiner's children take a well earned break after their walk at Millbrook Lodge in Ballynahinch!



PBSP Staff shared some of the places they love to go walking. Have you been to any of these hidden gems?

Mrs Roddy is looking forward to hiking up to see the Grianan of Aileach in Burt, County Donegal. It's an ancient stone fort dating from the 6th Century!

Mrs Dallas enjoys the coastal path from Ballyreagh Golf Club in Portrush, all along to Portstewart. Keep an eye out for the sailor's grave and the wooden bridge along the way!



Mrs Murrock told us about the lovely waterfall on the walk through Sloughan Glen in County Tyrone.

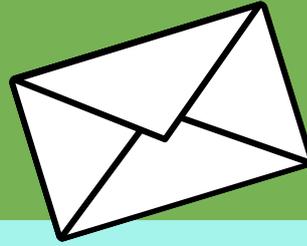
Mrs Moss recently discovered the Canal Walk in Toome, which leads to a fort tower overlooking Lough Neagh.

Miss Carrothers enjoys having a peaceful walk around the lake at Castle Coole, just outside Enniskillen

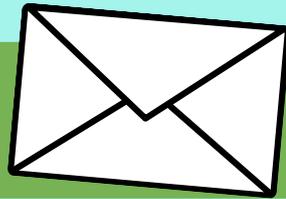
Mr Latimer likes going for relaxing walks with his family to explore Gosford Forest Park, near Armagh.

Mrs McConnell enjoys navigating the Peace Maze at Castlewellan Forest Park, followed by a nice walk around the lake.

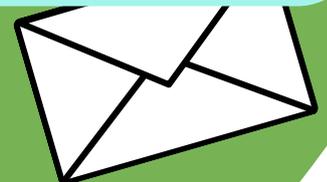
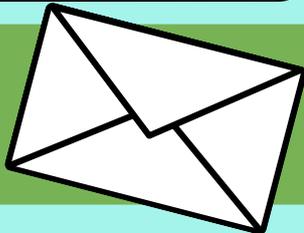
Tell us about your favourite places to Be Active by emailing us at:
primarybsp.enquiries@eani.org.uk



James and Odhran have been working hard with Miss Barr to take notice of their feelings and think of good ideas to help them feel calm and relaxed.



Little Oaks EOTAS have been learning about people who give to our communities in the work that they do. The PSNI visited them to talk about how they keep us all safe.



The staff and children at Tamnamore EOTAS were very proud of Ricardo on his confirmation day. Thankfully the sun was shining, the rain stayed away and we all had a lovely day!





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

When was the last time you did nothing?

Put your hand up if you have multi –tasked through breakfast, double screened at work (sending emails on your phone while listening to a zoom discussion) managed to fit in an exercise regime, created a healthily balanced meal whilst negotiating family relationships and you still feel guilty if you don't be productive in some way in the summer evenings.

I am not sure when the desire to achieve and to use every minute of my day like a factory on a tight schedule took over my brain. As a child, I could do nothing, effortlessly. But as the demands of adulthood took over, I became obsessed with keeping on top of things, achieving and creating. These are all mentally healthy and necessary parts of living.

But sometimes we need to let go and stop. Ironically, when the world stopped during Lockdown I became a frenzied achiever. I had to use this time well. I dug out half-finished crafts, created new hobbies, and had the most well organised house and garden of my life.

One day when I realised that the world did not need another crocheted toy, I just sat and let myself do nothing.

It was hard at first, but practice becomes a habit and soon I found it exhilarating. I began to do a little nothing every day. And I realise that by doing nothing, I have created a priceless string of pearls. Each pearl is a moment of doing nothing with someone I love, being present with them, giving them my full attention. By doing nothing I have achieved more than I could have dreamed.

The Dutch call it the Art of Niksen (doing nothing) and research has shown that incorporating this into your day boosts the immune system, strengthens relationships and inspires creativity.



There are 2 levels of doing nothing

1. Really doing nothing such as just chilling in the bath or hot tub, lying on the sun lounger, watching bees in the flowerbeds.

2. Be engaged in non-achieving task such as playing a game, a craft task without an end result in view, watching TV whilst being curled up on the sofa with your child.

If you struggle, tell yourself you are engaging in research to see if this works!

Fun Summer Days Out



Check out some of the things that are happening in your local council area over the Summer. Click on the links below...

The map shows the following council areas with arrows pointing to their respective logos:

- Derry City and Strabane District Council** (top left)
- Causeway Coast & Glens Borough Council** (top center)
- Mid & East Antrim Borough Council** (top right)
- Antrim and Newtownabbey Borough Council** (top right)
- Belfast City Council** (middle right)
- Ards and North Down Borough Council** (middle right)
- Lisburn & Castlereagh City Council** (middle right)
- Fermanagh & Omagh District Council** (bottom left)
- Comhairle Ceantair Lár Uladh Mid Ulster District Council** (bottom center)
- Armagh City Banbridge & Craigavon Borough Council** (bottom center)
- Comhairle Ceantair an Iúir, Mhúrn agus an Dúin Newry, Mourne and Down District Council** (bottom right)

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

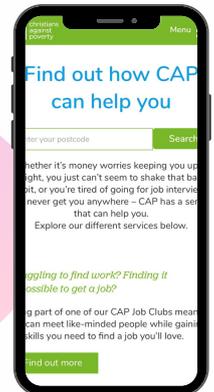
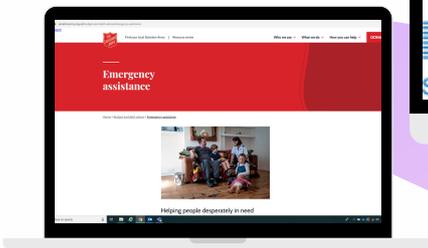
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



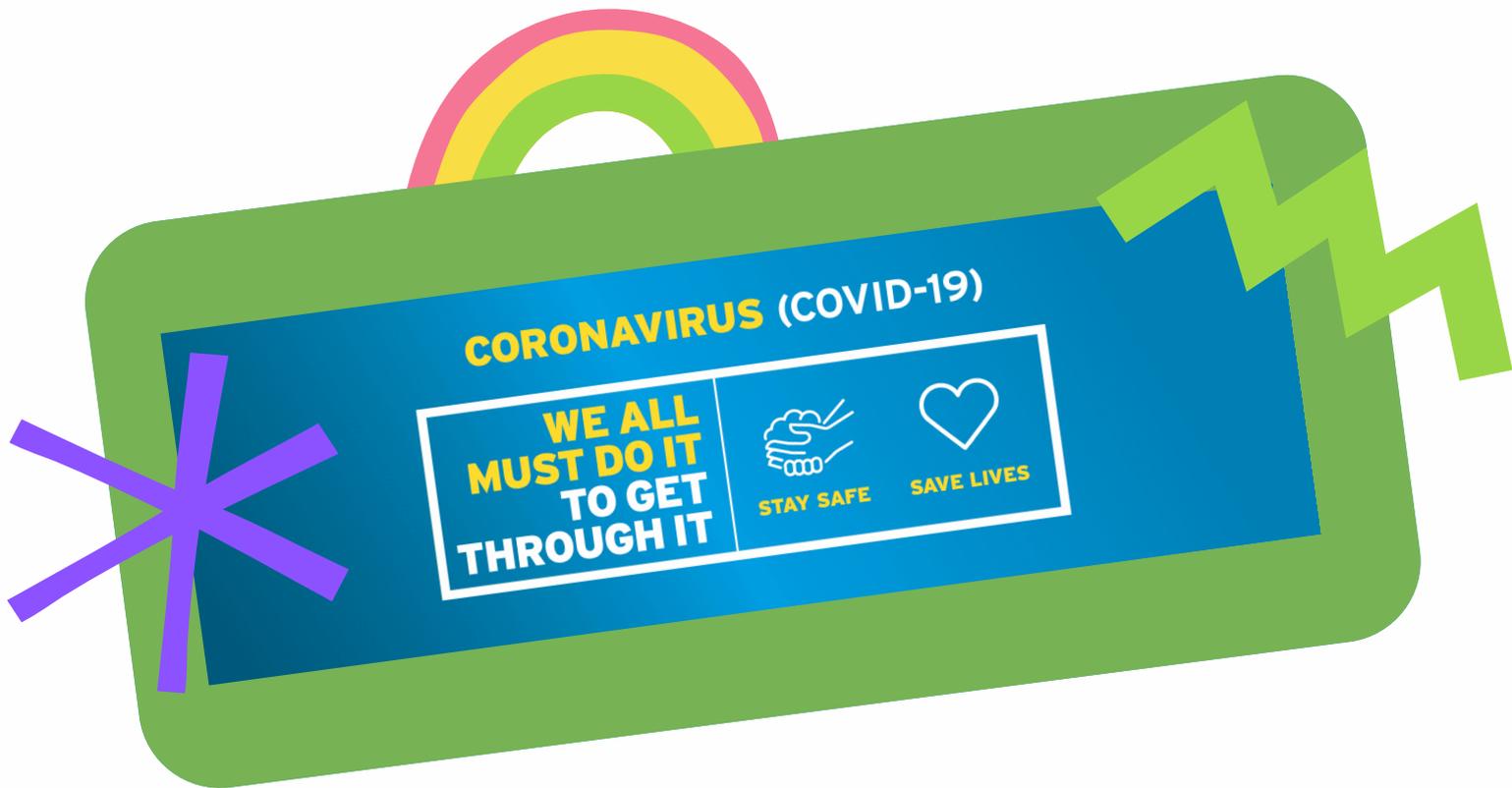
Childline



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 Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



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.](#)

