

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

Issue 32: Friday 12 NOVEMBER 2021

# High Five

Primary  
Behaviour  
Support &  
Provisions 



# Inside this issue

- 03 Take 5
- 04 Anti-Bullying Week
- 05 Connect
- 06 Take Notice
- 07 Give - A Small Act of Kindness
- 09 Keep Learning
- 10 Be Active
- 11 PBSP Inbox
- 13 Help Hub - Be Kind



## 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!

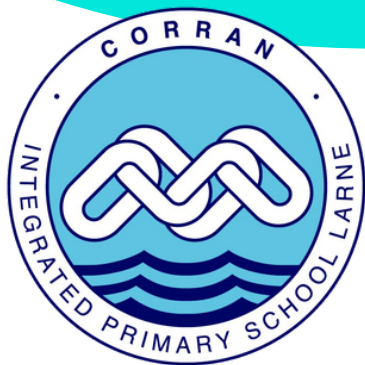
Welcome back to High Five. Next week is Anti-Bullying Week and so our theme in this issue of High Five is to be the best we can be at Being Kind. The theme for Anti-Bullying Week is **One Kind Word**. When we witness bullying, we might sometimes feel like there isn't much we can do about it. But there are lots of things we can do to help and many of these things begin with One Kind Word.

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.

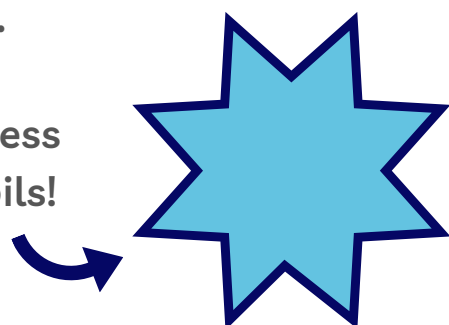
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

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.**

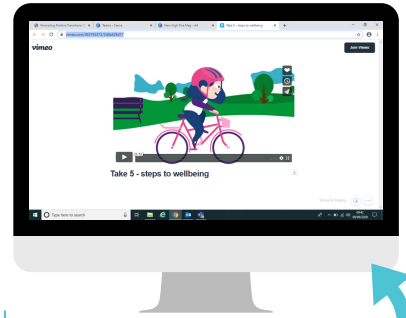


This week, the staff and pupils at Corran Integrated Primary School are sharing their HighFive Friday ideas for how to be kind. Keep a lookout through the issue for Corran-coloured stars - they have kindness tips and challenges from Corran IPS pupils!



# 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.





# Anti-Bullying Week

**15th - 19th November**

This year, the theme for Anti-Bullying Week is  
**One Kind Word**

Click here to watch a video about how One Kind Word can make a difference



## Join !n!

On Odd Socks Day, celebrate how each person is individual by wearing odd socks to school. We can all be kind to each other and respect each others' individuality



## School Staff Award

Has a member of staff in your school gone over and above to help deal with bullying? Why not nominate them for the #Antibullying Week 2021 School Staff Award? Click [here](#) to nominate them.



Click here to find out more about Anti-Bullying Week:



**End Bullying Now!**



Help other people tidy their mess



"Kind words can be short and easy to speak but their echoes are truly endless". – Mother Teresa

The classes at Corran P.S. were exploring ways to show kindness and to connect with others in the school during their HighFive Fridays. P2, 3 and 4 made cards and pictures to show their appreciation for the people around them and considered how their class rules could help everybody feel happy and included.



Due to restrictions within school and time spent at home, our pupils have become very aware of how they miss the interaction with other classes. P7 worked hard to produce recounts entitled “My Earliest Memories of School”. On HighFive Friday, they connected with the KS1 classes by sharing their recounts with the younger classes.

The P2 children listened to the recounts, asked questions and discussed some of their own memories of beginning school. What a lovely way for older and younger pupils to connect!





# Take Notice

When outside it is important to take the time to see the beauty in the world around us. Be kind to our planet and appreciate it. Take the time to wonder. This is kind to our bodies and mind.



P2 and P3 took notice of the beautiful flowers



Turn off the tap to save water

P5 take notice of the great work they do and post it on their Wow Wall



P1 took notice of insects in their school grounds.

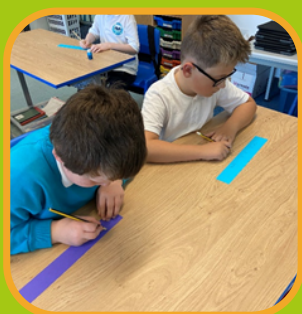


**“Be kind whenever possible. It is always possible.” - Dalai Lama**



Watch the video here

P4 watched an uplifting video about how one kind act can lead to lots of other kind acts. They spent time talking about the video and realised kindness being passed on is like a domino effect.



Next they tried to think of kind acts that they could do. They wrote these on coloured strips of paper and stuck them together to make a kindness rainbow for their classroom. Later, they even saw a real rainbow - maybe kindness really does make rainbows shine!



Smile and  
say Thank  
You

**“When you are kind to someone in trouble, you hope they’ll remember and be kind to someone else. And it’ll become like a wildfire.” - Whoopi Goldberg**



## Gathering in the Harvest

The pupils at Corran IPS are very lucky to have their own garden where they grow not only beautiful flowers and plants but also herbs, fruit and vegetables. It's so exciting to see everything growing! In the autumn they harvest the lovely crops and share them with friends.



Help  
someone get  
something  
they can't  
reach



At this time of the year the children and their families also make a collection for the local food bank.

**“When you are kind to someone in trouble, you hope they’ll remember and be kind to someone else. And it’ll become like a wildfire.” - Whoopi Goldberg**



# Keep Learning



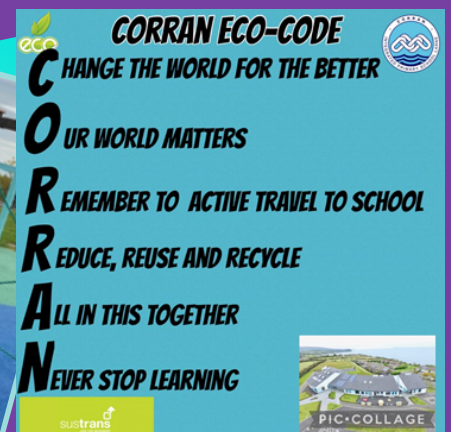
P2 pupils wanted to learn more about kindness so they visited the school library to look for books about kindness. They decided to have kindness as a superpower and fill everyone's buckets with kindness.



On HighFive Friday, P1 look back on their week of learning and draw their biggest Wow moment from the week.



Primary 6 were learning about how to be kind to our planet and the environment. They created an Eco-code for the school and picked up litter from around the school grounds.



Help with  
a chore at  
home

**“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” - Amelia Earhart**

# Be Active

All pupils at Corran Integrated P.S. enjoy the Be Active part of their HighFive Fridays! They take part in yoga, walk or run their daily mile, enjoy the outdoor spaces in their playground and even stay active whilst learning with some outdoor learning activities!



Look after  
an animal  
or pet

Let  
someone in  
front of you  
in the line

“Kindness is the language that the deaf can hear and the blind can see”. – Mark Twain





# PBSP Inbox



Pupils at Corran IPS had a go at the Kindness Jar from the last issue of HighFive.



Help animals that are lost or on the road



St Bernard's P.S. in Glengormley have Take5 Champions who help all the staff and pupils in the school remember their 5 steps to Wellbeing





# 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 Kind

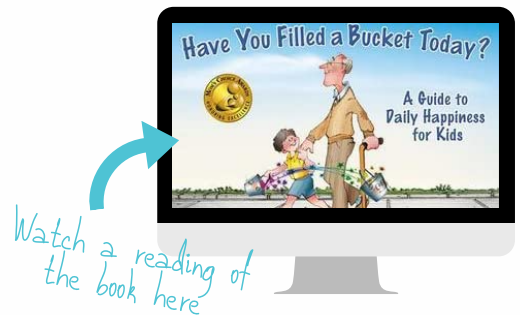


When we think about being kind, we usually think about kindness to others. This is important, but let's not forget to be kind to ourselves and to our world as well.

## Inspire...



- Read "Have You Filled a Bucket Today?" by Carol McCloud.
- Practice filling each others' buckets and make it a focus at the start and end of each day.



## Support...



- Draw around your hand and inside each finger, write or draw one thing you can do to be kind to yourself e.g. have a treat, play a game, go for a walk etc.
- Make a Kindness Jar - write positive things about your child on slips of paper and add them to the jar. They can keep their jar and re-read all the great things about themselves.



## Challenge...



- Encourage children to write kind things about each other on post-it notes and then collect them up and give each child the notes that are about them.
- Consider how to cope with unkindness if it happens. Build resilience by teaching children to use positive thinking, positive self-talk and even visualisation when they encounter unkindness from others.

Imagine being in a happy place or with somebody who loves me

If they're being unkind, their bucket must be nearly empty. How can we fill it back up for them?

**"However small we are, or however shy, we can all make the world a kinder place" - Axel Scheffler**

I know what they're saying isn't true

I can remember all the things that my family loves about me



# Be Kind



## Be Kind to Ourselves

Even after the pupils go home, the staff at Corran Integrated P.S. remember to Be Active and to Connect with each other when they take part in Staff Pilates. This helps to promote a sense of well-being and calm.



There's a special toolkit that is kept in the staff room – it's full of chocolate and sweet treats for the staff for when they need a boost! Whenever supplies run low, a caring, eagle-eyed member of staff tops it up again.

**You never regret being kind!**



Open a  
door for  
somebody

# 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

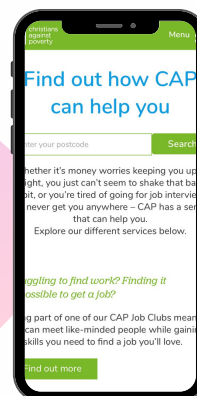
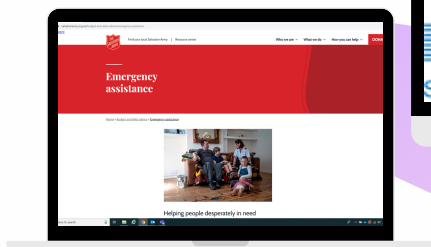
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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

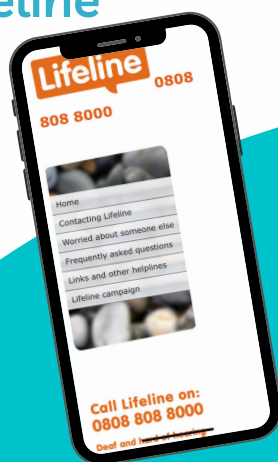


Click here

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



Lifeline



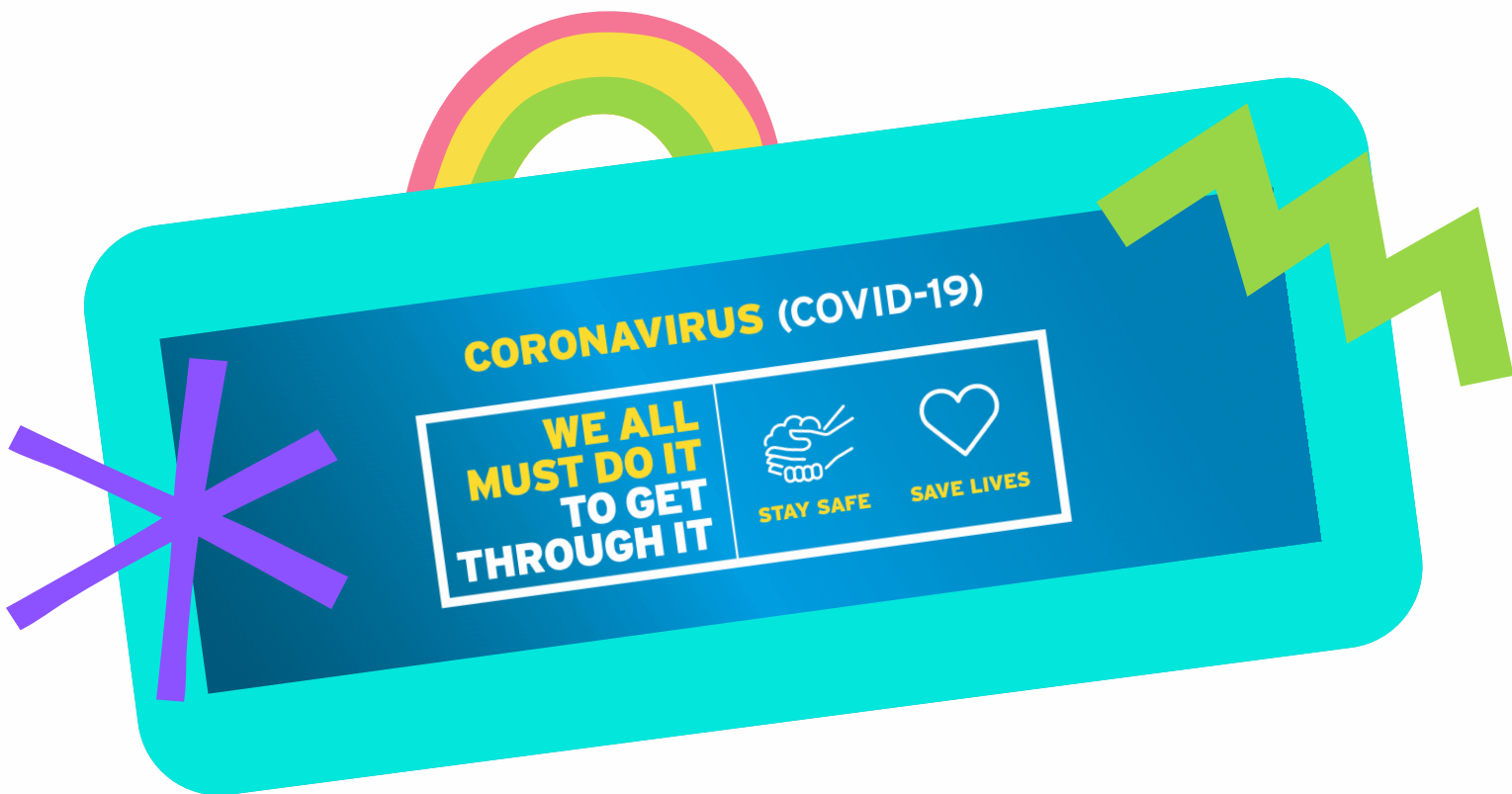
Childline



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



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.](#)

