

Issue 43: Friday 13 May 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. In this issue, our focus is to Be Independent. It is important to be able to ask for help when we need it, but some things can be done without any help. This is called being independent. Independence is a valuable skill to practice and learn as we grow, and achieving something without help can make us feel great!

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.**

## Take5 in Action

St Mary's P.S. Portaferry have been working hard to include Take5 in lots of areas of school life. Keep reading to find out about some of the Take5 activities they have been enjoying throughout the year.



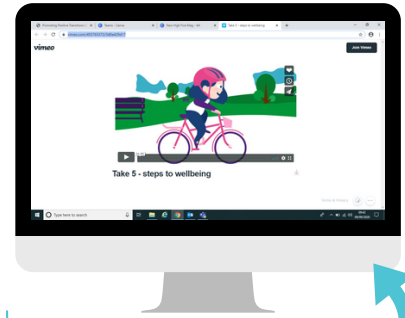
# Take5

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 Independent

When working independently, it is essential that we recognise when we can complete a task alone and when we need a little bit of help to do it properly.

Asking for help doesn't mean that we have failed at doing something by ourselves, but that we successfully recognised the need for another pair of hands or a second opinion.

The pupils at St Mary's P.S. Portaferry sometimes work alone and sometimes work together to achieve a desired goal.





## Spring has Sprung

The children in the nursery studied a daffodil and painted their own flower. They studied the flower very closely and looked at the stem, leaves and petals. Their observation skills were very good and lots of attention to detail meant their daffodils were just delightful!



## Holding Baby Snails



As part of the Plant & Play workshop, the children got to hold baby snails, that were only one week old. They were so small that they couldn't even hold their shells up straight yet. They also got the chance to look through magnifying glasses to see them even closer. The children were very gentle with them because they were so small, they were so small!!





# Take Notice

## A Loveliness of Ladybirds



On a lovely Spring day P1 went outside to explore the field beside our school and were delighted when we found a 'Loveliness of Ladybirds'. We discovered that when you find a group (or loveliness) of ladybirds together they have just wakened up from hibernation. We were so excited that we kept them for a little while, then let them go back to their friends in the grass.



## Our World in Spring

As part of the continuous provision in Primary 1, the children are invited to explore different resources independently. During an outdoor play session they used cardboard frames to create daisy pictures by threading the daisies through the holes, and to look closely through a butterfly cut out at the beautiful spring flowers. They talked about how the cut out made a picture frame and how the flowers looked as if they were part of the picture. It was lovely to see them taking notice of their natural environment and using their senses to explore and respond.



## Spring Flower Hunt

As part of Eco Week, Primary seven enjoyed a spring flower hunt on their daily walk. They used pictures to identify some of the flowers that we found. P7 were excited to find a lot of spring flowers around our school grounds. They identified lots of cow parsley, primrose at the front of the school and lots of cuckoo flowers by the blossom tree.





# Take Notice

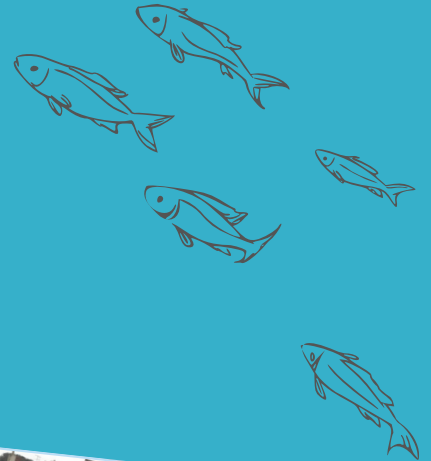
## Planting Potatoes

As part of our learning about the farm in Spring we talked about growing vegetables, which vegetables grow in the fields and what a plant needs to survive. Ari and Joseph filled fish boxes with compost, planted some seed potatoes and watered them. We will watch them grow during the summer term and know that when we are in P2 they will hopefully be ready to harvest, as they will be ready to eat in the autumn.



## Take Notice P4 by the Sea

As part of their studies of our locality our Primary 4 class took a walk to two of the main viewing points of our town to look at the tidal flow in Strangford Lough. From the top of Windmill Hill we could see that the water tide was flowing outwards and we observed how this affected the travel of the ferry boat and how the ferry boat uses the tidal flow to move between Strangford and Portaferry. We then went down to the shore front to observe how the water levels change during low and high tide and how the barriers stop the water coming onto the road during high tide.





## Tornado in a Bottle

As part of their World Around Us topic on climate, Primary 6 explored extreme weather. One of these weather systems was tornadoes and the children created their own mini tornado in a bottle. They learnt a lot about forces such as push, pull and twist and how a tornado can be a very powerful force of nature.



## Outdoor Art

As part of Eco Week, Primary 7 took some of their lessons outside. In this lesson the class were given 10 minutes to collect natural materials from the school grounds. They used these materials to create 'nature portraits'.



# Keep Learning

## Keep Learning in Nursery

Mixing Colours – this was a very popular activity. Trays were filled with shaving foam and little dots of paint were placed through it. We began with red, orange and green. The children started off using cotton buds to mix the colours, but they were quickly abandoned and hands were used instead! They were coming up with colours such as pink, peach and light green.



Free the Dinosaurs - this activity was to promote scissor skills. The poor dinosaurs were all tangled up in string and could not get free, so the children were sent on a mission. They worked tirelessly until every dinosaur was free!



Planting Pea Seeds – One of the activities during our Plant & Play Workshop was planting some pea seeds to take home. We learnt all about what plants need to grow and how to care for our plant when we take it home. The children are going to have a 'Pea Race' to see who's plant grows the fastest!





## Building Independence at Snack Time

We have been promoting independence throughout the nursery, but particularly at snack time. The children now take turns on a daily basis to get the table ready for snack by cleaning the table and setting out the plates. When snack is ready, each child comes and takes their name from a strip on the wall and sets it at a place on the table. They then wash their hands. We promote as much independence as possible in the preparation of their plate. For example, they butter their own toast and choose what goes with it e.g ham or cheese. They also have a choice of fruit available to them and choose between milk and water for their drink. When they are finished, they put their food scraps in the food caddy and their dishes in the bucket. One child will be responsible for putting all the names back.



**Table cleaned**



**Plates out**



**Find your name**



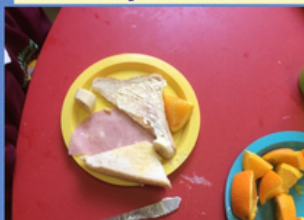
**Wash your hands**



**Butter your toast**



**More choices**



**We are learning to be independent at Snack Time in Nursery!**



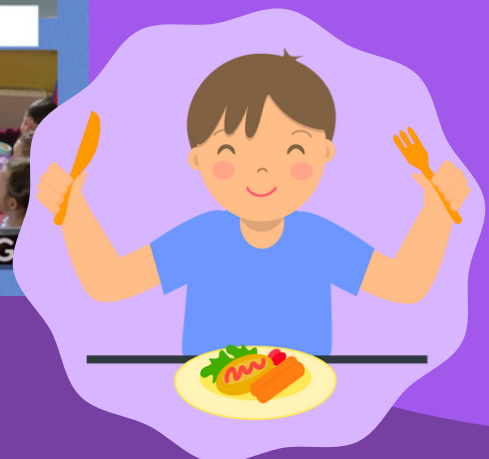
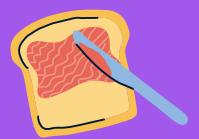
**Scraps in the food caddy**



**Dishes in the bucket**



**PIC-COLLAGE**



# Keep Learning

## Visiting the Library

"St. Mary's have always kept good links with the local library and every year a different class get to go and take part in some work and activities led by the librarians.

The children get to leave their books back, get new books, discuss books, take part in quizzes and a recent favourite has been getting a mystery book to take home without knowing what it is!"



## World Book Day Story Trail



As part of World Book day all the classes were invited to take part in a story trail through the school grounds, organised by one of the P1 classroom assistants. We were given 10 clues, all relating to different stories. When we guessed the clue we had to independently find the pictures relating to the story e.g. following a trail of marmalade sandwiches to find Paddington Bear. The children (and some of the adults!!!) dressed up as their favourite book character. We worked on positional language and storybook settings, and had great fun following the trail round the school grounds.



Some of our Primary 5 pupils working together to solve the clues.





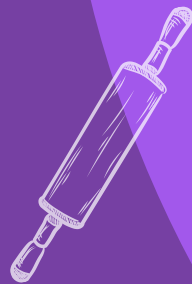
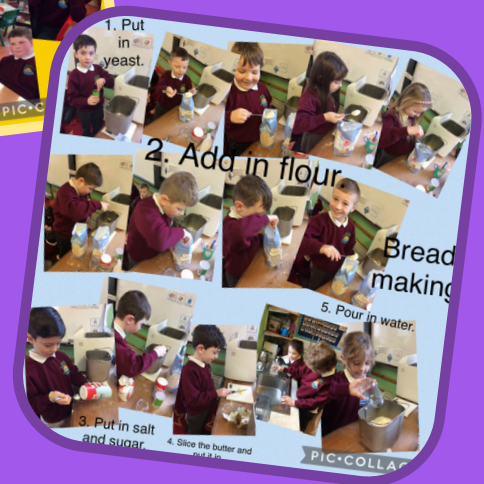
# Keep Learning

Learning cooking and baking skills is a great way to build independence and self-confidence. The pupils at St Mary's PS have been developing skills for life through their WAU topics by making some delicious treats.



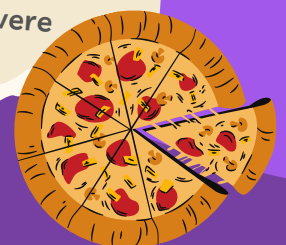
## Bread Making

During a planning session for their Bread topic, the Primary 3 pupils wanted to know how bread is made. They decided the best way to find out would be to try making their own loaf of white bread. They measured all of the ingredients which led to lots of valuable discussion. A skill to help them to become more independent at home was that of buttering their bread once it was made!



## Portaferry Pizza Parlour

As part of our autumn topic we looked at the story of the Little Red Hen. We talked about wheat, flour and dough and were interested to find out that pizza has a dough base. We decided to set our roleplay area up as a pizza parlour and found out that pizza comes from Italy. We learned Italian words like Per Favore and Grazie. The next week we used dough bases and made our own pizzas independently and took them to the school kitchen. There was a lot of learning during this topic and as it was child led, followed the children's interests and curiosity they were excited and stimulated.



## Petal Pictures

During our learning about plants and growing the children were provided with fresh petals, leaves and a frame of sticky back plastic. They used their independence to create petal pictures and discussed the smell and texture of the different petals. They arranged them and talked about their representations. They loved seeing how they made beautiful suncatchers when we held them up to the window and let the sunlight stream through.

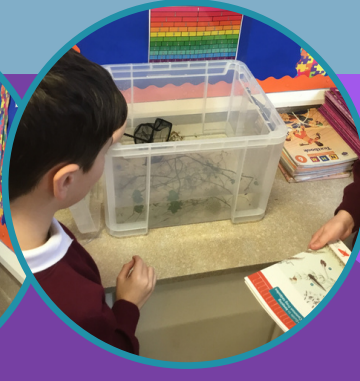
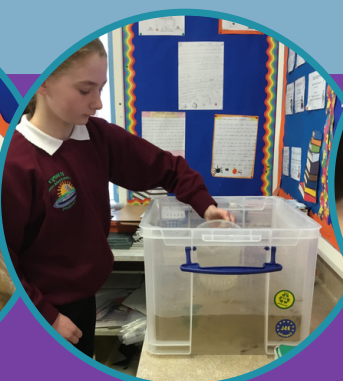
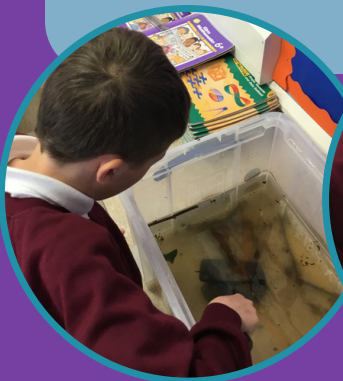


## Tadpoles



In March P7 collected some frogspawn from a local pond and were given the responsibility of caring for, feeding and monitoring the growth of a tank of tadpoles. Every day, the P7s kept a diary detailing the growth and movements of the tadpoles. We used a chart to monitor what stage the tadpoles were in their life cycle.

The children took it in turns once a week to clean out the tank, change the water and make sure that the tadpoles were fed. The P7 also invited some of the younger boys and girls to their classroom teach them all about looking after tadpoles. They will release the tadpoles back to their natural habitat when they start to grow legs.



If you would like to learn more about the life cycle of a frog click here





# Keep Learning

## The Vikings Are Coming!



P6 had a visit from some Vikings who showed them shields, weapons and clothing. The children got opportunities to ask questions, examine weapons and try on the Viking helmets. It was an excellent introduction to our topic on Vikings.



## P6 Pointillism Art



## P1 Carwash

We were learning about the garage and cars. We had a car wash in the tuff tray where we were busy scrubbing, spraying washing and cleaning the duplo cars. This was a great activity for developing fine motor skills. The further development of this was the idea of a real carwash for our mums and dads. The children were thoroughly engaged, used all their big muscles to squeeze the sponges, wash, rinse and clean the cars and the mums and dads loved it and it was a great way for school and home to connect.



## Portaferry in Bloom

We purchased 200 saplings (1 for each child) and a local Community Group, 'Portaferry in Bloom' dug the holes and each child independently planted their own tree. The hope is that in a few years we will have a wooded area which will provide shelter and a habitat for all sorts of creatures. Our Eco Council have also been involved in projects like this, during the renewal of our Eco Schools application.





## Pancake Party

Normally we have a rolling snack in nursery where eight children eat at a time. On this occasion we transformed the area into a café for the day so all the children could eat together. We also had a pancake station, with lots of different toppings for the children to choose from! The café had lots of happy customers that day who can't wait to come back soon!



What toppings will we choose?



## Parachute Games

In the nursery as part of a recent Plant & Play Workshop, the leader Vikki finished the session with a parachute game. She threw some wriggly worms in to the middle and the children had to work together to see how high they would jump. They quickly realised the importance of listening carefully to instructions and moving at the same time. This made the worms jump so high!



## The Day the Chairs Quit

Our Primary 5 class got a shock when they arrived into class one morning and their chairs had gone on STRIKE! The chairs left a detailed letter as to why and P5 class had to use their powers of persuasion to encourage them to return. They thankfully wrote excellent persuasive arguments and the chairs came back! Hopefully the chairs do not go on strike again!





## Decorating Cookies

The nursery children decorated a little heart shaped cookie to give to someone they love as a little gift. The photos show a lot of concentration. The children took a lot of time to make sure their presents were just right!



Click [here](#) for a recipe to make your own heart shaped cookie. Who could you make them for?



## Mother's Day

The children in nursery made their mummy's special gifts for Mother's Day. They each got a photo frame with a photo of themselves inside it and got to decorate it any way they liked. Each one was unique and made with lots of love.





## Mother's Day Bath Potions

For Mother's day the children were given a selection of materials to make a layered bath potion to give to Mum. We had real flower petals, lavender, fresh mint, lemon, butterfly pea herbal teabags (which turn the water blue) and bicarbonate of soda to make the bathwater fizz. This was a truly sensory experience for the children as they touched and smelled all the wonderful aromas. They enjoyed choosing what order to layer the ingredients and we used mathematical language like empty, full, half full, more, less.



## Gardening



The P7s gave up some of their time to help tidy up the outdoor garden. They enjoyed weeding and tidying up the flowerbeds and have planted a new bumble bee and butterfly garden. The children also identified some of the herbs and flowers already in the garden.





## Parachute Connections

The children had to work together to make the parachute move up and down. They soon realised that if some people let the parachute go, or if someone was doing something different to the group, then the activity wouldn't work. They were able to independently choose a leader to shout out 'up' or 'down' so that everyone followed the instructions together.



## Irish Dancing



As part of our Saint Patrick Day celebrations our Primary 7 Irish Dancers taught our Primary 2 boys and girls the "Waves of Tory" dance. This was led and delivered solely by our Primary 7 class and the boys and girls really enjoyed taking part in the dance.





## The Great Easter Bunny Olympics

As part of our Easter activities P1 partnered with a P7 child to take part in the Easter Bunny Olympics!

Once the games were explained, they were able to try each one independently alongside their P7 buddy.

### Balloon Bop

Hold the balloon between your legs and hop to the bucket. Put it in the bucket without touching it with your hands



### Bunny Bowling

Roll the eggs into the bunny's mouth

**Easter Stack**  
A stacking game of 5,4,3,2,1 where the numbered boxes had to be located and put in the right ascending order on top of one another

### Bunny Hop

Carry the carrot and hop on the spacehopper to reach the rabbit's saucepan

**'Pitch and Putt'**  
using a hockey stick to roll the balls into the chick's nest or the bunny's burrow



### Peg the Egg

Choose a patterned egg from the bucket and make your way through the adventure playground to find a matching egg pegged on a washing line



## Using Big Muscles

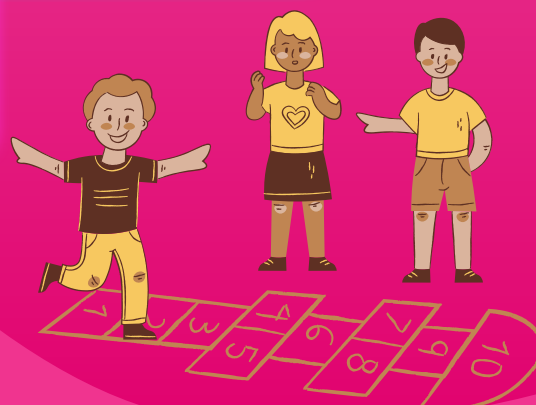
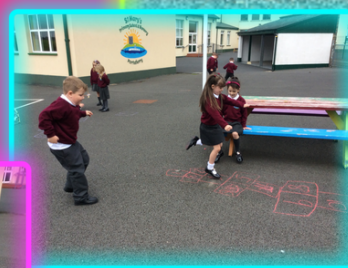
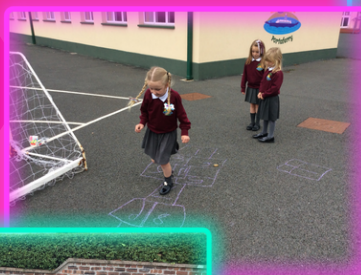
The P1 topic is Spring. We have been learning about the farm in Spring and wondered what would happen if the Farmer's tractor broke down?? We thought perhaps he could take it to the garage to get it fixed, so we set the roleplay area up as a garage with lots of large and small loose parts for the children to independently explore.

We have witnessed great imagination and working together as the children have independently used tools, painted the tractor and created their own vehicle, all whilst improving their gross motor skills and using big muscles to lift, move and carry.



## Hopscotch

To connect their learning with a practical activity, Primary 3 used their knowledge of hopscotch to help them with Procedural writing. To begin, they watched a video on how to play the game and discussed it. Then, in small groups, they independently drew out the grid using what they had learnt and were able to have fun playing the game afterwards.







## Be Active in Nursery

**Fun in the sun** - the children are using Wheelies and trying hard to stay inside the lines of the track on the ground. We have also brought out some equipment for them to build towers and Mr Potato Head can always be relied upon to promote creativity and language development as they describe their wonderful creations!



**Planting Trees** - this ties in with connect too, as the children worked with a local community group 'Portaferry in Bloom' to plant a little sapling each. They are looking forward to watching their tree grow over their time in the school.



## Puddle Jumping

After a rain shower, there is no better activity! Wellies on and squeals of delight quickly follow!

## Judo

Our Primary 5 class took part in a judo demonstration as part of the PE lessons. Many then decided to participate in our After School Judo lessons and currently 5 pupils in Primary 5 have received their first judo build following a recent assessment.



## Daily Mile 10th Birthday

As part of Eco week, Primary 7 helped to set up a whole school daily mile track. The children used trundle wheels to measure out the distance of one lap of the pitch and placed cones to mark every 10 metres. They discovered that the top pitch was 160 metres and worked out that to cover a mile each pupil would need to complete 10 laps. They discussed how it may be difficult to keep track of the laps and decided it would be a good idea to get someone else to count their laps. Each child's partner kept a tally chart to measure how many laps were covered and some children timed their mile using a stop watch.



Click here to find out more information about The Daily Mile!

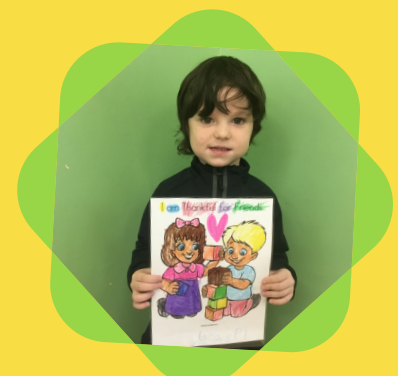




## Anti-Bullying Posters

As part of Anti-Bullying week, we invited all of our pupils to take part in a colouring or design your own poster activity. All of the completed posters were collected and our Student Council had the difficult task to choose individual class winners. It was felt that it was important for our pupils, as represented by the Student Council, to decide on the winning posters and not by the adults of our school. No member of the Student Council choose winners from their own class.

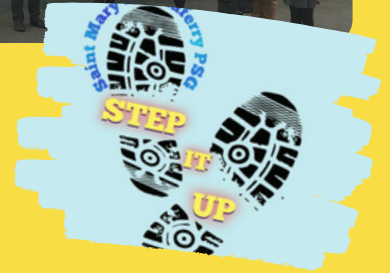
The Student Council reported that it was a very difficult job choosing one winner from each class and there was a lot of discussion and opinions shared before reaching a final decision. A special prize was given to each of our winners and their winning poster will be put on display in each of their classrooms.



# Staff & Parents

## 'Step It Up' Challenge

Our Parents Support Group (PSG) ran a "Step It Up" challenge over six weeks in January and February 2022. Over the six weeks our school community were challenged to complete a weekly target of steps which increased each week. There were weekly prizes for the most steps completed and we also offered a range of online courses ranging from physical to health and wellbeing. A separate online members' community page was created to share pictures, updates, fun and motivation. The project was sponsored by Community Policing Partnership and Ards and North Down Borough Council who provided high-vis jackets for all participants.



As part of our High Five Fridays The Senior Management Team provided the whole staff (teaching and non teaching) with an Easter breakfast on the day we finished for our Easter holidays. Everyone agreed it was a lovely treat and a great way to finish off a very busy term.

Our very active Student Council wrote a letter to the Board of Governors to invite them to come and see our school. The Council members gave a guided tour and provided the Governors with tea and coffee. They even held a 'Question and Answer' session in the staffroom afterwards.







# 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 Independent

Learning to be independent is an important part of development as we grow from children to adolescents to adults. Helping somebody to become independent might sound like something that can be difficult to do, but here are some simple ideas that we can try to develop independence in our children and young people.



## Inspire...



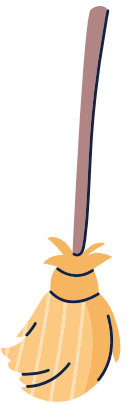
We can model good independence for our little people by:

- Doing something well ourselves and inviting them to join in – like baking a cake or going for a walk.
- Asking for help when we need it - this shows them that everybody needs help sometimes, even adults!

## Support...



- Give them time to do things and allow them to try it by themselves before we offer to help – show them it is ok to need a bit of time to do a zip or tie a lace. If zips are still too hard, maybe just help them start it off and then let them finish zipping by themselves.
- Give them little jobs around the house like checking there is loo roll in each bathroom or laying the table for dinner. Having a job they are responsible for lets them recognise that they can do some things by themselves.



## Challenge...



- Help them to solve problems like "Where is my school PE top?" by making sure they know because they hung it up / put it away after it was last washed.
- School Bag Organiser Challenge: can they make sure the same 3 things are in their bag each evening for a month : eg: reading book, pencil case, homework diary. If it is PE day or they have a lunchbox include these too.



# 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.



## Bean Bag Game

Place beanbag or soft toy on your own head, give a signal and drop the beanbag into the child's hands by tilting your head towards the child. Take turns.

## 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.



## Pop Cheeks

Inflate your cheeks with air and help child to pop them with his hands or feet. Child inflates cheeks and you pop them in turn.

## 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.



## Face Painting

Using washable body paints, parents decorate their child's face with small designs. Older boys with their fathers enjoy making moustaches and beards on each other. The removing of the paint is an opportunity for more nurturing.

## 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.



## Straight Face Challenge

Child has to keep a straight face while you try to make them laugh either by gently touching them (avoid sensitive spots or prolonged tickling) or by making funny faces.

# 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

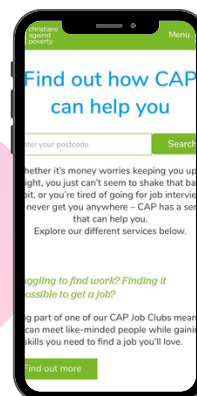
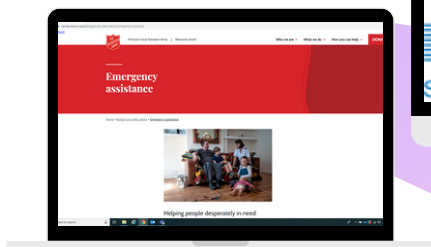
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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.](#)

