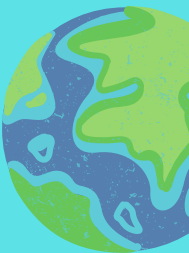


Issue 47: Friday 9th September 2022

# 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!



Be  
Inspired



# Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be Inspired
- 05 Be Active - With Joe Wicks
- 06 Connect - Who Inspires You?
- 07 Take Notice - Our Inspiration Jar
- 08 Keep Learning - Create a Vision Board
- 09 Give - Share Memories
- 10 PBS&P Inbox - Take 5 Schools
- 12 Parent Hub - Inspire, Support, Challenge
- 13 Parent Hub - Theraplay Informed Activities
- 14 Parent Hub - Mental Health & Emotional Wellbeing Campaign 2022
- 16 Staff Hub - Available Training
- 17 Staff Hub - WHSCT Autism & Sports Coaching
- 18 Staff Hub - Early Career Teachers
- 19 Staff Hub - St Mary's PS Portaferry Looking After Staff



## 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 Inspired. Now that we are at the beginning of the new school year, it's a perfect time to be inspired to try something new and to be the best that we can be. We can think of people who inspire us and see how they achieved their goals and dreams. Remember...all you can do is try your best. It's okay to make mistakes as that is how everyone learns.

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.**

## Join in with High Five Friday!

Over the last year, a number of schools have helped us to develop High Five Fridays. If your schools would like to find out more, register for one of our online information sessions.

Monday 12 September 2:15pm  
Thursday 15 September 3:15pm



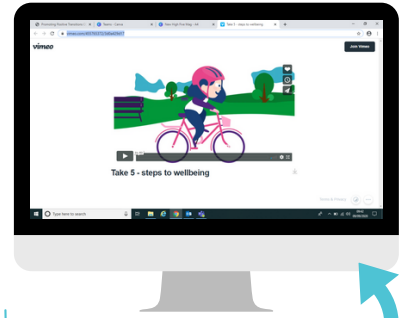
# Take5

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.



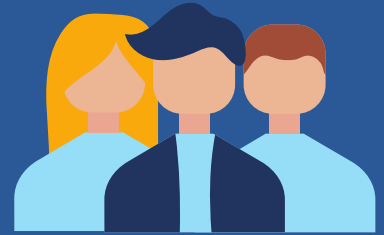
## Keep Learning

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 Inspired

Now that we are at the beginning of the new school year, it's a perfect time to be inspired to try something new and to be the best that we can be. You can:

- Think of a goal
- Who can help you achieve it
- What can you do to stick to your goal



Think of something you achieved last year. How you feel when you achieved this goal? How long did it take you to achieve this goal? Did anyone inspire you?

Think of activities, places and people that inspire you. Who inspires you? Is it..



A Superhero  
who is kind and  
helps others



Your Teacher  
who helps you  
to learn



Your favourite  
footballer who  
scores lots of goals



A vet who looks  
after animals



Click here to see how Max  
overcame a challenge to  
achieve his dream



Share your Summer 'WOW'  
moments with your class, as you  
could inspire someone to try  
something new!

# Be Active

## With Joe Wicks



We all remember Joe Wicks, the inspirational 'Body Coach', when we had to spend more time at home. He inspired us every morning with his free livestream workouts to get up, exercise and have fun!

Joe was awarded a Guinness World Record for "most viewers for a fitness workout live stream on YouTube", after achieving over 950,000 viewers on Tuesday 24 March 2020.



In the same year year he donated proceeds from sales of his fitness videos to NHS and also raised £2m for Children in Need with a 24-hour fitness challenge.



Joe has also been awarded an MBE for services to fitness and charity for his efforts.



Click here to take part in the '8 minute' energising and fun workout with Spiderman

## Who Inspires You?

Can you think of someone in your local community who inspires you? It could be someone in school, in a club or in your local area. Think about....

What makes them special?

Why do they inspire you ?

Make a poster of your inspirational person.

Around the outside of your poster write why this person is special...



You could share your poster with people in your class or even give it to your inspirational person!



Invite inspirational people from the community to come into school. This could be local authors, footballers, actors, police, nurses, or artists. Can you think of someone inspirational in your area?



## Our Inspiration Jar

Create a jar of inspirational quotes. Everyone in class could pick out a quote at the start of each day and read it to the class. You include quotes from 'heroes' that inspire people in your class or create your own inspirational quote!



What could you write as some inspirational quotes for you and your class?



## Create a Vision Board

One fun way to set goals is to create a vision board of different things that you would like to achieve or something new that you would like to learn. Be creative and make something that will inspire you to persevere to achieve your goals.



1. Talk with an adult or people in class about goals you would like to achieve
2. Use some thick paper or card
3. Use some old magazines and find some pictures or photos linked to your goal
4. Cut out the pictures you want and place them around the page
5. Stick the pictures using tape or a glue stick
6. Add any extras like glitter or colour in some spaces
7. Proudly hang your 'Vision Board' somewhere as a reminder

Spent more time  
playing with my  
dog "Archie"

Learn a new  
type of dancing



Spent more  
time outside

Have more fun  
with family  
and friends

Try some new  
recipes



Remember all we can do is try our best. If you need any help you have lots of people in both school and at home who are there to give you support.

# Give

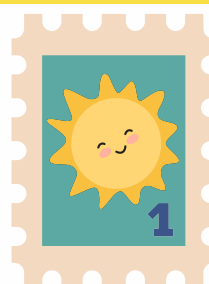


## Share Memories

Share your favourite holiday memory by writing a postcard and giving it to someone special in your family or to your class in school. Did you go on an exciting adventure? Did you learn something new? Did you make new friends? Or did you visit somewhere new?

Dear...

My favourite summer memory was...



To:

---

---

---

### Have a think about...

Who were you with?



How did it make you feel?



Would you like to do it again?





# Inbox

## Take 5 Schools

In June two of our High Five Friday schools and some of the High Five Friday team attended the Take 5 schools celebration event in the Tullyglass hotel.



St Joseph's PS, Antrim



Corran IPS



High Five Friday team



Click on the image above to find out more about becoming a Take 5 school



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](mailto:primarybsp.enquiries@eani.org.uk)

# Be Inspired



Encourage children to be inspired to try something new, reminding them of previous 'wins' and what they did to achieve their goals and aspirations. Share stories of a time when they were brave enough to give something new a go. How did it make them feel? You could try some of these inspirational activities at home...

## Inspire...



### Make a Family Bucket List

Bring all the family together for this fun activity. Use paper and colourful markers to make a list of goals, achievements or experiences that you would all like to accomplish over the next year. Then you can look back at all the wonderful things that you have all accomplished. Celebrate even the smallest achievement.

## Support...



### Circle of Support

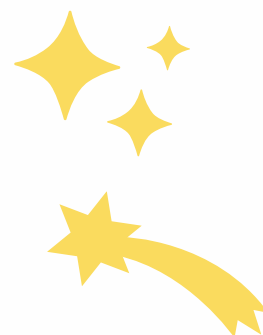
Encourage your child to try their best, celebrating efforts over outcomes. Remind them that we all have a lot of people who can help and support us. Who would be in their 'Circle of Support'? Discuss together who is there to support and encourage them at home, in school, in the wider family and the community.

## Challenge...



### 3 Stars and a Wish

Have your child come up with '3 Stars and a Wish', beginning with 3 things that they do well. This can be anything from being creative to being kind to friends. The 'wish' is a goal that they would like to work towards.



# 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.



## Simon Says

This is similar to "Mother, May I?" but with the added challenge that the child must watch out for commands that do not have "Simon Says" as part of the phrase. Thus, when the game is going rapidly, the leader can suddenly omit to say, "Simon Says," and the unwary participant may do the action without thinking. If a player makes this mistake, it is their turn to be leader.

## 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.



## Row, Row, Row Your Boat

Sing the familiar song, adding the child's name at the end ("Erin's such a dream"). Small children can be held in your lap. Older children can sit facing you. Clasp forearms rather than hands makes this feel more secure and connected. If another adult is available, child can be seated between you as if in a boat as you row back and forth. The tempo can be varied from fast to slow and back again to practice regulation. You also can rock from side to side. The second, more exciting verse concludes, "If you see a crocodile, don't forget to scream." Then both scream loudly.

## 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.



## Fanning

After a vigorous activity, one adult or both parents rest with child in their arms, and the other adult fans with a large pillow, a fan, or newspaper. Watch how everyone's hair blows.

## 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.



## Magic Carpet Ride

Have child sit on a large pillow or small blanket, holding firmly to the edge. When the child looks at you, pull him around the room. When he breaks eye contact, stop. This works well on a slippery surface, such as a wood or vinyl floor.



# Five Week Regional Mental Health and Emotional Wellbeing Campaign 2022



Building on last year's success, the six Health and Social Care Trusts in Northern Ireland have worked in partnership with the Public Health Agency (PHA) to develop a campaign that will encourage people across the region to embrace and demonstrate this year's theme 'Creating Hope Through Action'.

Here are a few suggestions on how you can get involved:

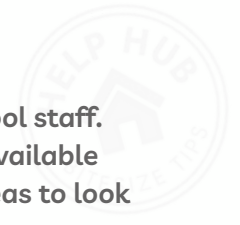
- Set up a 'Camerados' public living room - You can access a free pack and guidance to help you set up your Public Living Room in your local community.
- Organise a 'Coffee and Connect' event - A really simple way to connect. A guide and some printable resources are available to get you started.
- Add to the Songs for Hope Playlist - Think of a song choice that makes you feel hopeful and share it as part of the campaign's 'Songs For Hope' Playlist.



Click here for further information on all of the above, which is available on the 'Minding Your Head' website.

If you are organising an event and posting information on your social media channels, please use this year's campaign tag to share and promote your event:  
**#HopeThroughAction22**





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!





# Training Available in September



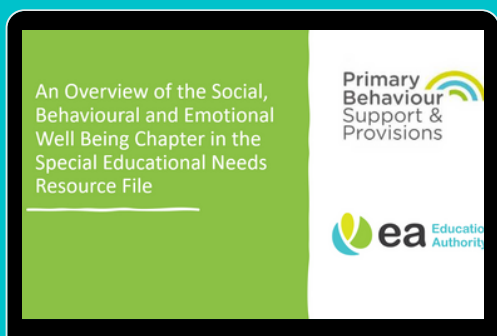
Click the images below to register for these training sessions available to school staff



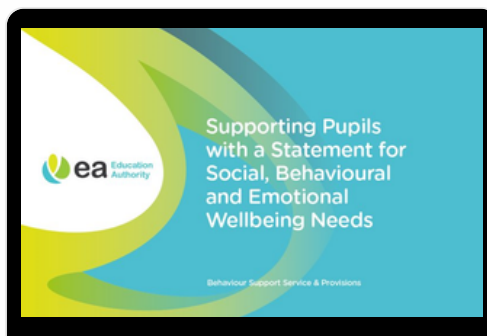
[High Five Friday Information Session](#)  
[12 September 2:15pm](#)  
[15 September 3:15pm](#)



[Developing a Calm Plan](#)  
[19th September 2:20pm](#)



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



[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs](#)  
[13, 20 & 27 Sept 11am](#)

[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



# Autism & Sports Coaching

**Date:** Tuesday 20th September 2022

**Times:** 1.00pm to 3.00pm

**Facilitator:** Disability Sport NI

**Target Audience:** People who deliver sport and physical activity sessions

**Aim of Course:** To provide participants with an introduction to planning and delivering sports and physical activity sessions that are inclusive of people with autism.

## Learning Objectives:

- To provide an introduction to autism and potential challenges for inclusion in activity sessions
- To discuss potential strategies and support for keeping people with autism engaged in sport and active recreation
- To learn through practical examples how to include people with autism in activity sessions

## Course Content:

- Online theory presentation that includes tasks and activities.

For more information on how to book your place on this course please click here to access the booking form on the WHSCT website.



This course was developed  
in partnership with  
'Autism Initiatives'

# Welcome Early Career Teachers!



Some staff are starting out on their new teaching career this month- we asked PBS&P staff to think about what they wish someone had told them on their first day of teaching. We hope you find their answers as inspiring as we did!



The child in front of you wants to do well



Conal Keown

Connect with your children, your parents and your colleagues- relationships are key



Aine Canavan

Things have changed since you were a pupil at school



Suzanne Harrison

Remember to regulate - yourself first and then your class



Helen Stewart

Teach the class in front of you not the class you wish you had

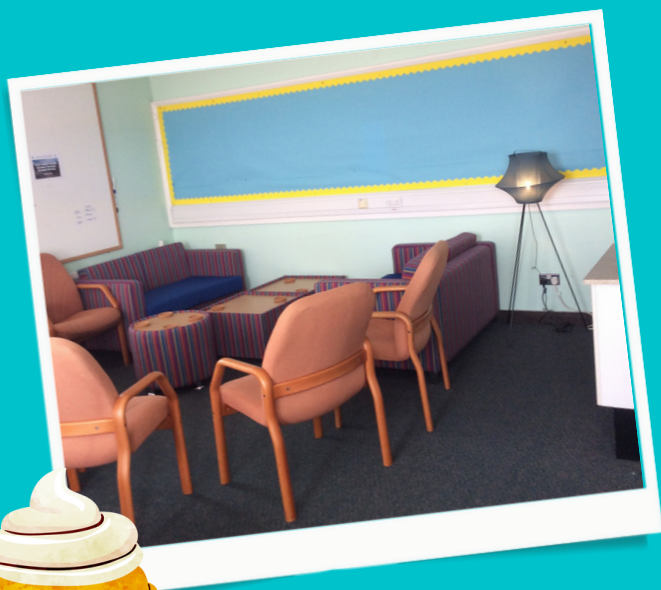


Helen McCloskey



# Looking after staff

St Mary's PS, Portaferry gave their staffroom a makeover to transform it into a place for staff to relax during their well earned breaks.





# 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

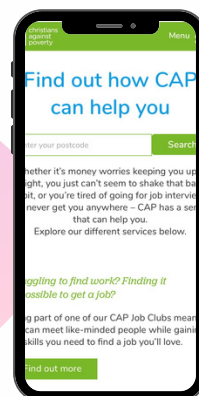
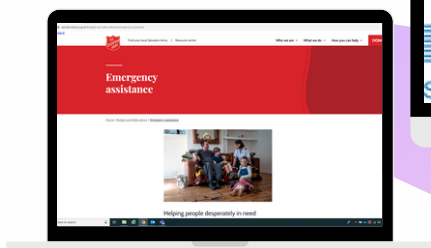
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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

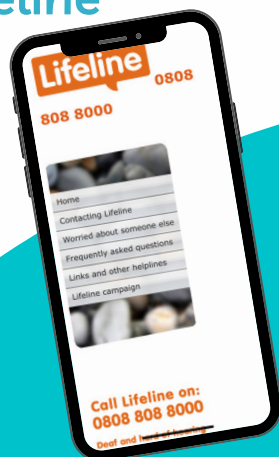


Click here

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.](#)

