

Issue 56: Friday 24th February 2023

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. Our theme in this issue is to Be Reflective. It is important that we provide ourselves the opportunity for a calming time of reflection. Recognising and expressing our feelings, opinions, memories and thoughts about our day. It's a time to also identify our strengths and 'wow' moments but also challenges we face and how we can overcome them.

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.

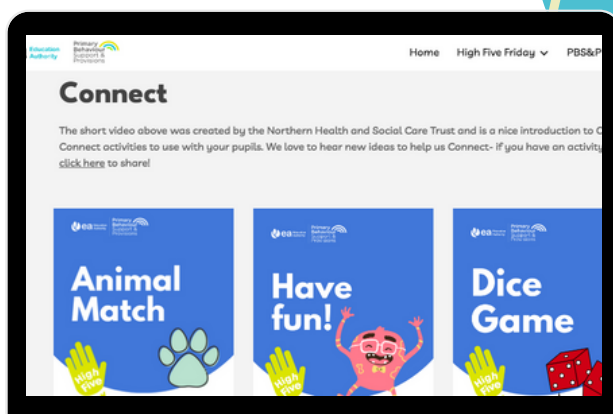
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>

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.**

Connect!

This month the High Five C2k Resource Hub has been adding lots of Connect activities. If you have a C2k account click on the image to visit the hub.



Click here



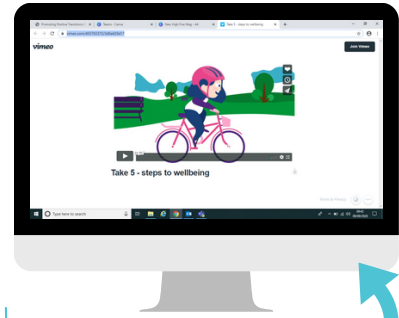
Take5

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 Reflective

Set aside a special calming time at the end of a school week to reflect on your time in school and at home. Think about how you felt, what made you happy and how you have spread a little kindness throughout the week.



Ways you have been kind



Things that have made you feel happy



Ways you have been helpful



Things that made you smile



New things you have learnt



You could spread some happiness by sharing with...



The people at home



Friends



Your Teacher



Your wider family

Don't forget to tell people some of your 'wow' moments

WOW!
I am proud of...

Be Active

Being active is not only great for our physical health and fitness, it can also improve our wellbeing. In school we have lots of opportunities to keep active by completing our daily mile, during PE lessons and when we have fun during our break and lunch. As part of your 'Take 5' plan you could add in different ways to be active into each of the areas of Take 5.



I could help do jobs for the people at home



I could join a new club in school or in the evening or weekend



I could try to be more active with the people at home, by walking my dog



My 'Take 5' Plan

Primary Behaviour Support & Provisions

Things I should try to take notice of:



Ways I can show kindness:



People to connect with:



Things I want to learn:



Things I can do to be active:



I could go on a nature hunt and notice the change in seasons



I could play a new game in the playground with friends



At the end of every term you can review and reflect on your 'Take 5 Plan'...

My 'Take 5' Plan

**Things I
should try to
take notice of:**



**Ways I can
show kindness:**



**People to
connect with:**



**Things I want
to learn:**



**Things I can do
to be active:**



New Challenges

When we take the time to be reflective it is also the perfect opportunity to set ourselves a new challenge. Here are a few simple tips for goal setting, when you think of a challenge or something you would like to work on.

- Break big goals into little goals.
- Celebrate the little wins. Hitting goals is exciting, share your 'wow' moments!
- Share your goals with the people in class and encourage each other.
- Reflect together – and share your own challenges and problem solve together on how to overcome them.



Reflective Thinking

What was
easy?

What was
challenging?

What did you
learn?

How did you
overcome the
challenges?



Take Notice

Reflections on My Week

When you are completing your 'Reflections on My Week' activity journal you can think about a time when you had fun, something that you found difficult, a 'wow' moment and something that you are going to try from tomorrow. This can be activities inside or outside, at home and in school.



This week I had the most fun when...

This week the most difficult thing was...

I was proud of myself when...



From tomorrow I am going to try to...

Keep Learning



My 3 Good Things Journal

Keep a journal of my '3 Good Things' that have happened daily, you can then reflect back on them from week to week. Try to add new things every week or aim to become better at some of the things you have added in previous weeks.

What could you add to your '3 Good Things Journal?'



What strengths did you use today?

What are you proud of yourself for today?

How did you show kindness today?

How did you make others feel today?

What are you grateful for?

How were you a good friend to others?

What was your favorite activity?

How could you do even better tomorrow?

What challenges did you overcome?

What positive choices did you make today?

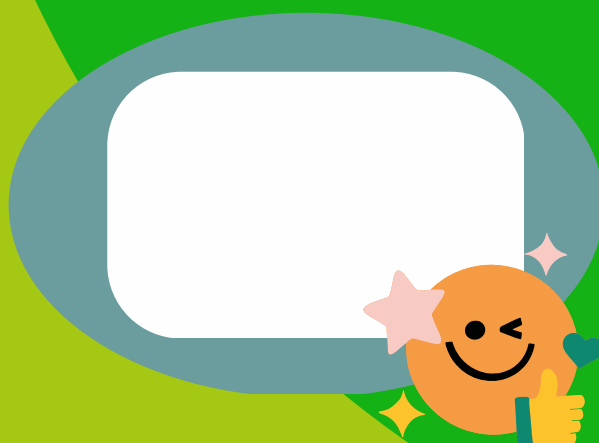
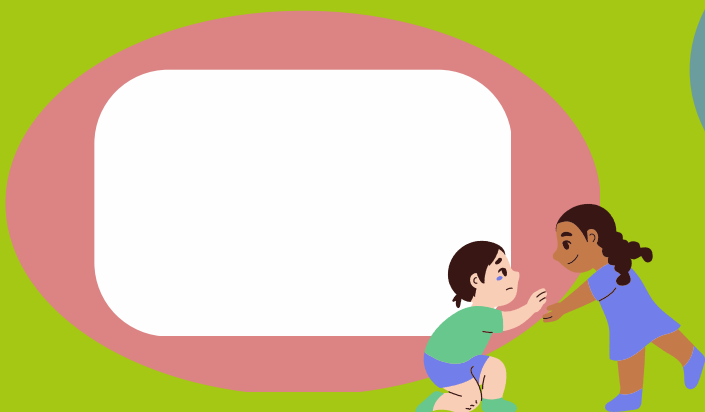
well done!

Friendly February

This month is 'Friendly February', when we focus on being friendly and kind to others. This month let's focus on reaching out to connect with others and doing our best to be a good friend. As we come to the end of the month reflect on your kind acts and discuss with the class how it made you and others feel.

Our acts of kindness impact so many more people than we realise, and they also boost our own happy hormones too!

Click [here](#) to see the 'Friendly February' calendar for some ideas of ways you and others in your class can spread some kindness at any time of the year in school or at home. Write down some of your ideas below.





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 Reflective



Do you struggle to find questions to get your children talking after school? These questions can be used to help start conversations and create a positive self reflection of their school day.

At the end of the school day...

What made you smile today?

What made you feel happy today?

Can you tell me one way that you were kind today?

If you could change anything about today what would it be?
(Would it help if...)

What is one thing you learnt today?

What was your favourite thing that happened today?

What are you looking forward to about school tomorrow?

Who did you spend a lot of time with today?

Inspire...



Support...



Challenge...



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.



Zoom-Erk-Splash

Everyone sits or stands in a circle. The word "zoom" is passed around the circle quickly. When one person stops the action by saying "erk," the "zoom" reverses and is sent back the way it came. When the zoom-erk gets stuck in one part of the circle, the person receiving the erk puts his hands together in a diving movement and point his hands to someone across the circle, saying "Splash." The person splashed passes a zoom to the person next to her.

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.



Push-Me-Over, Land-on-My Knees

Kneel in front of standing child (so that child comes to your eye level) or sit in front of sitting child. Hold child's hands. On a signal, have child push you. As you fall back pull child onto your knees and "fly" the child smoothly or bounce child up and down.

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.



Temporary Tattoos

Apply tattoos or, using washable body paints, draw designs on the child's arms, face, or hands.

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.



Shoe and Sock Race

Adults race to see who can put the child's shoes and socks back on first.

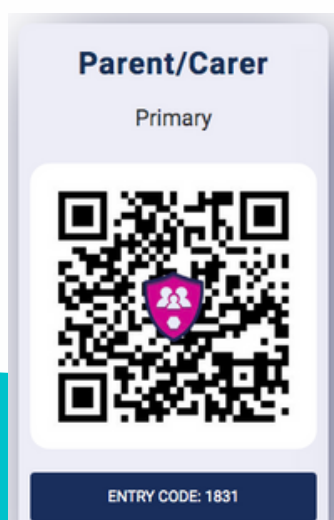
Safer Schools NI - Parent Resource

As a parent and carer, your Safer Schools NI App will help you to navigate the digital world that your children and young people live in every day. It will help by giving you the tools to protect the children and young people in your care online.

Does your child or young person use TikTok, Snapchat, Among Us or Roblox? Do you know how to set privacy settings to keep them safe, or how to block, report and mute other users? With your Safer Schools App, you can get to grips with all of this and more.

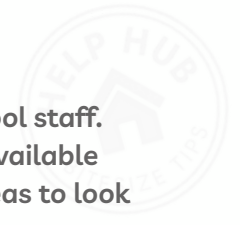
Your App will benefit you because...

- It gives you prompts, updates and warnings about online trends and threats, helping you to stay in the loop with the digital world.
- Find out about fake news, influencers, harmful content and more.
- Get to grips with social media and all the various gaming platforms. Learn the latest buzzwords, the risks they might pose and how to set the best privacy settings for your child or young person.
- You can take an interactive Quick Quiz to track your learning and test your knowledge!
- Find advice on issues such as bullying, image sharing, mental health, consent and healthy relationships. Learn how to talk to your child or young person about these issues and find out how you can support them should they face these challenges.



Scan the QR code for
further information





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!



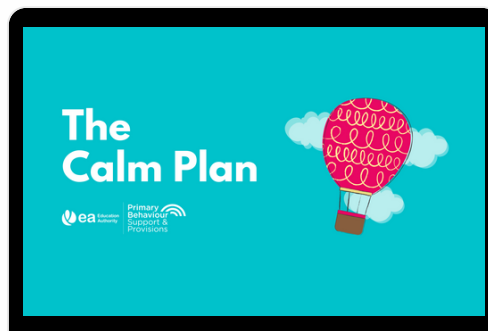


Upcoming PBS&P Training

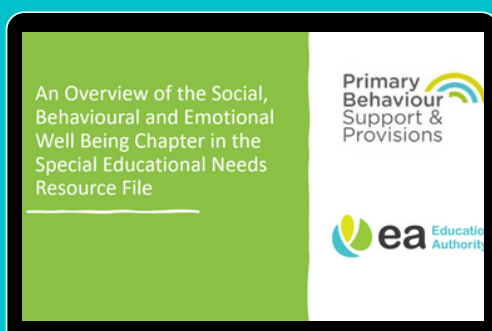
Click the images below to register for these training sessions available to school staff



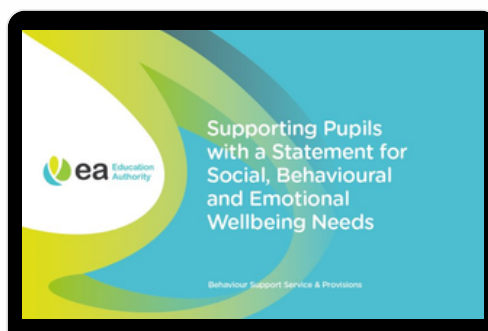
[Development and Implementation of a SBEW Plan incorporating the Pupil's Voice](#)
[13 and 20 March 2023 @ 2.30pm - 3.45pm](#)
[\(Participants must attend both sessions\)](#)



[Developing a Calm Plan](#)
[6th March 2:30pm](#)



[Overview of Updated SBEW Guidance in the SEN Resource File](#)
[23 & 30 March 2:15pm](#)



[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs](#)
[7, 14 & 21 March 2pm](#)

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

Primary 7 Transition

Primary Behaviour Support & Provisions have developed transition resources to offer pupils the opportunity to reflect on their time at school and support them to get ready to transition to a new school setting, using strategies to promote and support positive wellbeing.



'My Book of Memories'
booklet for Primary 7 pupils
to reflect on their time in
Primary School

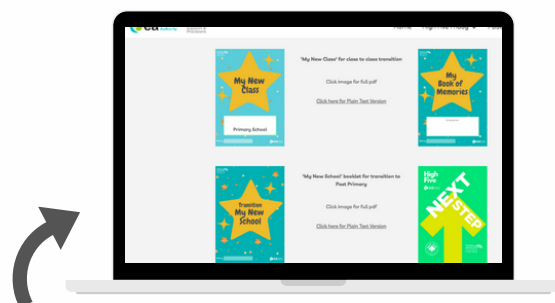


'My New School'
booklet for transition
to Post Primary



'Next Step' booklet for
home for parents/guardians
and Primary 7 pupils to
work through together

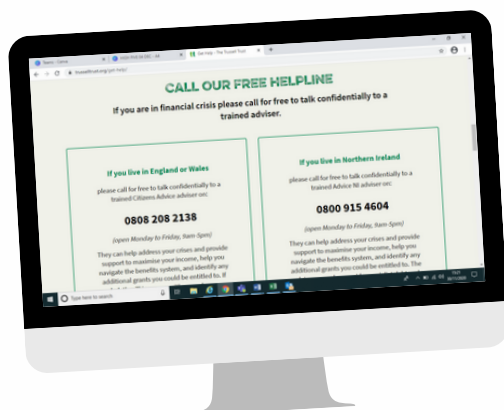
High Five Resource Hub



All of the PBS&P Transition resources can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.

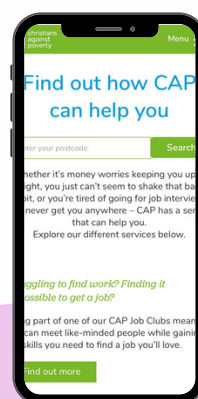
When We Need Support

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.

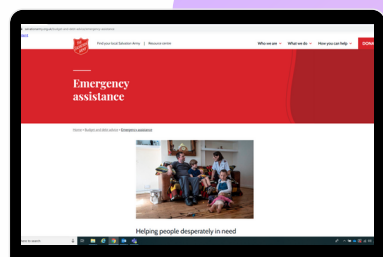


Click here

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 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.