

Issue 57: Friday 10th March 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 Proud. Proud is how you feel when you're really happy with something great you or someone else has done. In this issue pupils from our EOTAS centres have been reflecting and sharing their proud moments with others. We like to call the times we are proud our 'Wow Moments'.

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>

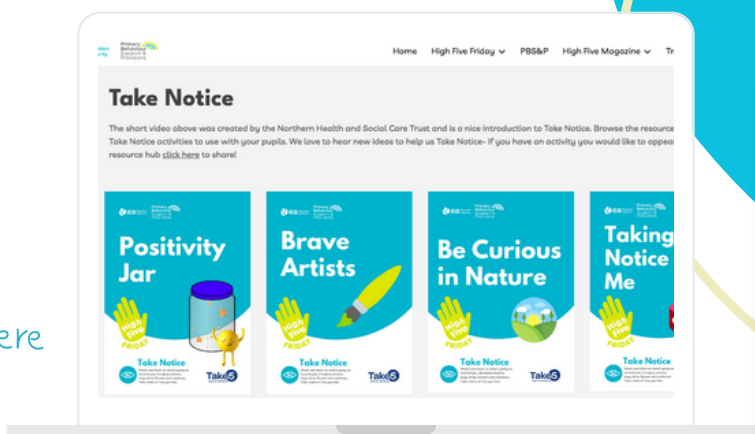
We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

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.**

Take Notice!

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


Click here



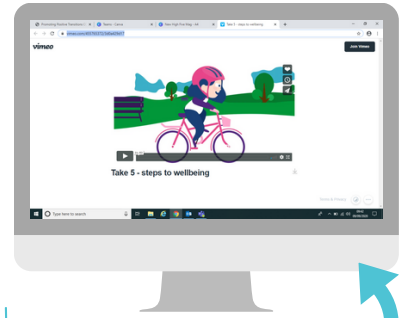
Take5

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 Proud

Proud is how you feel when you're really happy with something great you or someone else has done. These are 'wow' moments! It could be something small, big or something new that you might have wanted to try for a while.



Click here to see all the different ways that James was proud of himself!



Can you think of some things that have made you feel proud? What are some of your 'wow' moments?



You could brighten up someone's day by sharing your 'wow moments' with others.



Be Active

Being active keeps us fit and healthy and can be a lot of fun! Why don't you try to find a new way to 'Be Active'?



Georgia from Dundonald P.S. does Irish Dancing to keep active. She looks like she's won some medals too!



Play at the park!



Run wild and free!

Why not try to design your own exercise circuit in the playground using chalk? Once it rains you get to redesign it!



Maddie from Belmont P.S. trying out a new sport!

Proud Puzzles

The pupils in Treetops EOTAS made a 'Proud Puzzle' in which each pupil drew pictures on their puzzle piece of hobbies and things that make them proud.



Could you make your own 'Proud Puzzle' with your class or at home with your family by getting each person to fill a puzzle piece with things that make them feel happy and proud?



Here are just some of the proud moments from this month in Treetops!

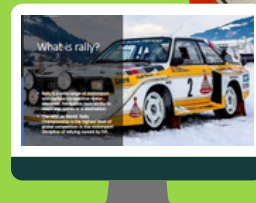


Celebrating the success of the KS1 pupils at their Treetops Graduation!

Completing a 7-minute circuit challenge!

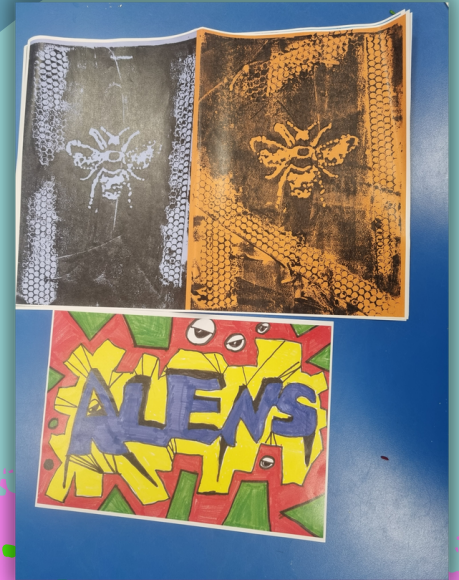


The KS2 pupils created Digital Talking Books about their favourite things! They are so proud of their finished work.



Take Notice

The pupils at Tamnamore EOTAS have been experimenting with some graffiti style art techniques and mono printing.



Here is some of our 'WOW' wall pieces of art!



These new skills are impressive and the children were proud to show off their creative flare.





In
Thornberry
EOTAS
we planted
some seeds

We
have been
watching
them sprout
and grow

Even
the bugs
have been
enjoying
our flowers

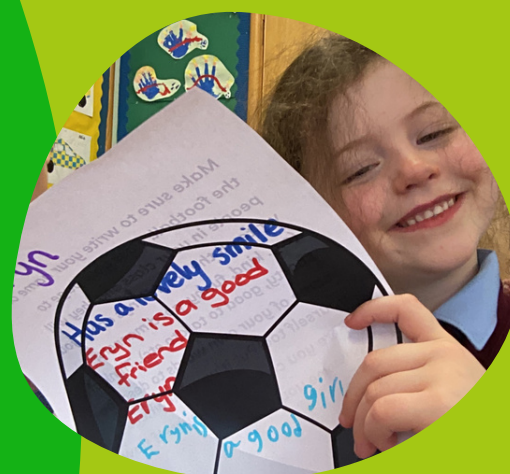
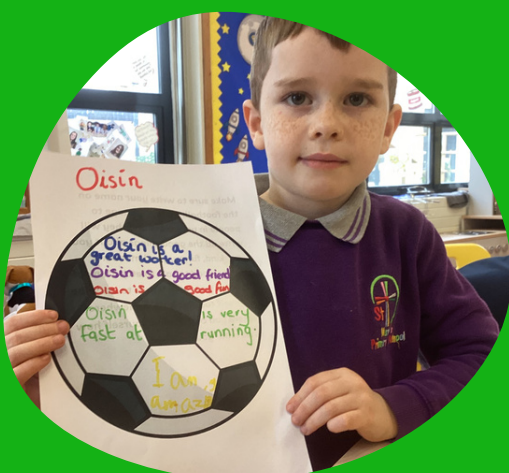
Give

My Awesome

Football



In Fir Trees EOTAS we thought about great qualities we each have and what we think about others. Each child wrote a compliment about each other and passed the football on.



From our footballs we picked the most commonly used adjectives to describe our class. When that child's name was called out the football was kicked towards the word that described their friend the best!



What words would you use to describe your friend or yourself! Be kind and remember we are all uniquely amazing!





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 Proud



Showing your children that you're proud of them is a great way to boost their confidence and encourage them, and one of the best ways to ensure that they continue to work hard and take pride in their achievements. We can also be proud of them showing kindness, being helpful to others and trying their best.

Here are some ways to show your children you're proud of them:

Praise the effort along with the achievement. No achievement comes without hard work, and it's important to also praise the process. Encourage by telling your children that all of their hard work was worthwhile.

Talk about the challenges. Another way to show you're proud is to recognise the challenges your children are overcoming to reach these achievements.

Show confidence in their abilities. Telling them directly that you know they can reach their goals will boost their confidence, and show them they should be proud of themselves too. And don't miss an opportunity to share their 'Wow Moments' with friends and family, so they can share their encouragement as well.

Celebrate as a family. After all of the hard work they've put in, your child deserves a break. Show them you're proud by doing something special as a family. Whether it be a movie night at home or a day out at their favourite place, taking the time to praise their achievements will be encouraging and motivating for them. Celebrating as a family could also motivate your other children by showing them that hard work pays off.



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.



Zip Zap Pop

Stand in a circle. One person puts a hand on top of their head and says “zip”. The person who they point to has three choices: 1. “zip” hand on own head in same orientation 2. “zap” other hand under chin (fingers point the other way), 3. “pop” (points to person across the circle) The person pointed to is the next to have 3 choices.

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.



Straight face challenger

Child must keep a straight face while you try to make them laugh either by gentle touch or by pulling a funny face.

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.



Hand / footprints

Using child's paint, make handprint pictures, fingerprints pictures or even footprint pictures. Try to increase the amount of touch as this is part of nurture (if your child will accept / enjoy it as part of the activity). There are some lovely ideas for hand / footprint pictures online or on Pinterest.

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.



Tunnels

Child crawls through a tunnel made of pillows or of kneeling adults to meet you or his parent at the end.

Spring into Action



During Springtime we can now enjoy more time outdoors with our families, as the weather begins to improve. We can spend some time finding fun outdoor activities, which is so important for all our physical health and wellbeing.

Here are a few fun suggestions for spending more time outdoors:

- Nature scavenger hunts are a great way to get kids out and exploring nature
- Design a garden treasure hunt
- Look for rainbow colours - see if they can spot all 7 colours of the rainbow in nature
- Grow seedlings - Spring is the time to plant seeds and it is a great idea to get children involved, by growing flowers or vegetables
- Go on a bug hunt - have fun finding different bugs in the garden or on a spring walk in the local park.

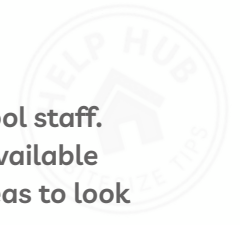


Click here to
download a
minibeast hunt



For lots of other
spring activities and
ideas click here to visit
the Woodland Trust
website





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!





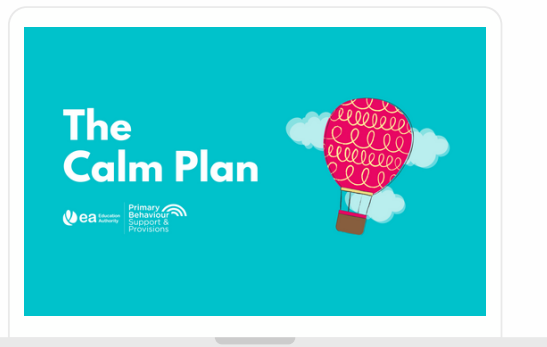
Upcoming PBS&P Training



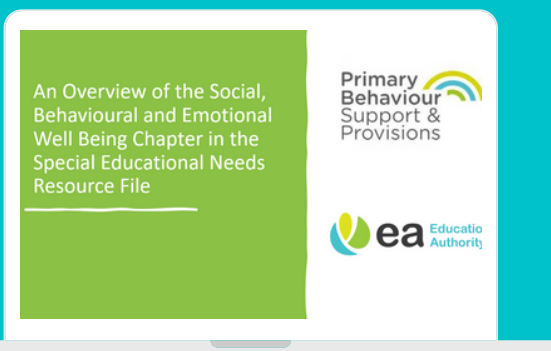
Click the images below to register for these training sessions available to school staff



[Development and Implementation of a SBEW Plan incorporating the Pupil's Voice](#)
[13 and 20 March 2023 @ 2.30pm - 3.45pm](#)
or alternative dates
[15 and 22nd May 2023 @ 2.30pm - 3.45pm](#)
(Participants must attend both sessions)



[Developing a Calm Plan](#)
[11th May 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](#)
[3, 10 & 17 May 11am - 12:30pm](#)

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



Early Years Transition

SEN Early Years Inclusion Service, EA Pupil Support Services and Primary Behaviour Support & Provisions are delivering an online professional learning session on supporting transition in early years, whether it's from home to nursery or nursery to P1.



Register now!



Two dates remaining!

20 April 10am - 11am
25 April 2pm - 3pm

Click this image to register for one of the remaining available sessions

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

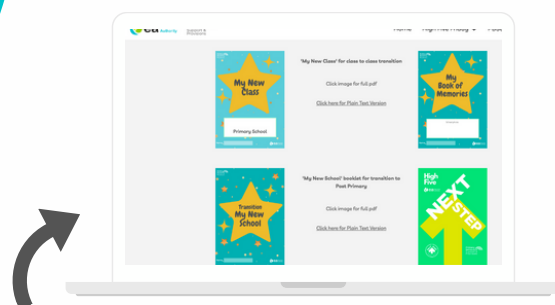


'My New School'
booklet for transition
to Post Primary



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

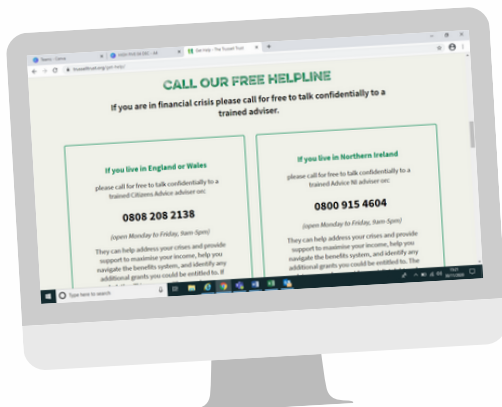
High Five Resource Hub



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.

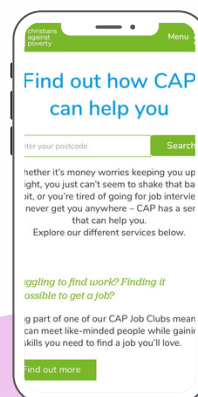
When We Need Support

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.

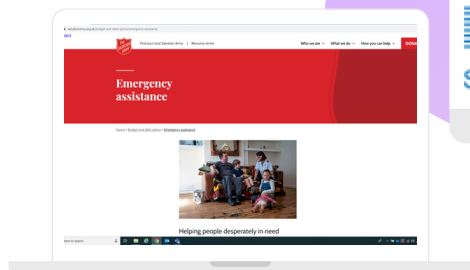


Click here

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.



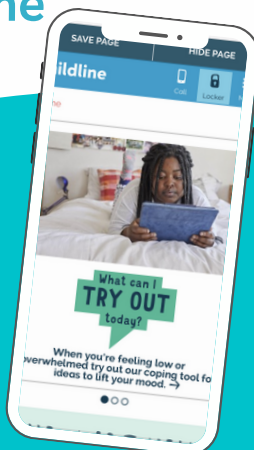
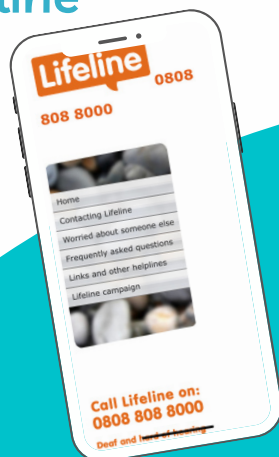
The Salvation Army, St Vincent de Paul and Christian Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



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.