



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

Issue 14: Friday 04 December 2020

# High Five

Primary  
Behaviour  
Support &  
Provisions 



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## Inspire...

First we try to find ways to make you want to be the best you can be



## Support...

When you want to be the best you can be we try to help you as you learn and grow



## 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

## HIGH FIVE in school



Our main activities are ideas for use in school. Open the magazine on your computer and view in full screen mode (Ctrl + L) to look at this as a whole class.

## HIGH FIVE at home



When you see this symbol we will suggest ways to change the activities so that you can try them out at home!

# Welcome to High Five!

Welcome back to High Five. With only a few weeks left until the Christmas holidays, now is a good time to look back on all that we have achieved this year so far and also to look forward to what is yet to come. Being hopeful for the future helps us to feel more optimistic and positive in the present, so this week our High 5 focus is to Be Hopeful.

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>

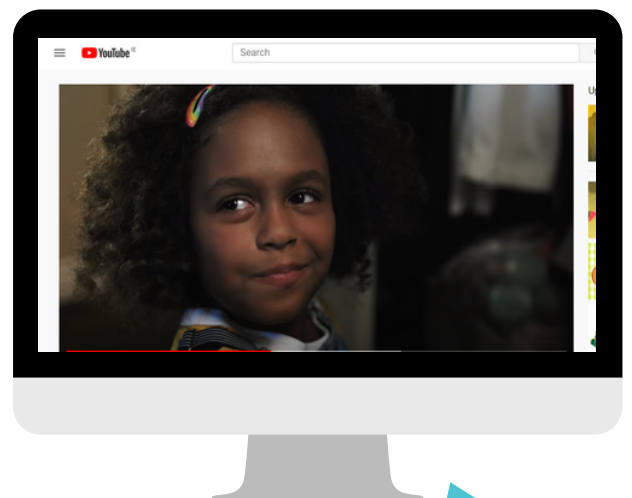
We hope you have fun trying out these good ideas - let us know how you get on at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

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.**

## Giving the Gift of Hope

Hope can sometimes be hard to find if you are facing something difficult that seems impossible to overcome.

The good news is that we can give hope to others in lots of ways, sometimes by helping with something big and sometimes just by being there alongside someone.



*Click here to watch a short video about a young girl who gave the gift of hope to someone who needed it.*

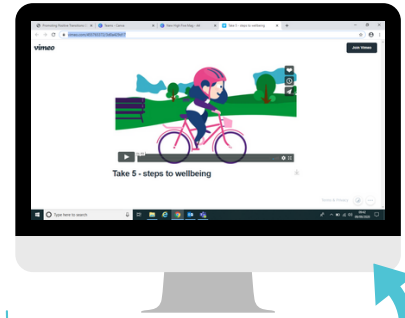
# Take5

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.





# Being Hopeful

By Doagh P.S.

Our school motto is:

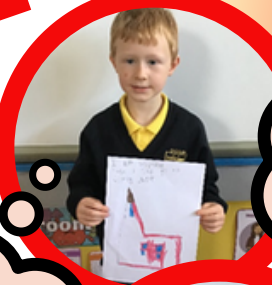
"Aspire, Aim, Achieve"

"We are a school that is always hopeful for the future, aspiring that we can all be the best we can be!"

Primary 1 - Hopes and dreams for the future



Primary 2- Hopes and dreams for brighter days ahead



I hope to go swimming

I hope to go to Disneyland



I hope to have a cafe at the beach



Primary 3/4 - Hopes for a better world



I hope that I can get a good job when I'm older. I hope that Doagh P.S. can be kind to everyone. I hope the world can give money to the poor places.  
Lucia - P4

I hope that I am helpful and positive. I hope that Doagh P.S. has very very good manners. I hope that our world is full of love.  
Lyla -P4

I hope that I'm good at football. I hope that Doagh P.S. has enough money to make it bigger. I hope that teenagers stop setting off fireworks.  
Anthony- P4

# Be Hopeful!

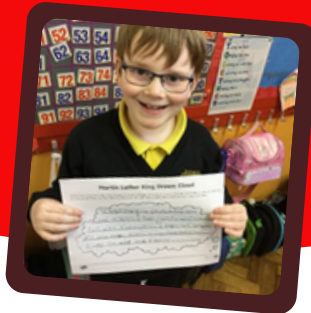


When you see these symbols, you'll find an example of when a member of staff from Doagh P.S. was inspired, supported or challenged to be the best they can be!



Conan – P4

"I hope that we save animals' lives and people and kids who get sick. I hope the world will be a place where people will have a good life. I hope that school is a place to learn and pay attention to the teacher and a place where no one will bully anyone."



Ethan – P4

"I hope that I can give my money to the poor children. I hope that Doagh Primary School will be full of kind children. I hope that everyone will have enough money to buy food and drinks. I hope the Covid 19 will disappear."



Callum – P4

"I hope that all children in Africa have clean water. I hope that our school can raise lots of money for charity."

Primary 5 were discussing 'hope' - what it is and why we have it. Children decided that believing in themselves gave them hope. Hope to succeed. They made a display for the corridor to showcase this. 'Believe in Yourself' was a nice way for the children to be themselves and express their feelings.



Hannah said, "I believe in myself because I trust my decisions."

Jessica said, "I believe in myself because I always try my best!"

Adam said, "I believe in myself because I'm in the right learning environment."

Faith hopes to have a healthy lifestyle with a nice family and to get a good job.



Zachary hopes to stop climate change, be famous and own a massive house!

# Take Notice

In the last issue, we were enjoying going for autumn walks and noticing the interesting sights, sounds and smells of autumn. This week when you are out walking, have a look for Christmas lights and decorations. Lots of people have their Christmas trees up early this year because the twinkling lights and bright colours help us to feel hopeful.



See if you can spot all of these things in the decorations that are already up in your area:

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Santa          | <input type="checkbox"/> Present   |
| <input type="checkbox"/> Angel          | <input type="checkbox"/> Reindeer  |
| <input type="checkbox"/> Snowman        | <input type="checkbox"/> Snowflake |
| <input type="checkbox"/> Christmas Tree | <input type="checkbox"/> Star      |



Compare your journey to school with another route that you walk with your family. On which of your walks do you pass more decorations or more houses who have their Christmas lights up?

# Keep Learning

We have almost finished one whole term of school life in the "new normal". We have learned new things and developed new skills. Take some time to reflect on what you have learned since September.

Some things that may have been, blue, yellow or red tasks might have changed colour and could even be green now!

I usually find these tasks ok!

I usually find these tasks challenging but I keep going!

I usually need a bit of help with this- but I'll have a go first!

This is a new task for me- time to work hard!

Look at photos taken in your classroom during this term. What colour were the tasks that you were doing in those photos?

Do you have any new green or yellow tasks that were not green or yellow for you before?

Look back through your books of work you have been doing since September. Choose three pieces that you feel you have done well.

Think of one thing that is still red for you, that you hope to make green or yellow next term.

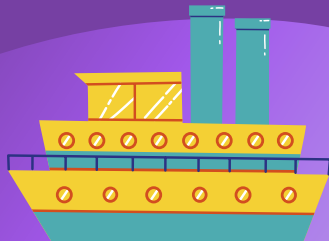
"It's not that I'm so smart; it's just that I stay with it longer."  
- Albert Einstein



Do you remember back in May (issue 4) we talked about happy accidents- where making mistakes turns out to be a great thing?


Alexander Fleming was growing bacteria in his messy lab. When he came back from holiday he found his bacteria contaminated by a green mould- oops! But when Alexander saw that the mould was killing the bacteria he realised this could stop infections.

So now we have anti-biotics - beautiful oops!



Richard James was trying to develop a spring to help support equipment on naval ships. One of the springs fell off a shelf - oops! But when Richard saw how it moved he invented the slinky - beautiful oops!

When we thought about this back in May we were hopeful that the people working on the coronavirus vaccine would find a beautiful oops! Well here's what happened...



The people who were trying to make a vaccine in Oxford gave the wrong dose to a group of people in the test- half of what they were meant to get- oops! But when the results came back it turned out the vaccine was more effective with the half dose- beautiful oops!

[Click here for more](#)





# Christmas Family Appeal

For many families in our communities this year, hope has been difficult to find and hold on to, with more families than ever facing extreme financial difficulties and loss of income due to Covid-19.

Established in 1980 by The Salvation Army, the Family Appeal with St Vincent de Paul is the largest cross community Christmas appeal in Northern Ireland. As we all face a different kind of Christmas in 2020, your generosity will help families faced with making impossible choices.

All monies donated to the Family Appeal are split jointly between St Vincent de Paul (NI) and The Salvation Army for distribution throughout local communities across Northern Ireland.

While the world has changed in the last 12 months, the need hasn't. In fact the need is greater now more than ever. This year's Appeal is very different from any that the charities (Salvation Army and St Vincent de Paul) have managed in the appeal's 40+ year history due to the impact of COVID-19. However, the charities and EA remain committed to ensuring that no child or young person in Northern Ireland wakes up without a gift under their tree on Christmas morning and your support is crucial in helping us achieve this.



**Click here to make an online donation and bring hope to every NI home this Christmas.**

## A new approach

Due to restrictions the charities are encouraging online monetary donations for gift vouchers to empower parents and guardians to choose gifts for those in need themselves.

By making a donation before Tuesday, 15 December 2020 to our Christmas Family Appeal you will help us make this Christmas as 'magical' as it can be for all our children and young people.

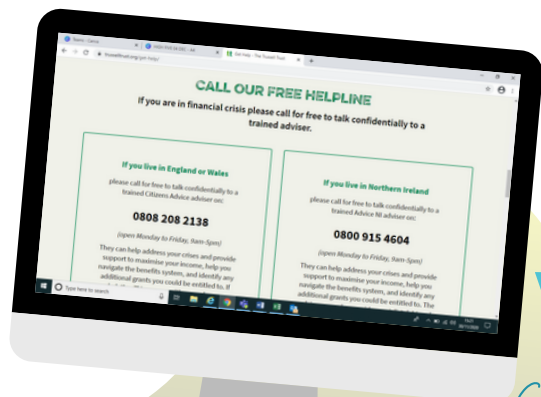
We are encouraging as many staff and schools as possible to support this Appeal by donating online for the 100,000 plus local children aged from new born to 16 years old.

Your donation could go towards for example:

- £5 for a stocking filler
- £10 towards a book so a parent can read their child a bedtime story on Christmas Eve; or
- £15 for a fun game, item of clothing or other surprise gift.

Your donation big or small is very gratefully received and will make such a difference

# When We Need Support




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




*Is your child always on the go?*

*Does your child have a short attention span?*

*Does your child often act without thinking?*

**Free online information and awareness workshops**

- For parents/caregivers concerned about their child's inattentive or hyperactive/impulsive behaviour.
- Suitable for parents of children aged 3-11.
- Suitable for parents of children with or without an ADHD diagnosis.
- Learn more about ADHD and the behaviours associated with it.
- Get tips, tools and strategies to support your child.



The Changing Lives Initiative are offering online ADHD information and awareness workshops to parents and professionals

For more information or for dates and times of workshops and to register, please contact:  
Shauneen Wilson,  
Project Coordinator, Changing Lives Initiative, Colin Neighbourhood Partnership  
Email: [shauneen@newcolin.com](mailto:shauneen@newcolin.com)

"You can't go back and change the beginning but you can start where you are and change the ending."

- C.S. Lewis



# An A-Z of a Nurturing Environment

Inspired by the brilliant “Resilience Alphabet” (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

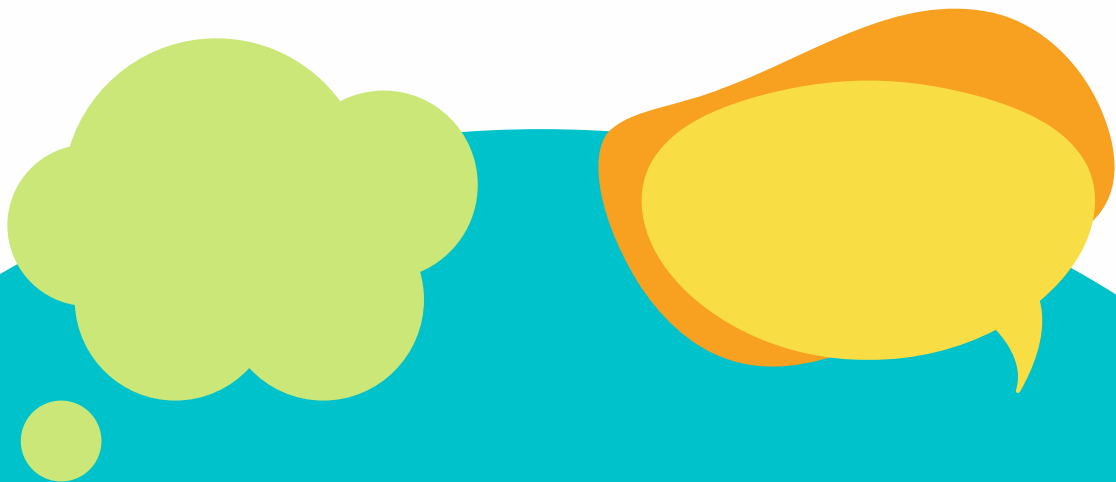
## K is for Keep in Mind

Reassure your child that you will still be thinking about them when you're apart by saying things like 'I'll be back to check on you in two minutes' or 'when I saw that on TV it reminded me of you'.

Anxious children can often be reassured by having special objects to keep, or by thinking about an invisible and unbreakable piece of string tying you both together.

## L is for Language

Keep talking to your child! Describing what you're both doing will build their vocabulary, using very direct instructions will develop their understanding, and wondering aloud about how they might be feeling will boost their understanding of emotions. The use of reassuring messages for example 'you're getting better at this' is really important.



## Looking forward with hope

This is a great time of year to reflect on how far we've come and think about what we are looking forward to.



2020 has been a year like no other and there were lots of things that we missed doing. During lockdown, we looked at having a "looking forward" jar and filling it with things that we were looking forward to doing again when lockdown ended.

Now we are able to do some of those things and you may have already emptied your "looking forward" jar. Take a moment now and think about things we are looking forward to doing in school, things we are looking forward to doing with our families and places we are looking forward to going in 2021.

PLAYING  
FOOTBALL  
WITH MY  
COUSINS

GOING TO  
AFTER-  
SCHOOL  
CLUBS AGAIN

STAYING  
OVER AT MY  
FRIEND'S  
HOUSE

"Give people [air] high-fives just for getting out of bed. Being a person is hard sometimes."

- Kid President

# Give

In the cold winter months, birds are finding it more and more difficult to find food. This week, let's give something nice to nature. Joshua, P4 gave us step-by-step instructions for how to make homemade bird feeders to help the birds this winter.

## What you will need:

Plastic bottle

2 plastic spoons

Knife or scissors (and an adult to help with these!)

Bird seeds

String

# 1

Make 2 holes in the bottle, opposite each other – roughly 4 cm from the bottom of the bottle. You will want the spoons to fit nice and snugly. Make 2 more holes slightly below and again opposite each other. Feed the plastic spoons through the holes.



# 2

Pierce small feeding holes above the perches so the birds can reach the seeds (the holes need to be slightly bigger than the seeds). Carefully fill the bottle with bird seed.



# 3

Tie some string to the bottle lid to hang your bird feeder up.



# 4

Hang your bird feeder to a tree branch, fence or washing line – keep it high up so the birds can feed safely. Watch as the birds enjoy!



"Today you are you, that is truer than true. There is no-one alive who is youer than you"

- Dr Seuss



## Active Advent Calendar

Many people use Advent Calendars in December to help them count down to Christmas.

This year, PBSP are doing an Active Advent Calendar to help us stay fit and healthy in the month of December. Most of them are short activities so you could do them in the morning and again in the evening.

Here are the first 15 to get you started!



|   |  |   |   |  |
|---|--|---|---|--|
| <b>1</b><br><b>Do 20 star jumps</b>   | <b>2</b><br><b>Run on the spot for 2 minutes</b>                   | <b>3</b><br>Throw a ball or a pair of socks up in the air and catch again 20 times                    | <b>4</b><br>Hop on one leg for 20 seconds, then switch to the other leg | <b>5</b><br>Keep a ball or balloon up in the air for 10 seconds  |
| <b>6</b><br>Use a box as your "basket" and throw a ball into it. Can you shoot from a big distance? | <b>7</b><br><b>Stretch up tall, then curl into a ball 10 times</b> | <b>8</b><br>Bend your knees and pretend to sit on an invisible chair. Can you hold it for 20 seconds? | <b>9</b><br><b>Do 15 BIG jumps!</b>                                     | <b>10</b><br>Put something down on the floor as a marker. Keep your feet together and jump side to side over it. |
| <b>11</b><br><b>Do 30 wall press-ups</b>  | <b>12</b><br>Move about like a crab for 20 seconds                 | <b>13</b><br>Help with the hoovering or brush the floor   | <b>14</b><br>Run on the spot as fast as you can for 1 minute            | <b>15</b><br>Take a walk! Swing your arms as you walk to make your exercise harder                               |



Some of the activities on the Active Advent Calendar have suggestions for doing them at home. Can you make up your own Active Advent Calendar by adding some ideas of your own?

The staff at Doagh P.S. have been inspired, challenged and supported by children, both in the school and in their lives outside of school.



When you see these symbols, you'll find an example of when a member of staff from Doagh P.S. was inspired, supported or challenged to be the best they can be!

Miss Bell, senior teacher and P3/P4 class teacher tells us about an annual experience that inspires and challenges her!



"As the teacher in charge of school performances I am challenged, supported and inspired every Christmas when we put on our Christmas show. Trying to coordinate all the classes and arrange parts and songs can prove a challenge especially while trying to teach in between rehearsals. Every year there are the same anxieties- will the children know their lines; will they know when to come in; will they freeze on stage; will they even turn up on the night! And every year I am blown away and inspired by their performances. Even the most timid will stand on stage and do their very best and sometimes it is those children you least expect who come out and perform with confidence and sparkle. Every year the same challenges and anxieties are there and every year, once the curtain opens the children step up and bring the show to life. We try to encourage a Growth Mindset in our children and encourage them to have a go; we tell them that it's good to get out of your 'comfort zone'. How often do we as teachers take our own advice?? When I see the children battle their nerves on stage and see their smiles when their families cheer at the end, that is my inspiration to go through it all again next year.'

Mr Dowds writes about being inspired to stay positive



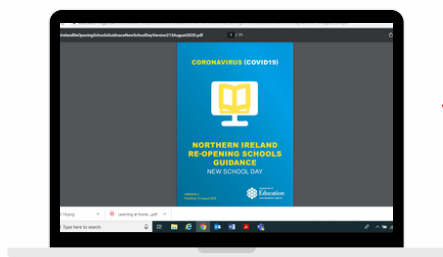
'I felt challenged when I suffered a devastating knee injury through sport. This wasn't the first time I had been side-lined for a prolonged period of time, but this was different. I wasn't motivated to overcome the challenge that lay ahead. I had given up.

However, upon my first rehabilitation session with a physiotherapist my view changed. I was in amongst young children, who were also receiving physiotherapy, but their treatment was for spinal or brain injuries. I was inspired by their positivity and smiles. I was inspired by their drive and motivation to succeed. They inspired me to do more and challenged my mind-set.

Weekly interactions with these children kept me going. They pushed, challenged and inspired me to do more.'

Staff and pupils at Ceara School have been enjoying making their school look festive as they look forward with hope to the Christmas holidays!





Click here for a link to the Department of Education's Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



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](#)

