

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

Issue 24: Friday 21 MAY 2021

# 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



## 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. As we grow and get older, we learn to do more and more things on our own. This is called Being Independent. In this week's High Five, we are thinking about how we can be the best we can be at Being Independent and trying to do more things without help. Remember, it is still okay to ask for help if we need it!

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.**

## Regulate

Following a very unsettled year in school it's helpful to consider how to regulate together in class. Beacon House has lots of useful resources and practical ideas to help with this. Click on this link for some simple ways to help you and your class regulate.



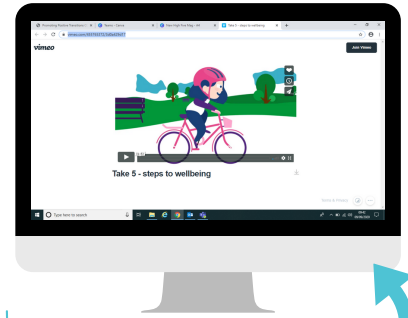
# Take5

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

Being independent means trying to do something for yourself. Sometimes we might need some help to achieve this. The pupils of class 11 in Ceara School are given lots of opportunities to encourage their independence every day.



In class 11 we are always encouraging independence. This might be through our weekly cooking lessons or doing classroom jobs such as collecting the milk, setting the table at lunch time or giving out the pencil pots when it's time for work. This year we have been focusing on putting on our coats with minimal help and organising our belongings when we arrive in the morning!





# Be independent

The pupils of Class 6 in Ceara School show us lots of different ways they are independent in school.



"We can hang up our coats and bags independently."



Class 6 promote independence by completing daily tasks in the classroom.



"I can take the register to the office and collect the milk for class 6."



"I can wash my own dishes independently."



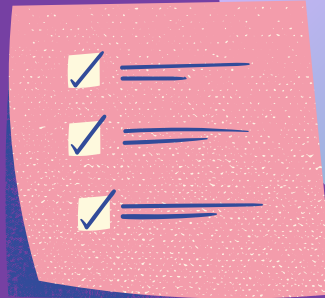
Class 6 encourage independence by completing tricky tasks and working together to solve problems.



# Keep Learning

As we get older, we learn to do more and more things without help. We can become more independent by setting ourselves small challenges and working towards them.

Below, we have made step-by-step instructions for tying your laces. Why not have a go?



## Can you...

- Tie your shoelaces?
- Fix yourself some breakfast?
- Make a sandwich?
- Brush your teeth?



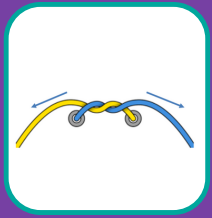
### 1. Cross

Cross one lace over in front of the other



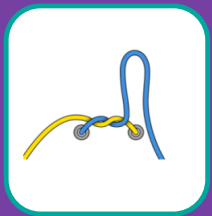
### 2. Loop

Loop the front lace over the top of the other lace and tuck in under



### 3. Pull

Pull the two laces away from each other so the middle knot is tight



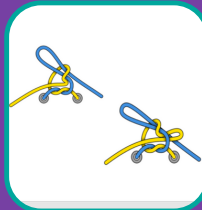
### 4. Double

Bend the right-hand lace in half to make a loop. Make sure to leave a good length of "tail" not in the loop



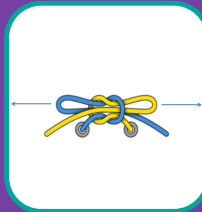
### 5. Wrap

Wrap the left-hand lace around the loop you have made.



### 6. Push through

Push the same lace through the little hole you have made in the last step



### 7. Pull tight

Carefully pull the two loops you have made until the knot in the middle tightens



There are lots of different ways to tie shoelaces - do you know a different way?

Once you have set yourself a small challenge find someone else in your class or school who is working on the same challenge and work together.



## Inspire...

Inspire each other to have a go by dreaming and talking about what it will be like when you can do these things independently!



## Support...

Share tips that have helped you as you learn this new skill.



## Challenge...

Challenge each other not to give up when it's tricky.



Click Here



When we work together like this it's called **collaboration**. It means we don't race each other to learn a new skill- we work together and help each other be the best we can be! Click on the link to hear a funny story about a dog who thought it was important to be better than his friends.



# Take Notice

The pupils of Ceara School have been looking back and thinking of things that they couldn't do a year ago, and what they can do now. You can see from the pictures they are very happy to be spending time connecting with their friends and having lots of fun!



**'Last year we couldn't...'**



Meet friends  
for a chat



Make music  
with our  
class



Build Lego  
structures with  
friends



Go on scavenger  
hunts with  
school friends



Have fun  
outside with  
friends!



**We are so happy we can do these things now!**

We all learn things at different times. Maybe there is something you can do that your friends or siblings might need help with.

Could you help them to become more independent by helping them learn it for themselves?

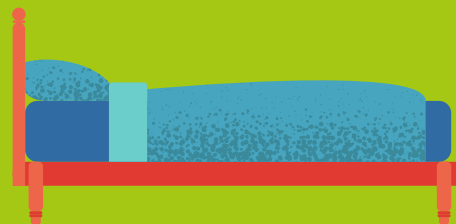


Working out how to do something in school - like times tables



Ordering food in a restaurant

Paying for something in a shop



Making your bed



Doing a new hairstyle like a plait or ponytail

Have a class discussion about what you can do to be independent. Can you think of other ideas of things you can help others to do?

## Balance Challenge

Give each person a bean bag, challenge them to walk around the room or playground balancing the bean bag on their heads. If a pupil drops his or her bean bag, they must freeze until a friend picks it up and places it back on their head for them (while keeping their own bean bag in place, of course!).



## Co-ordination Challenges

Challenge the class to do something physically difficult, such as standing on one foot with arms extended. Or you could try some of these ideas...



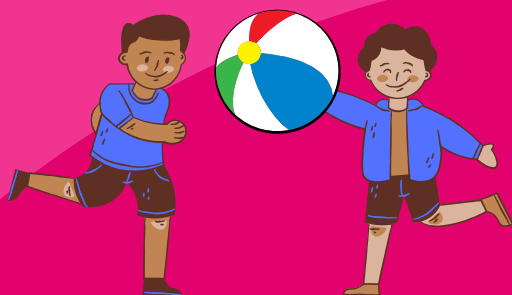
Juggling with  
bean bags or  
balls



Jump rope  
challenges



Play balloon  
hockey



### Keep It Up

The aim is to keep a beach ball or balloon from hitting the ground. Add more balls for more fun!

# The Amber Flag

 **pieta**

The Pieta Amber Flag Initiative recognises the individual efforts of primary schools to create healthy, inclusive environments that support mental wellbeing.



Congratulations to Rathore School who are celebrating achieving their Amber Flag from Pieta House for promoting Mental Health.



Tamnamore EOTAS have received their Amber Flag Reaccreditation just in time for Mental Health Awareness Week.

'We are absolutely delighted, they even sent us a new flag!'. The pupils and staff have enjoyed lots of activities including meditation, yoga, 1:1 talk time, circle time, play time, games/jigsaws, PE, daily mile, weekly themes, story time, learning something new, and gardening.







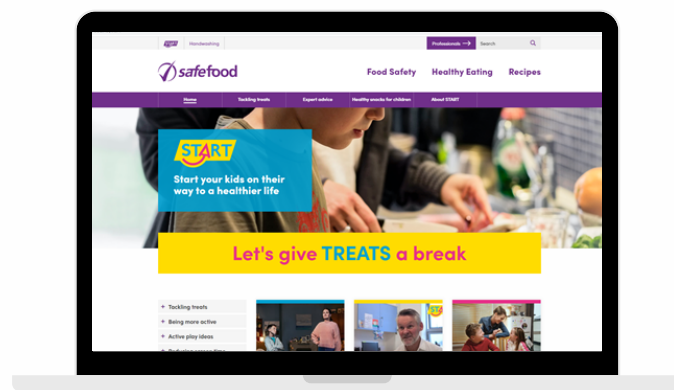
# For the grown ups

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)



# Healthy Kids

Safefood have launched the START campaign to help us help our children to be healthy. Share the top tips below with your child and let them choose one challenge to start with. Involving them in choosing the challenge will help them to be independent!



  
Click here

## The START campaign top tips for staying healthy

1. Eat fewer treat foods
2. Drink water and milk as regular drinks
3. Give the right portion size for children
4. Eat more fruit or vegetables.
5. Be more physically active
6. Limit screen-time
7. Increase sleep-time

# 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

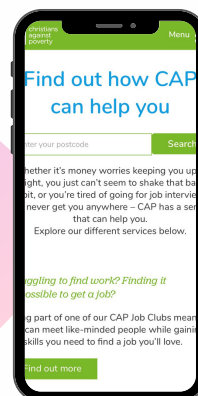
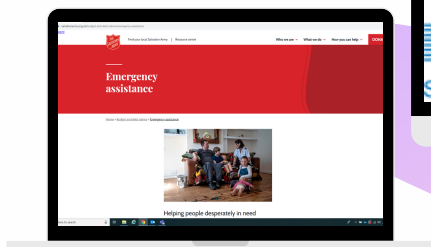
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



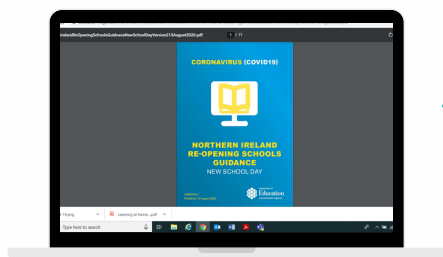
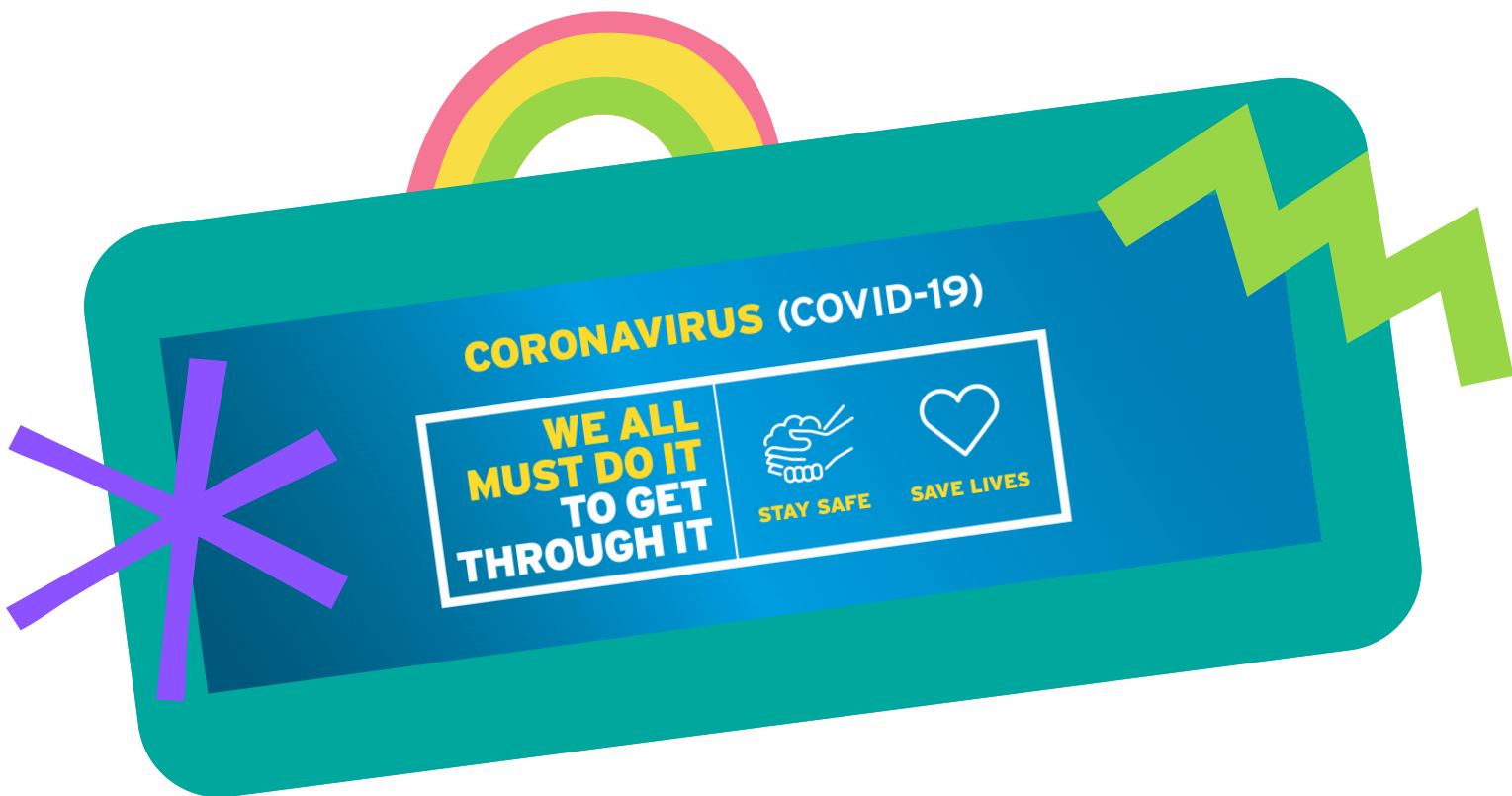
Childline



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 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.](#)

