

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

Issue 30: Friday 08 OCT 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. Our theme this week is to Be Hopeful. This is the time of year when lots of animals like squirrels prepare for the cold days of winter. They build up stores of food and make their homes nice and warm so that they can settle down for the winter and wait for spring to come. What a lovely example of being hopeful for what is yet to come! This week, we want to inspire, challenge and support you to be the best you can be at being 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

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.**

HighFive Friday

In this issue, St Joseph's P.S. Antrim are sharing their ideas for how to enjoy HighFive Friday, whilst remembering to Be Hopeful.



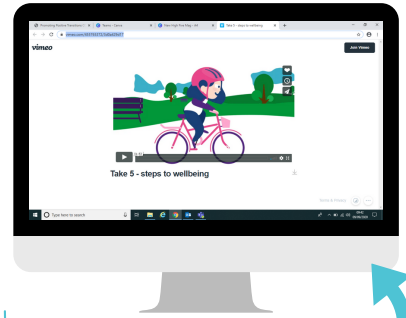
Take5

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.

Our Class Hopes....

At the start of the school year we worked together to think about our hopes and wishes for our classmates this school year.

First...

We started off by thinking about a time that we really hoped for something: a wish that might come true, a special treat with our family or a present being delivered from the North Pole.

Next...

We worked in groups to talk about what we hoped for within our own class this year:

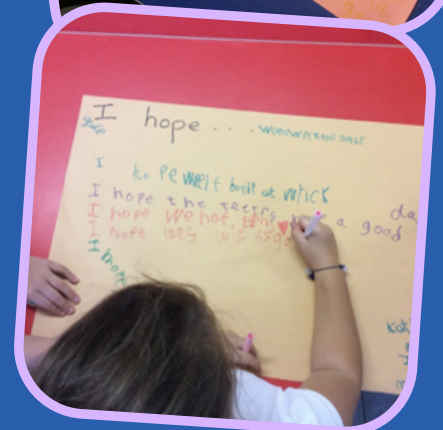
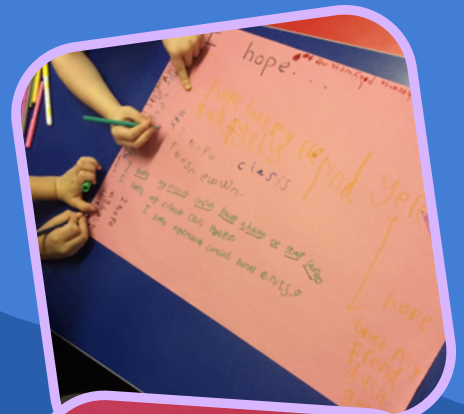
- What would we like to happen?
- What kinds of friends would be like to be to each other?

Then...

We worked in groups to write our class hopes down.

Finally...

- We thought of ways that we could work together help each other make our class hopes come true!



In St Joseph's P.S. we want to be sure everybody joins in with our HighFive Friday wellbeing activities. So our Senior Leadership Team left some treats in the classrooms for all staff on High Five Friday to encourage them to take a break, have a chat and connect.

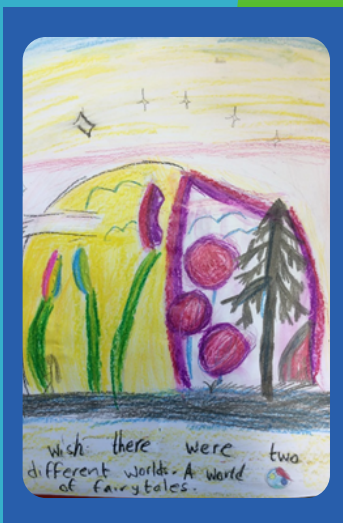
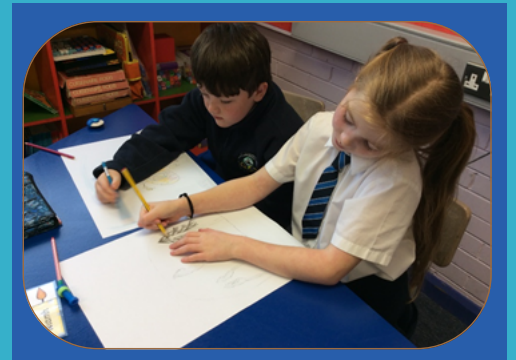


Top Tip:
Remind someone
that they are
doing a good job



Musical Artwork

Sometimes it can be tricky to make time to listen to what is going on around you. Taking some time out to really listen to a piece of music and think about how it makes you feel is a fantastic starting point for creating wonderful pieces of art.



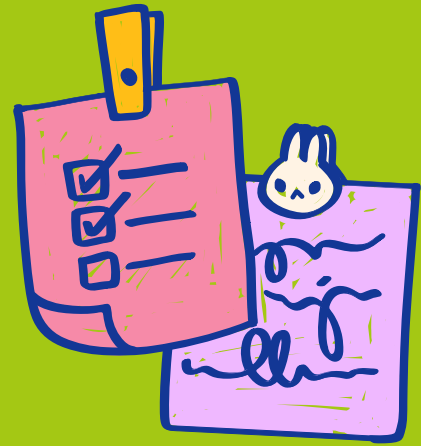
We loved listening to an extract from Stravinsky's 'Firebird' to create some beautiful pieces of art based on our hopes and dreams. We closed our eyes, listened to the music and took some time to imagine what we would dream of or hope for if the Firebird made us fall into a calm sleep.

We used lots of different art materials to bring our ideas to life!



Secret Post...

This is a fun way to share a compliment with a friend or let them know you have noticed something they have done for you. Can you work out who your mystery letter writer is?



You will need:

- 2 envelopes for each person in your class (ask your teacher to write the names of your classmates on them).
- Some paper and pencils/pens.
- A post box (any box with a hole cut in the side will do!)

1 Put all of the envelopes into a large box or bag. Each person chooses 2 envelopes from the bag. (Remember to have another go at choosing if you pick out your own name).

2 Write a secret message to put into each of the envelopes. You could choose to write about:

- Something kind that you have noticed that person doing.
- A fun time that you shared together.
- Something that you really like about that person.

3 Choose 1 or 2 people from the class to deliver the post. Can you work out who sent you a secret message?



Keep Learning

I Have a Dream...

What does the word 'hope' mean to you? When we hope for something we are thinking about the positive things that we would like to happen. This can be something that will happen very soon or something much farther in the future. What kind of world do you hope to live in when you are an adult?

Why not research some of the ideas of famous people who have had high hopes for our future. You could find out about some of ideas of people like:

- Greta Thunberg
- Martin Luther King
- David Attenborough
- Mother Theresa
- Dr Barnardo

All these people felt really strongly about how the world could become a better place for all of us.



What are your hopes for the future? Work with a partner or own your own to write or record a speech about your hopes for the future.

Watch St Joseph's P.S. P7 pupils learning about famous visionaries and the hopes they had



Sensory Circuits

Taking part in a sensory circuit is a great way of helping you to get ready for the day ahead. It energises your body and helps get your brain ready to learn.

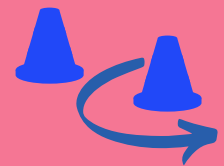
Why not have a go at some of our favourite sensory circuit activities:

Star Jumps: Jump out and spread your arms and legs to look like a star. Then jump back in. How many star jumps can you do in 1 minute?



Bunny Hops: Hold on to the bench, put your feet together and jump from side to side. Can you do more than 15 before the time is up?

Scooter Boards: Lie your tummy on the board and use your arms to steer the scooter board through the cones.



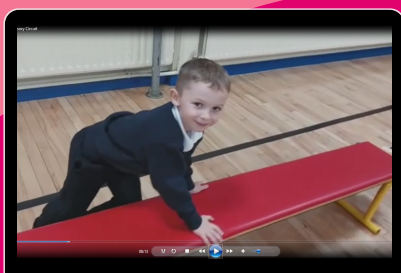
Bench Pull: Lie on your tummy and use your strong arms to pull yourself along the bench until you reach the other side.

Wobble Boards: Try hard to stand tall and keep your balance. To make it even more tricky you can throw a bean bag at a target while balancing.



Wall Push-ups: Put your hands on the wall and bend your elbows to bring your nose close to it. Then use your strong arms to push yourself back out again. Remember not to move your feet!

Ball Roll: This helps to relax our bodies. Lie on the mat and ask a friend to roll a gym ball along your back.



Watch St Joseph's P.S. pupils show us the different activities here

People Who Help Us

Fir Trees EOTAS pupils have been thinking about an unsung hero who works hard to help them. Daryl Wallace is the new Caretaker in their building. The pupils asked him about the work he does...

What is the best part of being a caretaker?

I like that I am my own boss and can take breaks at a time that suits me.

Do you eat school dinners and if so what is your fave?

I usually go home for my lunch but I do like the school chicken nuggets!

I always have to be the first person there in the morning to open the building so I have to be up really early every day!



I like helping people because they are kind to me and it makes me want to be kind back to them.

Why do you like being a caretaker?

What's the worst part of being a caretaker?

There was a problem with the hot water in the building and that took a lot of problem-solving to fix

What was the hardest thing you have fixed?



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

Be Hopeful

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



Inspire...



Kindness Matters

Share a story about a random act of kindness. Recognising the good in the world helps us all to feel more hopeful. Find a random act of kindness story that resonates with you and tell it to the people around you.

Positive Training

Our brains can be trained to look for the positives, which leads to a more optimistic outlook.

At the beginning of the day, think of one thing you are looking forward to in the morning, one thing in the afternoon and one thing in the evening. These can be small things like "today is Friday and that means it's chips for school dinner". The more we practice this, the easier it gets!

Support...



Challenge...



Change the thinking

When someone we care about has a problem, it's natural to want to help them solve it. Sometimes a great way to help is to help them see a different perspective. Empathise with them about their problem, but challenge them to remember the other things they might be thankful for.

#holdingontohope21

Click here to access campaign resources
on the *MindingYourHead* website



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

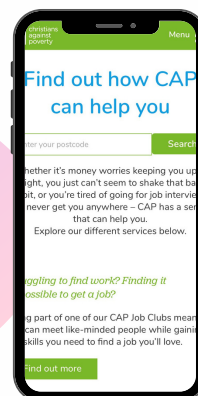
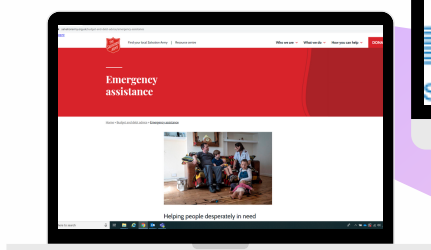
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



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.](#)

