Education Authority

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

Issue 33: Friday 26 NOVEMBER 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. It is so important to keep track of how we are doing and consider our feelings. It is important to think about the people around us as well, so that we can Take Notice of their wellbeing and Connect with those who need a little support! This week, High Five is full of ideas that Inspire, Challenge and Support us all to Be Aware of Others.

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

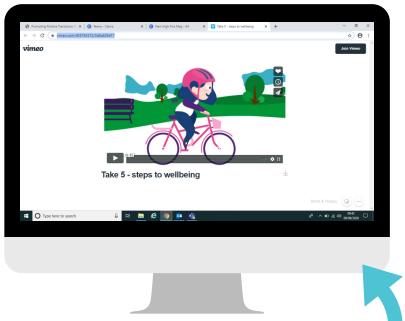
We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

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.**

This week, the staff and pupils at Mount St. Catherine's Primary School Armagh are sharing their High Five Friday ideas on how to be aware of others. In the entrance to their school there is a lovely banner showing they are a Take 5 School and are part of 'High Five Friday'.

Take5
steps to wellbeing

Education Authority



Watch a short video about Take5 here

Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.

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.

Connect

Kindness Board

This **'Kindness Board'** is in the staff room at Mount St. Catherine's Primary School. The staff are able to show their appreciation and thanks to other staff for the many acts of kindness that they show on a daily basis.

World Kindness Day

The school had a very busy day on 'World Kindness Day'. Everyone, including all the staff, wore their own clothes, and they had special treats for their break. Their 'Golden Book' pupils were commended for their acts of kindness, which happens in school every week.

Can you think of 3 acts of kindness that would make other people happy in school or at home?

1.

2.

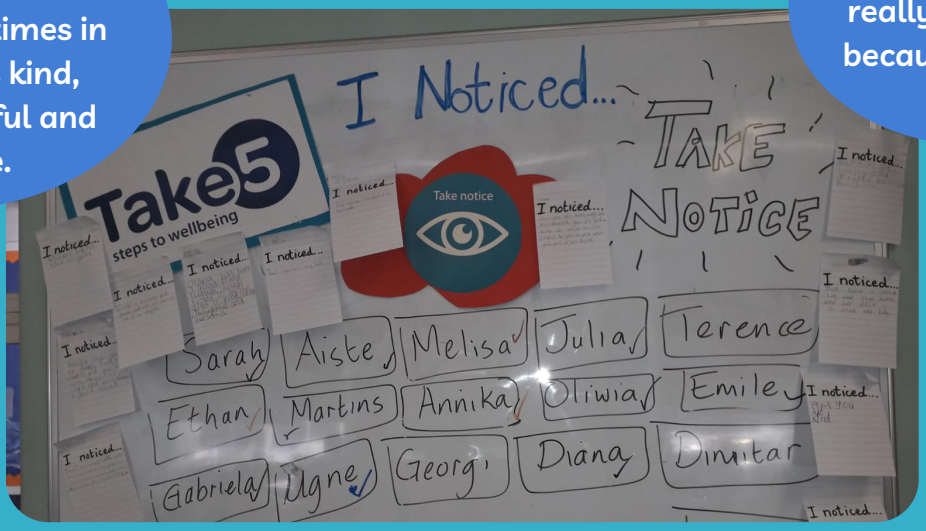
3.

Take Notice

I noticed...

In our busy daily lives, we rarely take time to stop and pay attention to what is going on right now, and appreciate the world around us and the people that we spend time with. Some pupils from Mount St. Catherine's P.S. decided to stop and take notice of the people in their class and the kind and friendly things they do.

I noticed...Oliwia has been a good friend through tough times in P6. She also is kind, caring, thoughful and awesome.



I noticed...Martin is a really good friend because he is kind.

It is also important to remember to take notice of how you and other people are feeling. If you notice someone is feeling sad or worried about something you could...

Ask them are they okay

Try to help them solve the problem

Ask an adult for help

Try to cheer them up and make them feel happy

Give

Thank You

Pupils in Primary 7 showed they were taking notice of others by writing them a note to say thank you!!

'Bee Positive'

You could spread some positivity and kindness around your classroom. What could you write on a thank you note to people in your class?

Keep Learning

Find out something new

Connect with the people in your class and learn something new about them. You can do this by asking them questions about themselves and the things that they like and enjoy doing. Do you have anything in common?

Do you have any pets?

What are you good at?

What is your favourite talent?

What is your favourite food?

Where is your favourite place to go on holiday?

What makes you happy?

Who is your favourite person to spend time with?

What are you proud of?

Another activity to find out fun things about your friends is a game called 'Would you rather...'

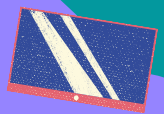
Be a unicorn or a dinosaur

Be hot or cold

Hold a snake or a frog?

Be an astronaut or a deep sea diver

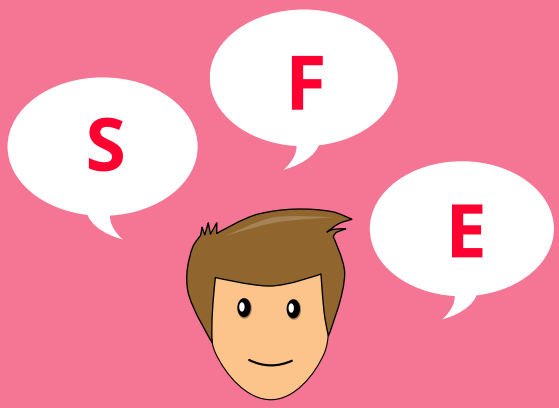
Watch TV or listen to music



Be Active

Have Fun with Friends

Red Letter



- One child is it and the other children stand at the opposite side of the playground.
- The person who is it chooses a red letter and tells the players what it is.
- They then call out a letter – the players take one step for each time that letter occurs in their name.
- The first player to get to the caller is it the next time.
- If the caller calls the red letter, they will chases all the players back to the start, if one is caught then they are it.

Outdoor Scavenger Hunt

As the seasons are changing it is important for us to keep active and healthy. We can still go outside for some fresh air and have some fun at the same time. As it gets colder it's important to remember that we wrap up warm, with a scarf and gloves. You could organise a scavenger hunt with your classmates at break time or with the people at home. Think of a list of things that you might see at this time of year and see how many you can find. When you are out, make it a game to be the first person to spot something on the list.

You could try to find:

PBSP Inbox

Abbots Cross Primary School Open New Nurture Classroom

Minister McIlveen visited Abbots Cross Primary School to officially open the new Nurture Classroom. She was greeted by the Primary 5 singers and said it was the loveliest welcome she had ever received.
The Deputy Mayor, Councillor Stephen Ross, also attended. During his speech he noted how the school has long been a focal point for the community and paid tribute to the dedicated team of staff who encourage pupils to believe they can achieve.

Minister McIlveen commented that she was aware of the nurturing environment in Abbots Cross Primary from the moment she arrived. The Nurture classroom has been named "The Submarine" and has an underwater theme, including a tropical fishtank!
Minister McIlveen spent time touring the whole school and outdoor areas and was impressed by the outstanding facilities and polite, hardworking pupils at Abbots Cross Primary.

PBSP News

Taking New Steps Together

Lots of our EOTAS Centres have seen some big changes in the last few weeks. With change comes the opportunity for us to Keep Learning!

Little Oaks EOTAS centre have moved to a new building this term. Although a big move like this can be challenging, they're excited about exploring and enjoying their new spaces.

Mr Holly and Mrs Burns are all ready to tuck into the delicious welcome cake that Mrs Burns baked for the big move!

Fir Trees EOTAS are excited to welcome Mr Murrock to their team as a new Senior Teacher!

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 Aware of Others

When we are aware of others and sensitive to the needs of those around us, we can help to make somebody's day just that little bit brighter.

Inspire...

Others in the Community

Children in Need is a charity that helps thousands of children across the UK every year. Although their big Appeal Show was last week, they welcome donations at any time of the year. Have a look at their website to see inspiring stories about how donations help. Maybe you'll even be inspired to do some fundraising of your own for them!

Support...

Work Together to Make Someone's Day

Think of somebody you know who might be in need of a little pick-me-up; maybe they're not feeling well or have had something sad happen to them recently. Decide something you can do together that will make them smile - maybe you could bake them something delicious or make them a beautiful card or even write them a letter.

Challenge...

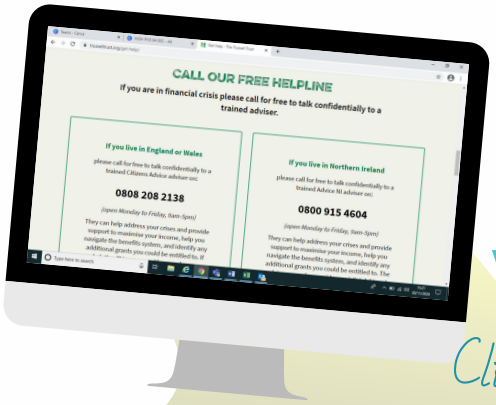
Random Acts of Kindness

Set everyone in your house or class a challenge to do at least one Random Act of Kindness for somebody else each day. They can be little things like holding a door open for somebody, giving a compliment or helping another person to carry something. At the end of the day, tell each other about your random acts of kindness and how they affected others.

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.

HELP HUB BITESIZE TIPS

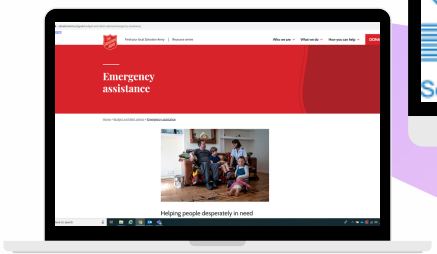


Click here

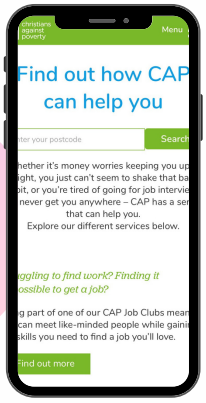
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.

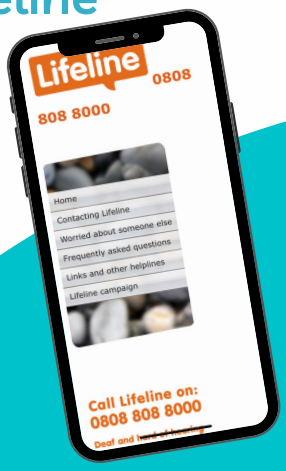
Click here



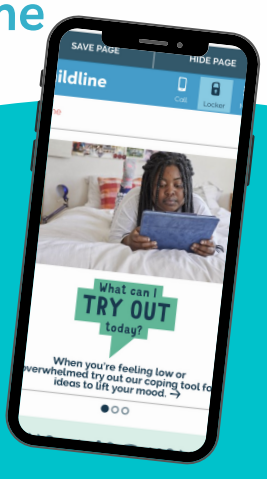
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



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.

Department of Educatio

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

ni ABF

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

ea Education Authority