

Issue 78: Friday 31st May 2024

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

High Five



Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be Nurturing
- 06 Be Active - Create an Outdoor Sensory Circuit
- 07 Connect - Time With Family and Friends
- 08 Take Notice - Mindful Scavenger Hunt
- 09 Keep Learning - Nurture Talent with Sir James Galway
- 10 Give - Take a Pause
- 11 PBS&P Inbox - Parkview School Colour Run
- 13 PBS&P Inbox - Pieta Amber Flag Award
- 15 Parent Hub - Theraplay Informed Activities
- 16 Staff Hub - The Classroom is a Safe Base
- 17 Staff Hub - Primary 7 Transition
- 18 Staff Hub - High Five Resource Hub



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 Nurturing. You'll find that there are a lot of things we can nurture and look after, even our talents! Take some time in your last few weeks of term to look after yourself and each other.

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.**

The Calm Plan

This online training session provides an overview of the Calm Plan approach which has been developed over 10 years in collaboration with schools and pupils across the EA.

This practical framework is based on the most recent theory and practice in the areas of Nurture, Trauma Informed Practice and the Neurosequential Model.

The session outlines how a collective care approach can be taken to support the wellbeing of everyone in the school community.

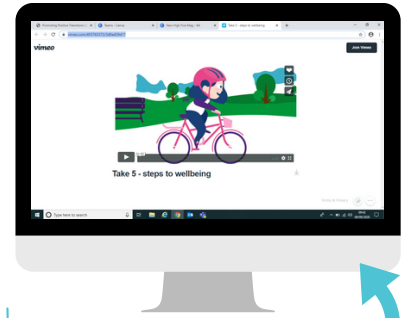
There is one date remaining for this academic year - click the image to register.



Developing a Calm Plan Training
10 June 2024 2:30pm - 4:15pm

Take5

steps to wellbeing



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.

Be Nurturing

Our High Five challenge this week is to Be Nurturing. Nurture means to take care of, feed, and protect someone or something, especially young children or plants, and help him, her, or it to develop.

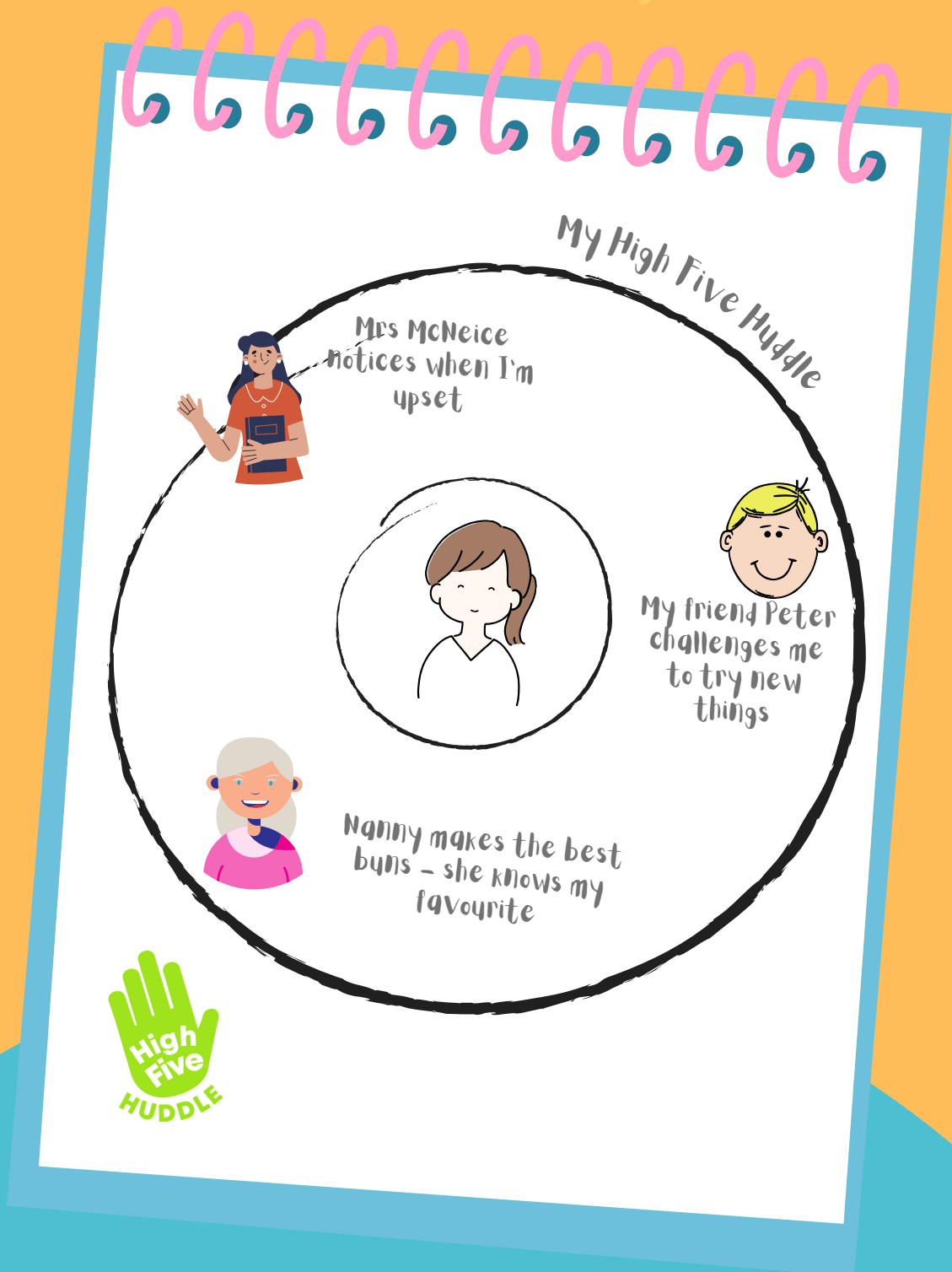


Start off your challenge by nurturing a sunflower. Research and make a list of all the things you will have to do to nurture and help it develop. Then get planting!



Be Nurtured

Now think about who has nurtured you. Who takes care of you, feeds you, keeps you safe and helps you learn and grow? These people are in your High Five Huddle- the team around you! Make a note in your journal of all the people in your High Five Huddle and how they nurture you.



Create an Outdoor Sensory Circuit

Now that the days are getting sunnier, as a class you could create an outdoor sensory circuit. Think of all the fun things you can include using chalk or some PE equipment. Remember on the way round to help and support others in your class.



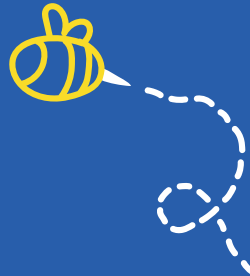
Click here to access more ideas to Be Active

Connect



It is important that we remember to schedule time with friends and family, to relax and have fun! All you need is a dice and some counters to play.

FINISH



START



Click here to access more ideas to Connect

MINDFUL SCAVENGER HUNT



We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

1

Notice the weather. Is it sunny or cloudy? How does the air feel...warm, cold, windy?

2

Find a tree and touch the bark and leaves. What do they feel like?

3

Smell a flower or a plant. How would you describe the scent?

4

Observe a bug without disturbing it.

5

Notice what you hear outside. Do you hear the wind, birds, or insects?

6

Lay on the ground. How does the earth feel beneath you? What do you see in the sky?



Click here to access more ideas to Take Notice

Keep Learning

Did you know that you can also nurture a talent?
You can take care of it, feed it and watch it develop.
It might not feel like a talent when you start but
with some hard work it can become one!

Sir James Galway is a world famous musician known as the man with the golden flute. Click on this image to watch him perform.



HIGH FIVE asked Sir James who inspired him to play the flute and how he nurtures this talent.

Click here to find out what he told us!



Be inspired by Sir James Galway! What talent would you like to nurture? It could be anything and it doesn't have to be something you find easy to start with.

Let Sir James know the talent he has inspired you to nurture-
info@jamesgalway.com



Click here to access more ideas to Keep Learning





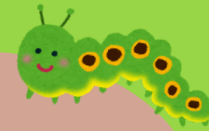
Take a Pause

Have a moment to yourself, sit quietly for a minute or two. If you want to, close your eyes and practice deep breathing. Here are some questions you can think of...

Imagine you are at the beach. What would you do for the day?



Imagine you are as tiny as an insect. What would life be like for you?



What is your favourite season and why?



What would you say to animals if they could talk to us?



What is the best thing about being your age?



What superpower would you choose?



If you could be any animal for a day, what would you choose?



What helps to calm you down when you are upset?



What is something fun you do during the summer?



Click here to access more ideas to Give



Inbox



Parkview School, Lisburn

Parkview School shared photographs of their recent school 'Colour Run'. It looks like all the pupils and staff had a great day!





Inbox



Parkview School, Lisburn
Colour Run





Inbox

Pieta Amber Flag Award

Pieta's Amber Flag initiative celebrates communities that create healthy, supportive, and inclusive environments by promoting mental well-being.

Congratulations to all the staff and pupils involved, in PBS&P EOTAS Centres, who have achieved the award!



“Your Amber Flag Committee has shown great commitment in promoting positive mental health by encouraging teamwork and contributions from peers. Our team has thoroughly enjoyed seeing the results of your efforts through the wonderful initiatives you organised.”





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



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.

Simon Says

This is similar to "Mother, May I?" but with the added challenge that the child must watch out for commands that do not have "Simon Says" as part of the phrase. Thus, when the game is going rapidly, the leader can suddenly omit to say, "Simon Says," and the unwary participant may do the action without thinking. If a player makes this mistake, it is their turn to be leader.



Drawing Around Hands, Feet or Bodies

Make a picture of the child's hand or foot by drawing it on a piece of paper. Full body drawings require the child to lie still for some time and are therefore more challenging. Be sure to maintain verbal contact as you draw.

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.

Row, Row, Row Your Boat

Sing the familiar song, adding the child's name at the end ("Erin's such a dream"). Small children can be held in your lap. Older children can sit facing you. Clasp forearms rather than hands makes this feel more secure and connected. If another adult is available, child can be seated between you as if in a boat as you row back and forth. The tempo can be varied from fast to slow and back again to practice regulation. You also can rock from side to side. The second, more exciting verse concludes, "If you see a crocodile, don't forget to scream." Then both scream loudly.

Mirroring

Face the child, move your arms, face or other body parts and ask the child to move in the same way. For a very active child you can use slow motion or vary the tempo. Take turns being the leader.



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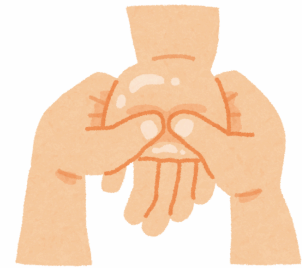


Nurture Activity

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.

Slippery Slippery Slip

This is a lotioning activity with an added element of surprise (as well as giving an opportunity to apply firm pressure to the child's body). First rub lotion on the child's hands/arms. Then holding firmly, 'Slippery, slippery, slip', and pull towards you, falling backwards with an exaggerated motion as the slippery arm or hand escapes.



Cotton Ball Touch

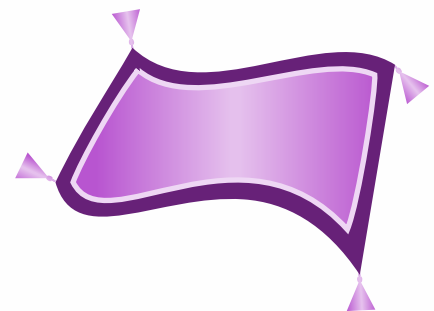
Have child close eyes. Touch child gently with the cotton ball. Have child open eyes and indicate where she was touched.

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.

Magic Carpet Ride

Have child sit on a large pillow or small blanket, holding firmly to the edge. When the child looks at you, pull him around the room. When he breaks eye contact, stop. This works well on a slippery surface, such as a wood or vinyl floor.



Balancing Activities

The child lies on back on the floor with feet up in the air. Place one pillow on child's feet and help balance it. Add additional pillows one at a time as long as the child is successful. Balance books, pillows, or hats on the child's head and have them walk across the room.

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!





The Classroom is a Safe Base

The second principal of nurture is that the classroom offers a safe base. Take time to consider how you can follow this principal for the group of pupils in your classroom.

Creative Meet and Greet every morning

Try these ideas to make sure every child feels seen and welcomed at the start of each day:

- Have a secret class handshake- let the children design it and change it each week, month or term
- Play welcome music as the class arrive- keep it to a limited number of songs for familiarity and match to the energy you want to start the day with.



Calming Effects

Try these sensory ideas to make your classroom feel safe and calm:

- Consider using fairy lights or lamps rather than the “big” light
- Choose times of day to play background music- use a bit of trial and error to find out which playlist is best for your current class
- Have access to cushions and soft seats- not many of us would manage on those hard chairs all day!



The Classroom is a Safe Base

Plan Nurturing Experiences

Try sharing food or doing a job together:

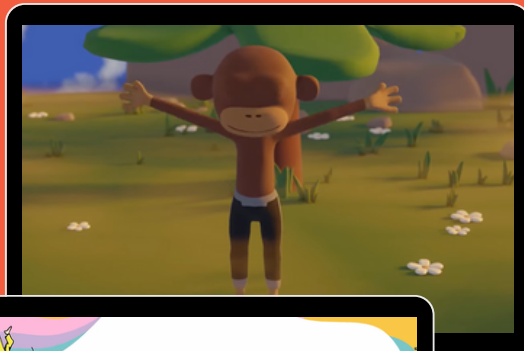
- Have toast time
- Make milkshakes together
- Clean out the paint pots together
- Time working in the school garden



Move and Stretch

Try to avoid sitting in one place for long sessions

- Daily Mile could become "twice" daily mile
- Even if a child chooses not to join in, they can still benefit from watching / listening to the calming music. try Moovlee or Go Noodle (click on the images)



Remember - every year your group is different so take time to plan how to make your classroom a safe base for the group of pupils in front of you. This will probably look slightly different year on year.



Primary 7 Transition

Primary Behaviour Support & Provisions have developed primary 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

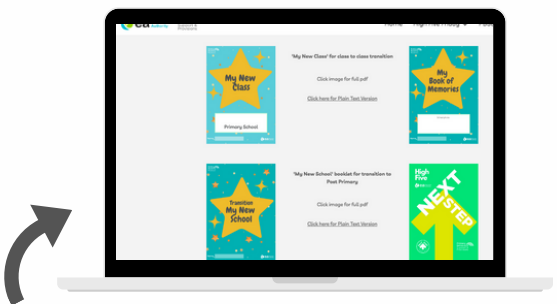


'My New School' booklet for transition to Post Primary



'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 Resource Hub.

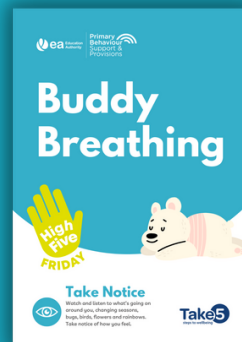
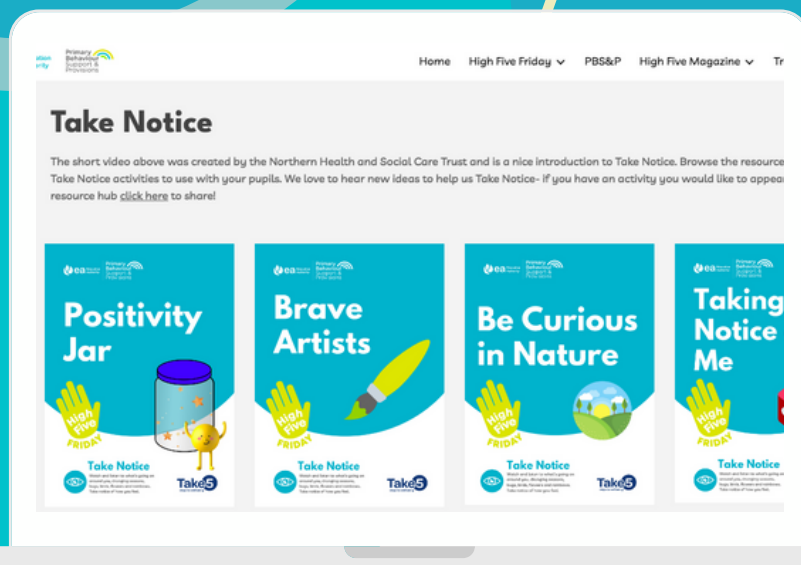




High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. The Hub allows access to over 200 resources including:

- The fortnightly PBS&P High Five Magazine
- High Five Friday information and activities
- Staff Hub
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting



Click on the image above
or scan the QR code to
visit the hub

Telephone Advice & Support Helpline

The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm on: 028 3831 4461. Teachers or school managers requiring advice about a primary or nursery aged pupil not currently known to Primary Behaviour Support and Provisions can call and speak to one of our officers who will share strategies and guidance to help with the situation being described.



There were 1733 calls to the helpline between Sept 2023 & April 2024

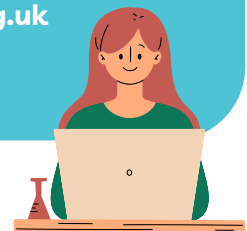


TASH Closure

The helpline will be closed on the following dates:

- Mon 1 July to Fri 6 September (inclusive)

If you need to contact us when the helpline is closed you can email: primarybsp.enquiries@eani.org.uk



Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

The Primary Behaviour Support & Provisions (PBS&P) Service supports the personal, social and educational development of pupils with a Special Educational Need (SEN) arising from social, behavioural, emotional and wellbeing needs.

We do so by working together in partnership with children, educational staff, parents and carers and other professionals.

We provide support for children in pre-school settings, primary schools, learning support centres and special schools, as well as information, advice, training and guidance to families, carers and educational setting staff.

Scan the QR Code for information on the following areas



How to access Primary Behaviour Support

How to get support for a child or young person.



Behaviour Support for a child

Find out about the support available for your child or young person.



Information for Schools Primary Behaviour Support

Find out about the support available to educational settings.



About the Primary Behaviour Support and Provisions Service

General information about the Primary Behaviour Support and Provisions Service and who they work with.



Useful Resources and Links - Primary Behaviour Support

Information and resources for school staff and parents in supporting children and young people.

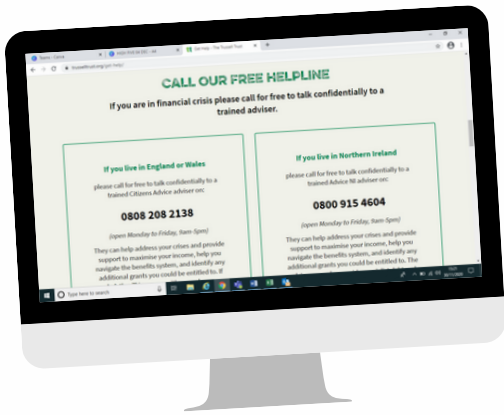


Contact Primary Behaviour Support & Provisions Service

If you have queries or need advice, guidance or support contact us.

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.

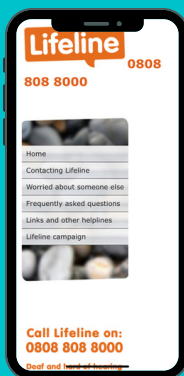


Scan the QR Code

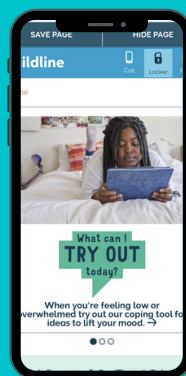
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



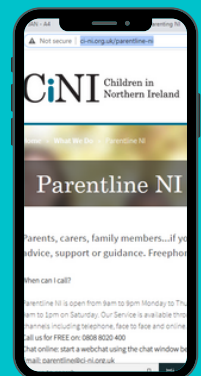
Lifeline



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.