

Issue 76: Friday 3rd 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**



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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 in this issue is to Be Original. This means to step out of the norm and do something very different. Take time to think about what it takes to be original and what might hold you back.

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.**

## Training for Professionals

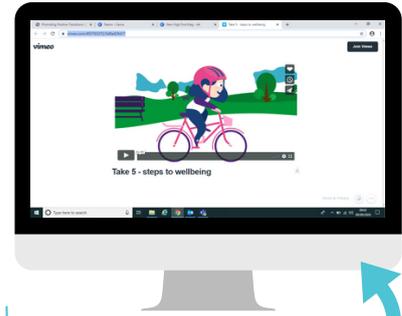
Our latest “lift and go” training/resource has been added to the High Five Resource Hub. The High Five Huddle is an approach building a network of supported adults around our pupils in school.



Click this image to access

# 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.

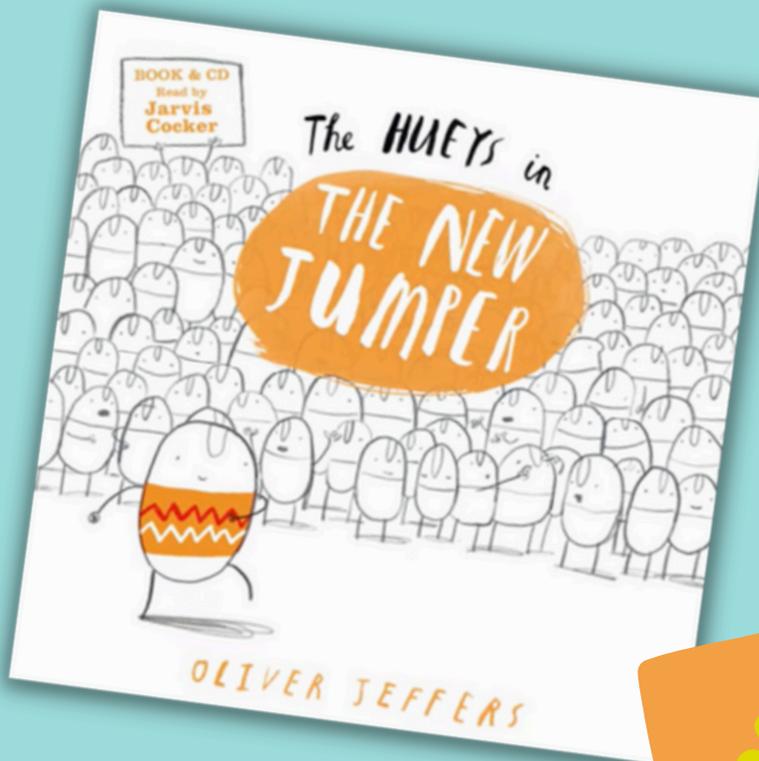


## Keep Learning

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 Original

Our High Five challenge in this issue is to Be Original. To get started click on the book below and listen to this story by Oliver Jeffers.



Click here

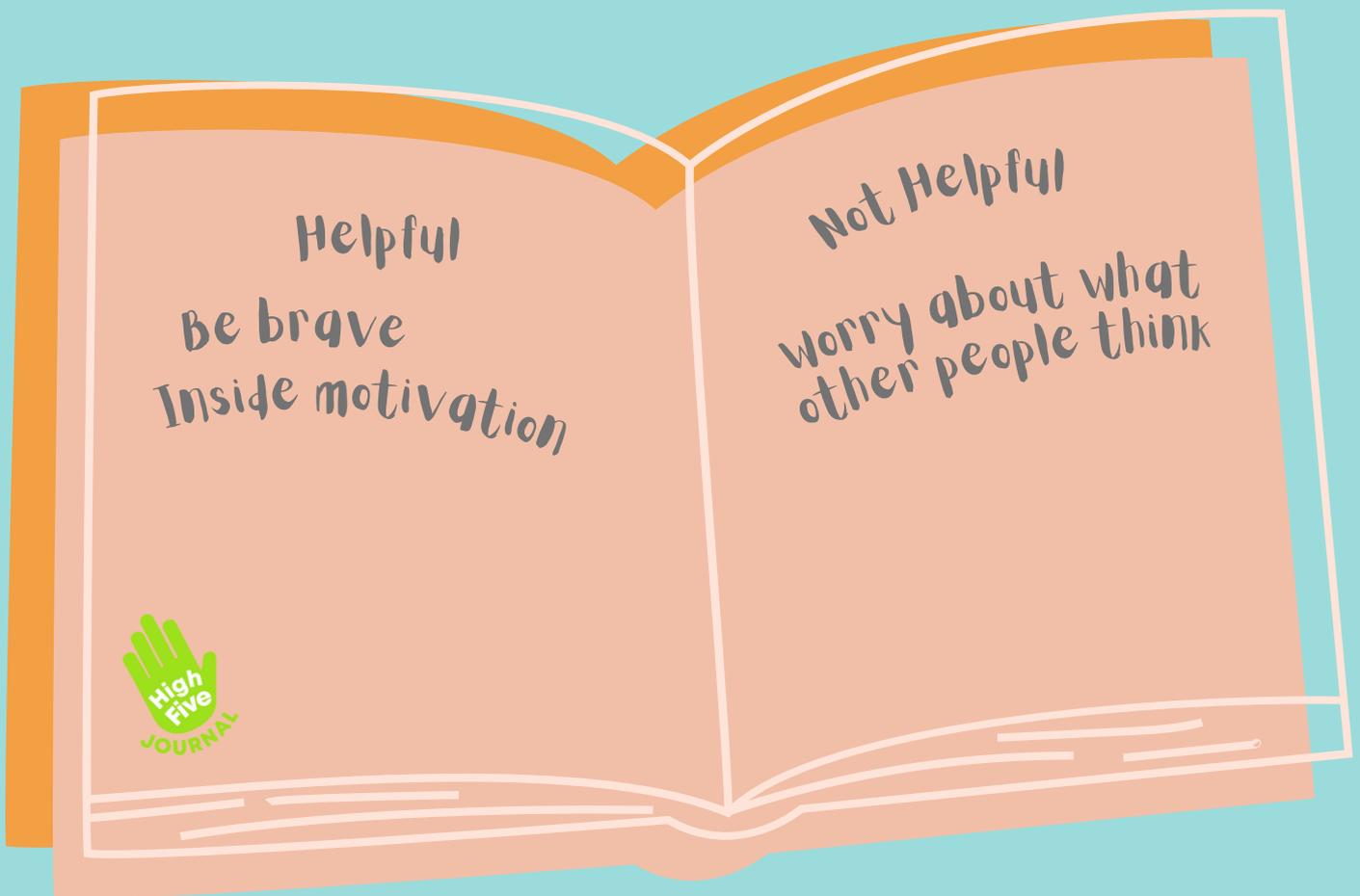
The Hueys were created by Oliver Jeffers. Oliver is from Northern Ireland. He went to school and University here. Did you notice when you listened to the story how original the illustrations are? Doodle some of the pictures in your High Five journal.



Oliver Jeffers has written and illustrated many original stories. Click on the image to find out more and get contact details. As a class why don't you send him a message asking for tips on being original?

# Be Original

Now that we have looked at an example of being original, have a think about what would encourage you to be original and what might hold you back.



Talk about your ideas as a class or in a small group - how can you help each other to be more original?

## Tightrope

- Have a long rope and place it on the floor across the room
- Take turns to pretend to walk on the 'tightrope' without falling
- Once everyone has had a turn try walking sideways, tiptoeing, hopping or walking backwards for more of a challenge!
- For another challenge you could think of animals beginning with the letter A then B, and so on, while on your tightrope
- A nice way to finish the activity could be that other children call out reasons why you are special...



'You are brave'

'You are kind'

'You are amazing'

Click here to access more ideas to Be Active



Unlike the Hueys we are all different...we all look, think and do things differently, but that's what makes each of us special! A fun activity to show that we are all different is 'Tell Me...'. For this game lots of different coloured balls or pieces of paper are placed in a bag. We can take it in turns to pick one out and tell a story or answer the question. Every colour represents its own story.

## Tell me...



Something  
about  
yesterday



Something  
you learnt  
last week



Something  
that you can't  
live without



Something  
you do well



Something  
about your  
family



Something  
that you  
watch or  
listen to



Click here to access more  
ideas to Connect



# Take Notice



## Bubble Pop

**'Bubble Pop' is a fun game for all the class. Make the most of the better weather and go outside to play! Follow the steps below...**

**1**

**An adult will blow the bubbles and give everyone a turn to pop them.**

**2**

**This is a challenge for everyone to wait their turn!**

**3**

**Now try to pop the bubbles but make it original by using different body parts to pop them.**

**4**

**Each time someone pops a bubble they can share a fun fact or something that makes them feel happy. The ideas are endless!**



**Click here to access more ideas to Take Notice**

# Keep Learning

Being different is amazing, let's celebrate it! By playing a game of 'Would You Rather' you will see that we all like different things, but that's what makes us special and original!



Would you rather hold a snake or a spider?

Would you rather be able to slide down rainbows or jump on clouds?

Would you rather have lunch with a famous singer or footballer?

Would you rather be super strong or super fast?

Would you rather ride on an elephant or a horse?

Would you rather have wings or a mermaid tail?

Would you rather have to eat raisins every day or eat peas?

Would you rather live somewhere hot or cold?

Click here to access more ideas to Keep Learning



## Being Original

"What can you do that makes you different from everyone else?"

Being original and unique means being the only one of its kind; unlike anything else. Can you think of all the ways you are unique? What makes you special? Can you run super fast, are you great at colouring pictures, good at football or are you good at helping your brother build Lego?



[Click here to access more ideas to Give](#)



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](mailto:primarybsp.enquiries@eani.org.uk)



# Every Child Is Unique

Every child has unique character strengths and abilities that allow them to express their individuality in a social environment. It is what makes them special.

## All About the Bag

Everyone is given a bag (or container)...

- Fill this bag with 4 things or objects that tell something about yourself - only 4 things, no more, no less!
- All your objects have to fit in this bag.
- Decorate the bag if you wish!
- Bring the bag back and be ready to share with everyone else.



## It's Good to be Me!

Have some fun sharing the things that make us unique, special and original. Asking questions helps us to build connections with others.

- What are you most proud of?
- What makes you smile?
- What are you thankful for?
- What's your favourite movie?
- What's your favourite sport?
- What's your favourite dessert?
- What do you like to do after school?
- What are you looking forward to?

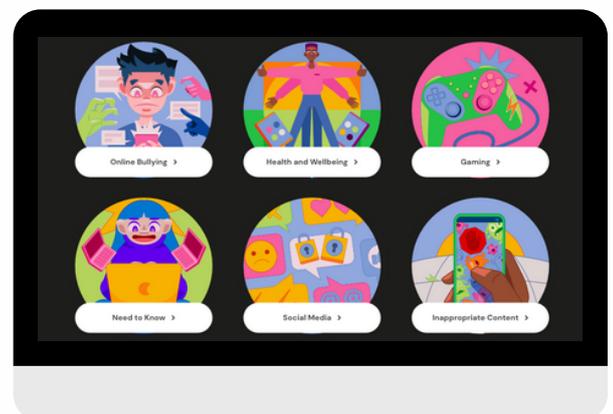
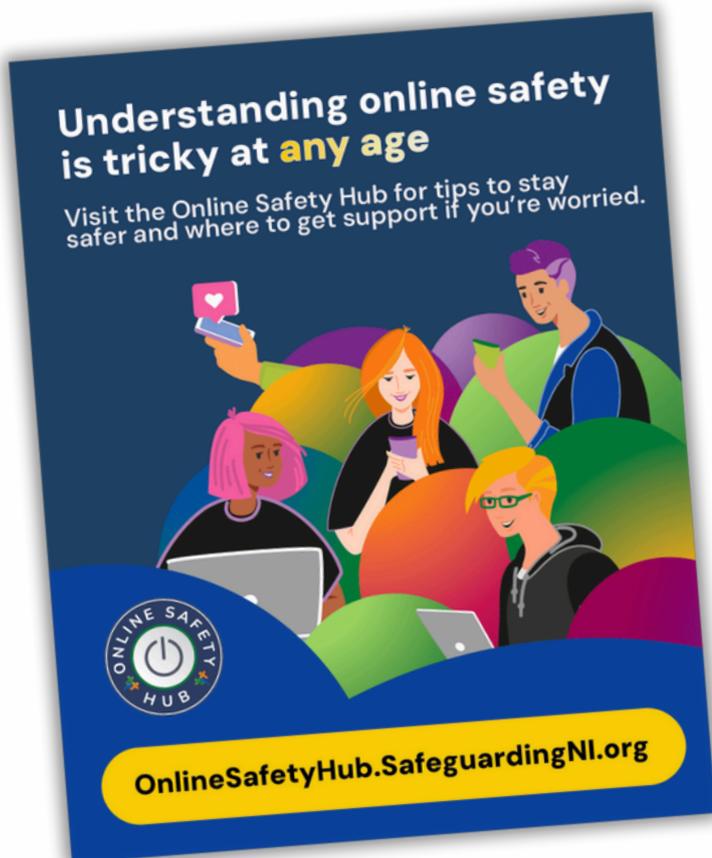
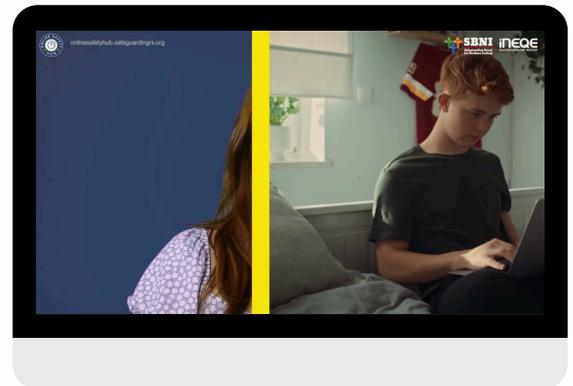


# Online Safety Hub

The Online Safety Hub is designed to keep children safe, secure and supported online.

The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.

There's a section for parents/carers, professionals and one for young people.



Click here to access the Online Safety Hub for young people



Click here to access the Online Safety Hub for parents/carers & professionals



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!



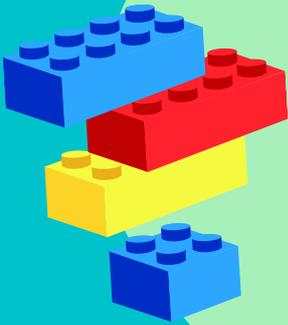
# Encouraging Originality

We can't really plan to be original- it's more about being brave enough to step out and try something different. As educators our role is to ensure there are moments built into every day where those in our classrooms have opportunity to be original. The good news is that our curriculum in Northern Ireland encourages us to do just that. So be brave, step out and be different. Here are a few tips to get you started.



High Five

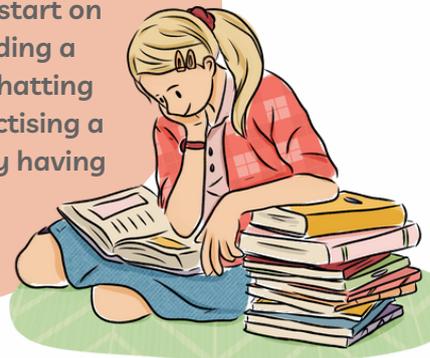
STAFF HUB



Schedule open ended activities throughout the school week - at least one each day (e.g. lego with no set task). For record keeping you can take photos but these sessions are not assessed so no marking required (hooray)!

## Scheduled

Plan between 10-20mins each day where the children have choice over what they do- this can include getting a start on homework, reading a favourite book, chatting with a friend, practising a new skill or simply having a rest.



## Spontaneous

Be ready to change or adapt your planned activity if the children have a better idea or your class discussions take you down a different path.

Build up your tolerance for unfinished tasks in workbooks. It's ok to abandon a task or topic to follow a new idea or the children's interests.



# May Movers Step Challenge 2024



Would you like to move more in May? If the answer is yes then we have the perfect solution – our **EA May Movers Step Challenge**.

To mark National Walking Month which takes place throughout the month of May we are encouraging you to get together as a team and take part in our walking challenge. We will present you with a new theme each week and offer words of encouragement and motivational tips to help you and your team achieve your goals and have some fun along the way.

May Movers Step Challenge will begin on Wednesday, 1 May 2024 and will end on Friday 31 May 2024. Each team will be made up of 4 members from any department or school across the Education Authority. Challenge yourself to be the best version of YOU! - Registration is easy.

1. Choose your team leader and team name
2. Register your team name and list your team members [here](#)

It doesn't matter if you're a casual stroller, a power walker or a marathon runner this challenge aims to inspire you to be more active, and connect with friends and colleagues. So let's all join together and make 'May Movers' fun for everyone. If you are an individual looking to take part, just drop us an email to [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk) and we will help create a team for you.

The team with the most steps in total by the end of the 31 days AND the team with the most creative team name will all receive a Health and Wellbeing Goodie Bag. Take a look at some feedback from staff who took part in our step challenge last year:

- “Encouraged me to engage with colleagues and make a real effort to get out and about. Loved the themes and locations for walks.”
- “Friendly competition within school. Incentive for everyone to get outside and get active.”
- “Motivating being accountable for my own steps. Enjoyed being part of a team.”
- “Connecting people and encouraging exercise and work life balance.”

Remember, it's not the winning it's the taking part that counts!

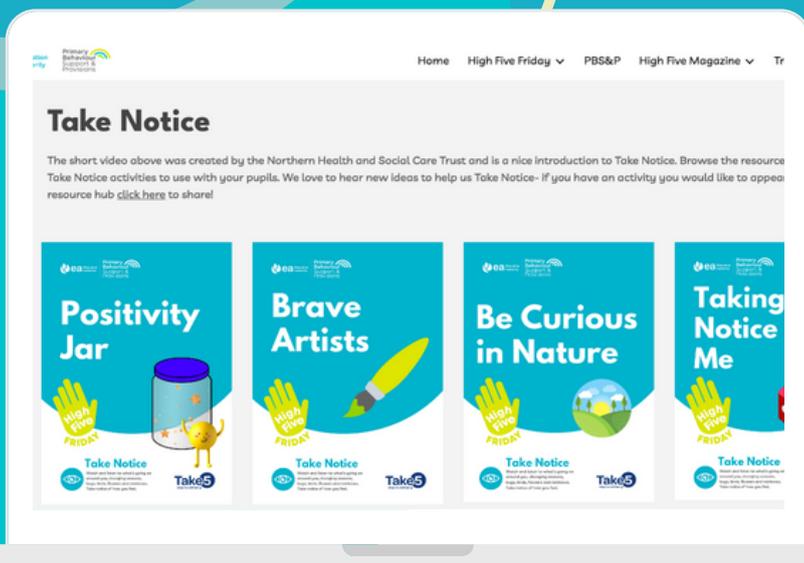
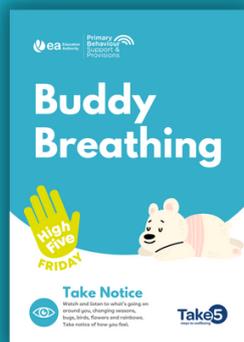
Click here to  
access the EA  
Health Well



# 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

# Primary 7 Transition

Primary Behaviour Support & Provisions have developed 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

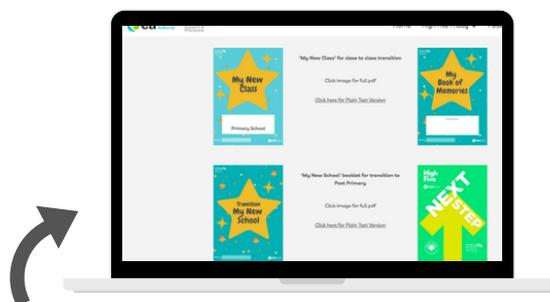


**'My New School'** booklet for transition to Post Primary



**'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.



# Upcoming PBS&P Training

Click the images below to register for these training sessions available to school staff

## High Five Friday

High Five Friday is an ongoing whole school emotional health and wellbeing programme. Participating schools dedicate every second Friday to focus on embedding nurture principles, complete activities featured in the High Five magazine and use the Take 5 framework to deliver the day's learning.

It is time and space for every member of the school community to step back and focus on enjoying each others company.



[High Five Friday Information Session](#)  
16 May 2:15pm - 3:30pm

[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



[Development and Implementation of a SBEW Plan incorporating the Pupil's Voice](#)  
17 May & 24 May 2024 2:30pm - 3:45pm  
(Participants must attend both sessions).



[Developing a Calm Plan](#)  
10 June 2024 2:30pm - 4:15pm



[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing \(SBEW\) Needs](#)  
08 May, 15 May & 22 May 2024  
11:00am - 12:30pm  
(Participants must attend all sessions).



# Upcoming NASS Training Available



Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.



**Connect and Nurture (CAN)**  
**07 May 2024**  
**2:30pm - 3:30pm**



**Theraplay Informed Practice - activities to build attachment**  
**14 May 2024**  
**2:30pm - 3:30pm**

**[Click here to access further training information from the Nurture Advisory & Support Service](#)**

# 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 1329 calls to the helpline between Sept 2023 & Feb 2024



## TASH Closure

The helpline will be closed on the following dates:

- Monday 06 May
- Monday 27 May

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

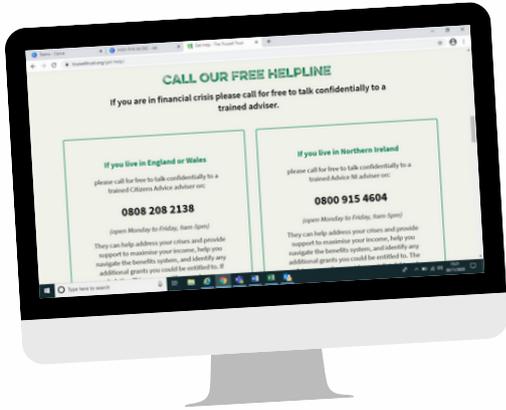


### Contact Primary Behaviour Support & Provisions Service

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.

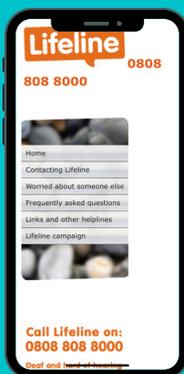


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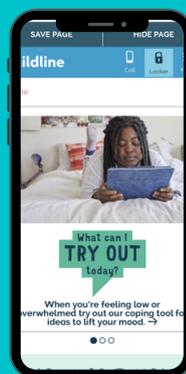
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



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.