

Issue 77: Friday 17th 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 inspired. It's always easier to do something because we have been inspired rather than being made to do it! Take time to allow the people and activities we have included in this issue to inspire you.

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.

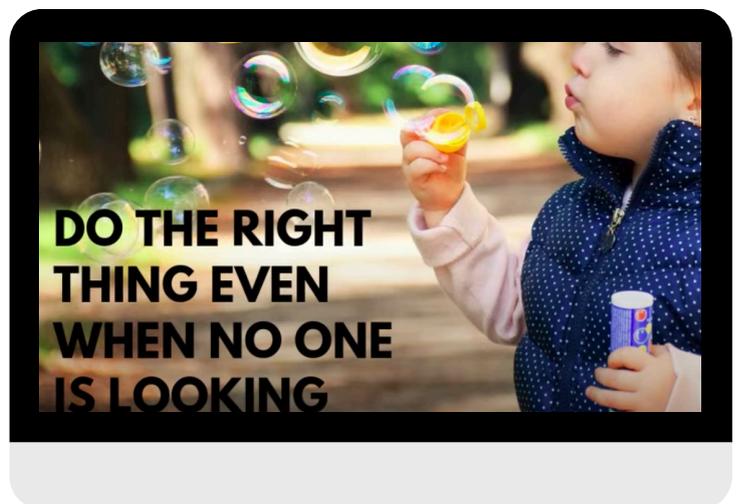
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

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.**

Inspirational People

Inspirational people are all around us. There are inspirational people in our classrooms. A teacher or friend may inspire you every single day. Write an inspiring note and place it on the desk of one of your inspirational classmates.

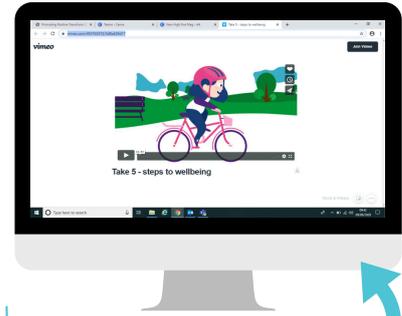


Click here for some
inspirational ideas



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

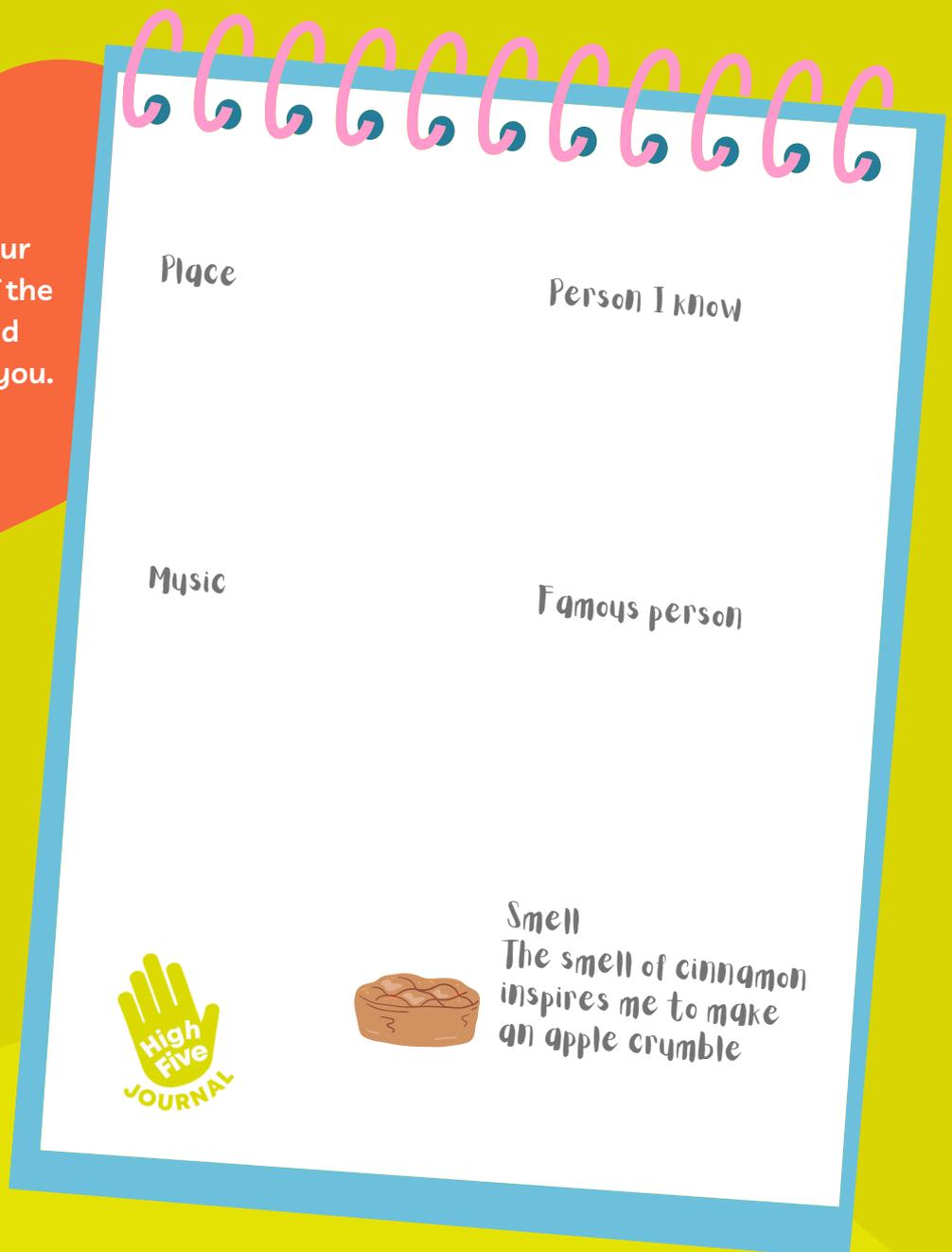
Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

Be Inspired

Our High Five Challenge in this issue is to Be Inspired. Being inspired is closely linked to inside motivation. Something we see, hear or read or someone we know either inspire us to try something new or to be the best we can be.



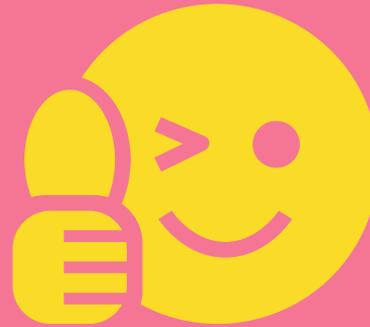
Make a note in your High Five journal of the things, people and places that inspire you.



Sport of the Week

Being physically active is really important for children as it:

- builds confidence and social skills
- develops co-ordination
- improves concentration and learning
- strengthens muscles and bones
- improves health and fitness
- maintains healthy weight
- improves sleep
- makes you feel good



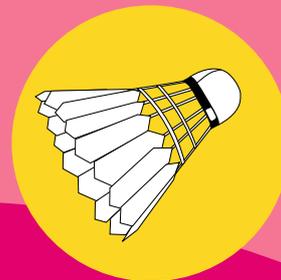
(NI Direct)

Sports has lots of benefits for everyone involved. Should it be team sports, one player sports, or anything in between.

Sport of the Week:

Work together as a class to brainstorm a list of sports that inspire you to keep fit and that you would like to try. Keep going until you have about 6-8 sports. Each week, choose one of the sports; this will be your “Sport of the Week”. Practice, research, discuss and learn, and don’t forget to HAVE FUN!

Here are a few ideas to get you started...



Click here to access more ideas to Be Active

Yo-Yo Ma and Mo Willems are two men who are using their skills and talents to inspire people in communities around the world to connect. Yo-Yo Ma is a world famous cellist and Mo Willems is a world famous author, illustrator, animator, and playwright.

Click on this image to view the Yo-Yo Mo Show. Yo-Yo and Mo connect and inspire each other through art and music. Have pens and paper to hand to join in as you watch. Be inspired!



Next work in pairs or groups to research Yo-Yo Ma and Mo Willems. Find out what inspires them and the journey that has brought them to this point in their lives.



Click here to access more ideas to Connect

Holst - The Planets

The British composer Gustav Holst wrote *The Planets' Suite* between 1914 and 1916. Each piece is based on a different planet in our solar system (at least as they were known back in 1916) and follows different themes. Ask your teacher to look up [Classic FM's beginner's guide to Gustav Holst's The Planets' Suite](#) to find out more before you listen.

Throughout the next week or during High Five Friday take time to listen to one planet at a time. While you listen be inspired and draw/doodle. Play the same piece a few times to give you lots of time to create.



After you have listened and drawn to each piece a few times discuss what you noticed about the music. How did Holst use the instruments, the tempo (speed), etc to communicate each theme?



Do some more research on Gustav Holst to add to your research on Yo-Yo Ma and Mo Willems. What inspired him to compose the *Planets' Suite*?



Click here to access more ideas to Take Notice

Send us your pictures inspired by Gustav Holst at primarybsp.enquiries@eani.org.uk



30 Days Wild

30 Days Wild is The Wildlife Trusts' annual challenge event, where everyone involved does one wild thing a day throughout the month of June. This year the challenge not only has weekly themes, but also activity suggestions for each day, giving you a more mindful approach to nature and all its glory.

As a class sign up for #30DaysWild for lots of activities and ideas to create your own 30 Days Wild!



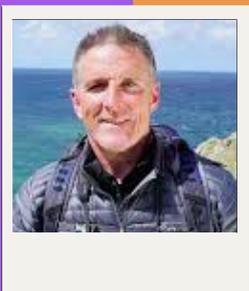
Sensory bingo!

It's time to explore using all of your senses. Can you be the first to get a row or a full house?

Find three different leaf shapes	Listen for buzzing	Feel the strands of a feather	Smell a flower
Feel moss - does it feel spongy?	Find an item that's been nibbled by a mini beast	Find five smooth pebbles, each larger than the one before	Listen to the pitter patter of summer rain
Touch the dew on the morning grass	Do a bark rubbing	Listen for a mysterious sound - what is it?	Smell growing herbs
Arrange twigs to write your name	Find something natural you can roll	Hear ducks quacking	Find something that crunches

"Embrace the outdoors with The Wildlife Trusts' 30 Days Wild challenge! Imagine a month dedicated to exploring the wonders of nature, from the majestic red kites soaring above to the humble bees buzzing in our gardens."

Iolo Williams - Vice President of The Wildlife Trusts and Wildlife TV Presenter



Ask an adult to click here to sign up



Click here to access more ideas to Keep Learning

Bee Friendly Playgrounds & Gardens

Many schools across the country are already engaged in adapting their school grounds to encourage nature, and create opportunities for learning and education about the natural environment. School can encourage and host a whole range of creatures and will allow us to observe them up close and learn more about them.

1

Plant Flowers

Bees are attracted to sweet-smelling flowers with vibrant colours like yellow and blue. Consider planting a bed of sunflowers and lavender!

2

Make a Bee Hotel

You can also build an 'insect hotel' using hollow stems like bamboo, twigs and string – just tie together a length of these and put them in a hedge or bush.

3

Provide Some Water

Don't forget that bees drink water too! It helps them stay hydrated and to keep themselves cool during the summer heat. Fill a small saucer with water and stones.

Click here for ideas on how to make bee hotel



Remember Bee Safety!

Here are a few tips to keep in mind while gardening with our buzzing pollinators in mind:

- Be cautious of swatting at bees. This can also startle them and cause some species to swarm.
- Don't touch bee nests/swarms/hives. Instead, tell an adult who will arrange to have it safely removed and relocated.

Click here to access more ideas to Give





Inbox

Willow EOTAS - Coffee Morning

On Tuesday 19th March, Willow EOTAS held a coffee morning to raise money for Marie Curie. Staff, pupil's and family members attended and together they raised £150 for the charity. This donation will have an impact locally and will ensure that people living with terminal illness in Northern Ireland get the care and support they need.

Pupils attending Willow EOTAS were a great help in organising the event and in the run up to the coffee morning designed posters, invitations and baked treats.

Marie Harries, a representative from Marie Curie, presented Willow with a big cheque on 30th April to acknowledge their fundraising efforts.



Willow



Marie Curie



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



After School Activities to Inspire Children

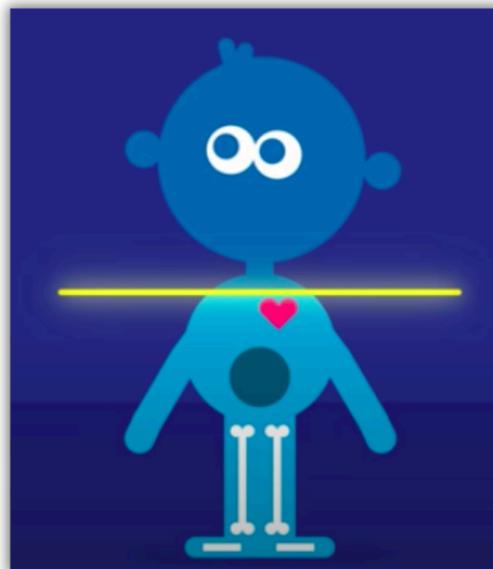
Screen free activities for family bonding time:

- **Have a kitchen disco!** Put on some music, and have some fun! Be inspired by your ability to let go, and to BE YOURSELF.
- **Walking:** Put time aside for a family walk. Take in the surroundings and talk about what inspires you.
- **Mindful baking or cooking:** Put on your favourite music and bake or cook as a family. Enjoy!
- **Quick doodles:** Sit together, sketch, doodle, talk and connect through art.
- **Gratitude practice:** When you notice the positive things in life and express your gratitude for them. Share them as a family.

Body scan: This is a practice of bringing awareness to the body. Do this as a family and inspire one another to be mindful of self.

The body scan breathing exercise, helps us to feel calmer and makes us pay attention to each part of our body and how we are feeling.

We first need to get comfortable by either lying down or even sitting on your chair. Close your eyes and relax. Focus on your breathing and on your chest as it rises and falls.



Click here for the 'Body Scanner' clip

Contact's free information, advice and support services can be found listed below...



Contact's website contains up-to-date and trusted guidance on topics including, money and benefits, education, health, and preparing for adulthood.



Contact run family workshops covering topics such as behaviour, toilet training and sleep.



The 'Listening Ear' service offers one-to-one telephone appointments with a family support adviser for parents looking for practical and emotional support.



There is a free helpline for parents and carers who want to talk through their issues with an expert adviser.



The 'Helpful Guide' is a free printed book packed with information and advice for families.



Parent and carers can also meet other families online in their closed Facebook group.



Click here to access all the information above, on the 'Contact' website

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!





Inspired to Learn

Mo Willems, Yo-Yo Ma and James Galway didn't become as talented and as successful as they have because they were made to. It's clear when you see them in action - they love what they do. This is the key to real learning and engagement from our children.

As educators of children in preschool and primary phases we have a unique opportunity to inspire life long learning and help our pupils to find their passion.

First flip your thinking



I'm teaching fractions this week



I'm showing my class how amazing fractions are this week



Introduce your children to role models - people who love what you are teaching

Research famous mathematicians and how their discoveries have impacted our lives today. Invite people in to speak to your class who use fractions in their daily lives (e.g. pharmacists, doctors, hair dressers, chefs, etc). Hearing people talk about fractions in real life situations will bring real inspiration to your children.



Inspired to Learn

One thing we all agree on as educators is the importance of reading. We have a huge opportunity to impart a love of reading in our children at a young age.

Show what you value most

For example, is most time spent on guided reading books or engaging children in books they enjoy and have chosen for themselves? Try only sending home books children have chosen for the love of reading and keep guided reading for in school teaching time.

Book Reviews

Rather than book reports, have your children write book reviews (like you would find on online book sellers) and collate these for the class following them to read for recommendations. You could also add a book reviews feature to your school website.

Also remember that there is nothing better than incidental chats with the children about the books they are reading. You can even make recommendations (if you liked Narnia, you should try The Hobbit next).

Inspire

Tell the children what your favourite books were when you were their age and why.

Author of the Week / Month

Pick an author each week or month. Read lots of their books, look at their illustration styles and find out about them as people. Encourage the children to start thinking about who their favourite authors are. This can start at a very early age with authors like Eric Carle, Julia Donaldson, Lynley Dodd or Mo Willems for example.

Avoid Competition

Encourage children to keep a note in their High Five Journal of the books they have read but don't focus on quantity or compare with peers. Reading should be an end in itself. Studies have consistently shown that initiatives focused on rewarding quantity of reading are counter productive and lead to a reduced love of reading.





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

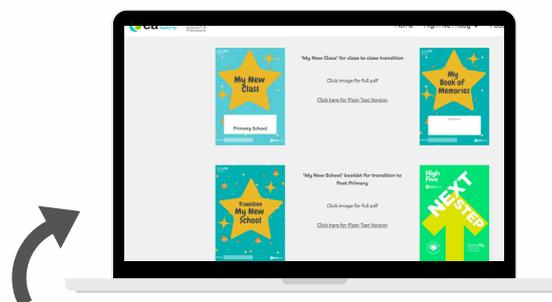


'My New School' booklet for transition to Post Primary



'Next Step' booklet for home for parents/guardians and Primary 7 pupils to work through together

High Five Resource Hub



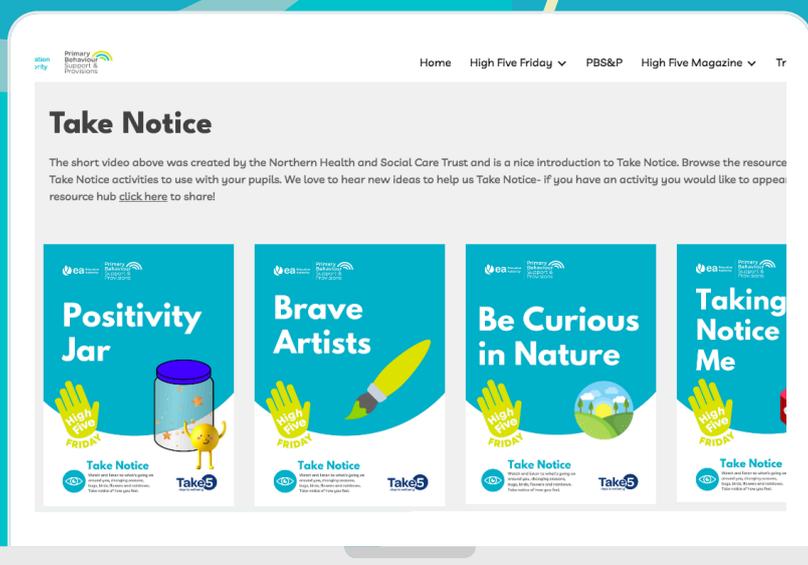
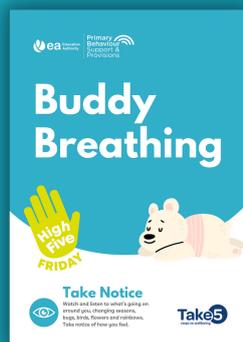
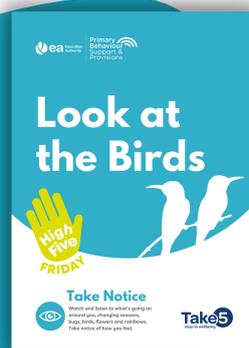
All of the PBS&P Transition resources can be accessed on the High Five Resource Hub.



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



Upcoming PBS&P Training

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



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

Upcoming NASS Training Available



Nurturing the Senses
21 May 2024
2:30pm - 3:30pm



Nurturing Staff
28 May 2024 2:30pm - 3:30pm

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:

- Monday 27 May

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.

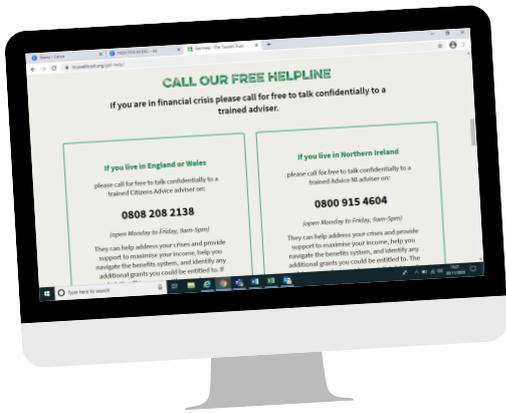


Contact Primary Behaviour Support & Provisions Service

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.



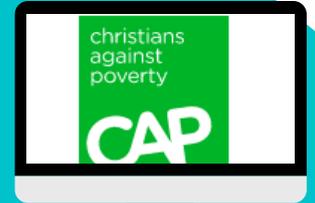
Click here

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.

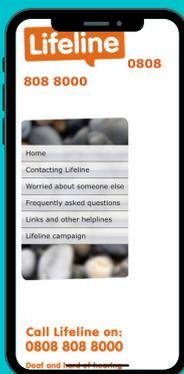


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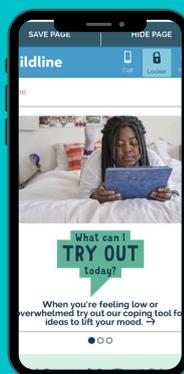
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



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.