

Issue 83: Friday 18 Oct 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 Be Safe. Just like superheroes have special powers to keep themselves out of danger, you too can learn some super skills to stay safe every day. Whether you're at home, at school, or playing outside, there are simple rules you can follow to protect yourself and have fun at the same time!

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

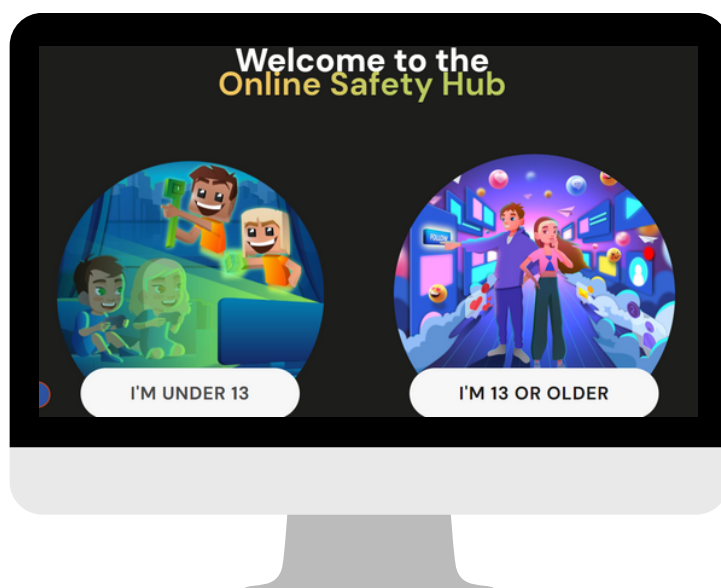
Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**

Safeguarding Board for NI

Choose from a range of topics you would like to know more about with lots of helpful advice and resources to keep you and the young people in your care safer online.



Click here for further information



Click here for the Online Safety Hub

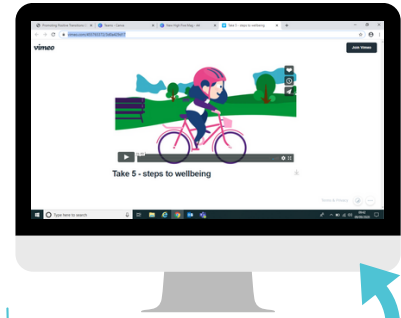
Take5

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

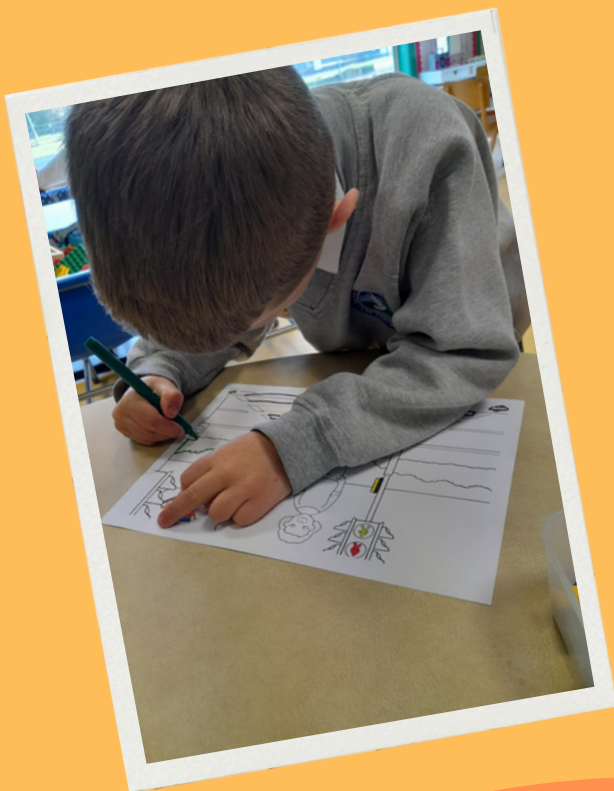
Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

Be Safe

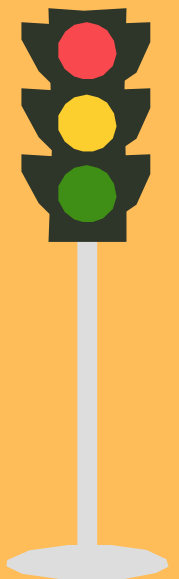
As we explore our world and become more active and independent, it is important to learn about all the ways we can keep ourselves safe.

We can keep ourselves safe in our home, our school and when we are being active outdoors. While navigating the world around us we can spot dangers to keep ourselves and others safe.

So who can help us keep safe? It could be your family, teachers, police officers or doctors. Let's practice our basic safety skills everyday so we can grow our confidence and develop our resilience.

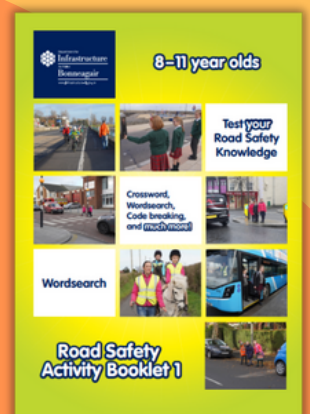
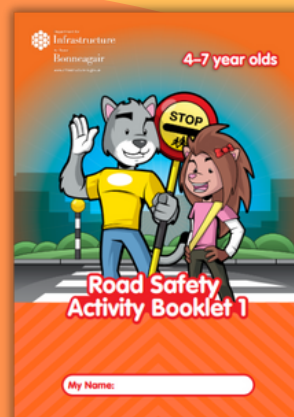


Little Oaks have been working on Road Safety during an Individual Pupil Intervention session. We learned when it was safe for us to cross the road by colouring in what the different lights mean and using the 'Stop, Look, Listen' sequence.



Road Safety Activity Booklets

These road safety themed activity booklets have been designed to give a fun and interactive way to learn and strengthen our road safety knowledge. They can be found on the 'NI Direct' website by clicking on the images.





Be Safe



Wooooo it's Halloween! With 'Trick or Treating', fireworks, bonfires, dress-up, spooky decorations, pumpkin carving and apple bobbing to look forward to, Halloween is an exciting time of year! However, it comes with a serious message to 'be safe' whilst having fun. Being safe means we look after ourselves and don't do anything that would be risky or put ourselves in any danger.



Some important points for being safe when out 'Trick or Treating' at Halloween are here:

- Always be accompanied by a trusted adult when you are trick or treating;
- You should only go to houses of people that you know and who are happy for you to call;
- Stay safe, keep to places that you know and are well lit;
- Watch out for traffic; fluorescent glow sticks and glow jewellery can make good costume accessories and can also help to make you more visible to others;
- If you're wearing a mask, make sure that you can see where you are going and are aware of your surroundings;
- Carry a torch and a fully charged mobile phone (if you have one).



Be Safe

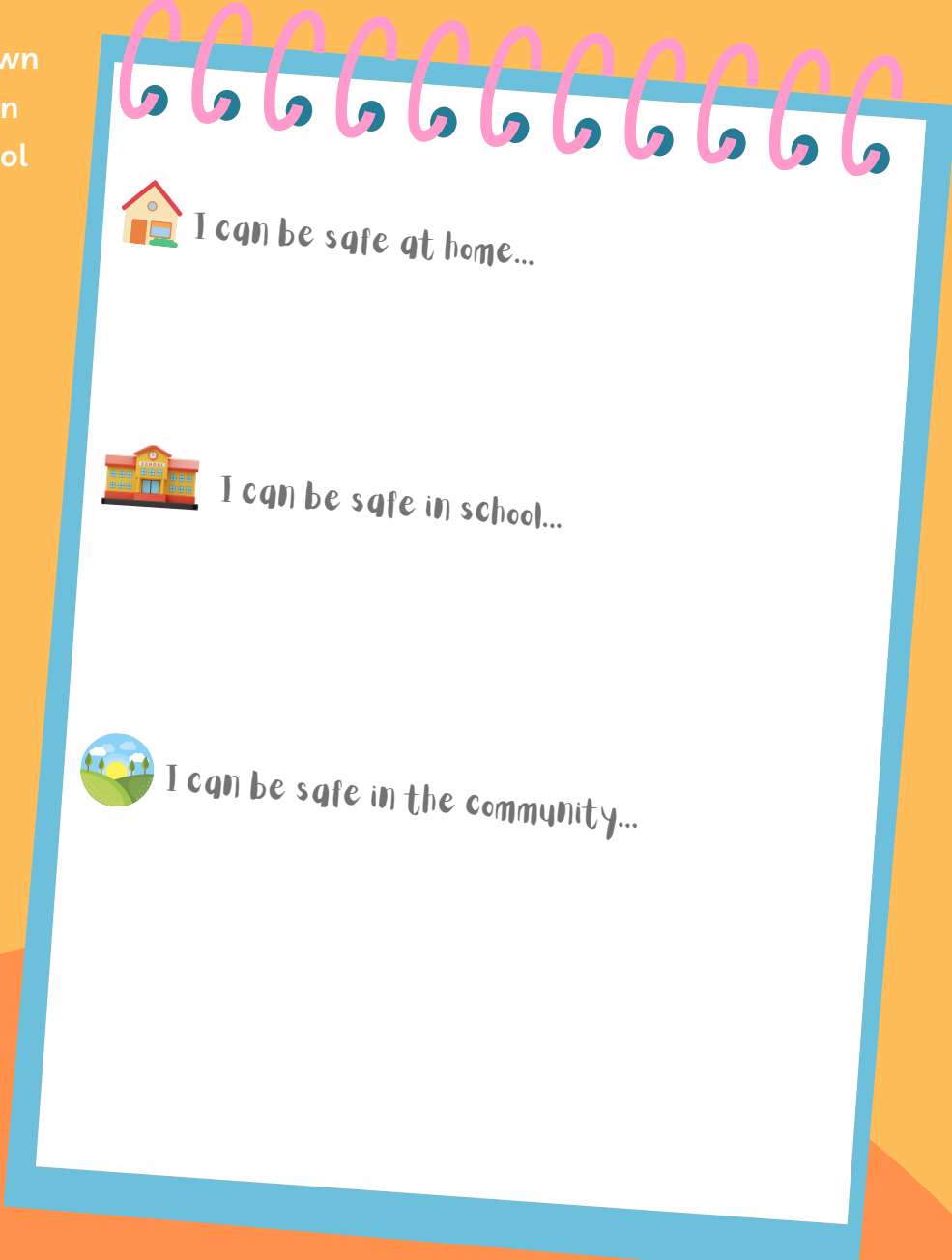



Daily Safety Reflections


Keeping safe is like being a superhero for yourself and others. Just like superheroes wear capes to protect themselves, we have certain rules to keep us safe. Being safe means being smart and caring, just like superheroes. We all have the power to make good choices that help us and our friends stay happy and healthy.


Think of some of the ways that we stay safe, whether it is looking both ways before crossing the street or wearing a helmet while we are on our bicycles.

In your journal write down some of the ways we can be safe at home, in school and out in the local community...



 I can be safe at home...

 I can be safe in school...

 I can be safe in the community...

Be Active

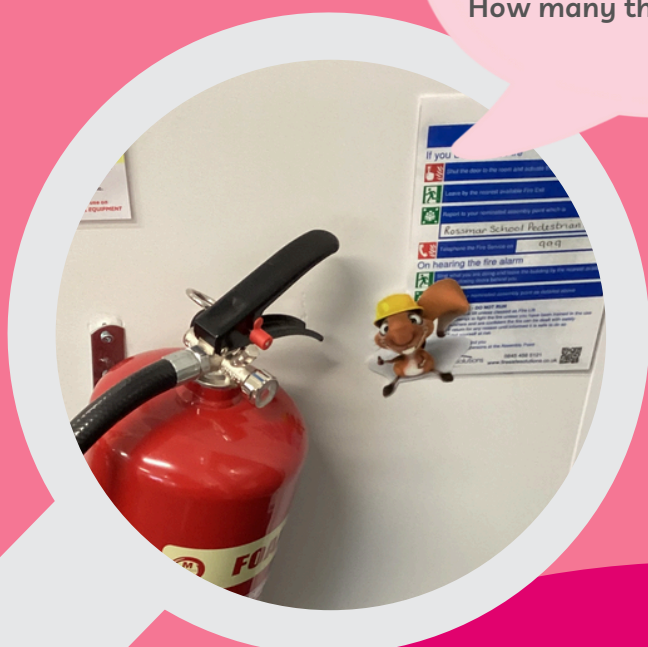
Safety Walk

In Treetops EOTAS, our Safety Squirrels help the pupils to notice all of the things that keep us safe around our Centre. At the beginning of each new term, we go on a scavenger hunt using clues to find each of the squirrels and we talk about how our Centre is designed to keep us all safe.

Recently, the KS1 pupils arrived in Treetops to find that some of the Safety Squirrels had escaped from their usual positions! They were able to use their knowledge from the scavenger hunt to help get each squirrel safely back in it's spot.



Go for a safety walk around your school and spot all of the things that are in place to keep you safe. How many things can you find?



Click here to access more ideas to Be Active

Let's keep those feel good hormones up and get moving around! Try a Pumpkin Patch Circuit Training...Check out this fun game you can play in school or at home with family and friends!



Pumpkin Patch Circuit Training

Preparing for this activity involves cutting pumpkin shapes out of orange construction paper (at least twice as many pumpkins as there are people playing) and writing the name of a fitness skill or physical activity on each one.

You might include jumping jacks, skipping, jumping rope, burpees, hopping on one foot, push-ups, lunges, crab-walking, planks, and so on. Also, write down the target time or number of repeats for each activity. Then place all the pumpkins in the “pumpkin patch” at the centre of the gym, hall or activity area.

Everyone can then stand in a circle around the pumpkins, making sure that everyone has enough space. When the adult blows the whistle, everyone must then run to the pumpkin patch, grab a pumpkin and run back to their spot to perform the activity listed on their pumpkin. When the adult blows the whistle again, everyone can run back to the pumpkin patch to return their pumpkin and grab a new one.



Click here to access more ideas to Be Active



Thornberry Connects

At Thornberry EOTAS Centre we have been connecting by playing board games with our friends. We have also been focusing on RULES and how they keep us safe in our school, homes and communities.



We decided to work in teams to develop new rules for famous board games, changing the conventional way we are used to playing these games. This led to some great discussions, fantastic problem solving and of course plenty of laughter!

When the new rules were completed, we challenged our peers and the adults in the classroom to play the new and improved board games. Afterwards we were able to reflect back and agree that Board Game Developers did a great job creating the original rules to make sure it is fair, fun, and enjoyable for everyone.



Click here to access more ideas to Connect



Spooky Paper Plate Masks

Making Halloween-themed masks with paper plates is a fun and creative activity for all ages. This art project is also a great way to practice using equipment like scissors, glue sticks, and much more. With this spooky art project, you can use your imagination to transform a basic paper plate into a funny Frankenstein, a wise witch, a superhero, or even your favourite animal!

What You'll Need:

- Paper plates (one for each mask)
- Crayons, markers, or coloured pencils
- Scissors
- Glue stick
- String or lollipop stick

Other assorted craft supplies (optional):

- Construction paper
- Feathers
- Glitter, sequins, pompoms
- Pipe cleaners
- Googly eyes
- Stickers

How to Make Paper Plate Masks

Design the Mask: Think about what kind of Halloween character to create. It could be a superhero, pumpkin, witch, animal, monster, or anything they like. Draw the design on the paper plate using crayons, markers, or coloured pencils.

Cut Out the Mask Shape: Once the design is complete, carefully cut out eye holes and anything else the mask needs to truly take shape. Ask an adult to help.

Decorate the Mask: Now use the various craft supplies to decorate your mask. You could glue on construction paper shapes, feathers, googly eyes, or anything else you like. Add a handle, if you want to make it easier to hold your mask up to your face, you can attach a lollipop stick handle. Or attach a string if you want to wear the mask on your face, cut small holes on each side of the mask and thread string or elastic cord through them, and tie a knot to secure it in place. Ask an adult for some help, if you need it.



Click here to access more ideas to Connect



Take Notice

Sparkler Safety

The children and staff at Tamnamore EOTAS were learning about staying safe. They wore reflective clothes, used carrots to protect their hands and took notice where the water bucket was to safely dispose of the used sparklers.




Tamnamore


High Five

Click here to
access more ideas
to Take Notice

Even the adults
wanted a go!

Leaf Rubbing

Autumn is a great time of year to notice what's happening in nature. The leaves are falling off the trees and making a crisp crunching sound beneath your feet. Here is a cool leaf rubbing activity you can do, you'll be amazed at the detail of the leaves on your picture! Make them as colourful as you like!



Here is what you'll need:

- Real leaves
- Paper (preferably thin or lightweight)
- Crayons or oil pastels

Collect leaves - Collect leaves of various shapes and sizes. You can use fresh leaves or dried fallen ones.

Position a leaf - Place a leaf with its bottom side facing up.

Place paper over the leaf - Put a sheet of paper, preferably thin or lightweight, over the leaf.

Rub a crayon - Rub the side of a crayon or an oil pastel gently on the area over the leaf. As you do this, you'll see the colored areas start to take the shape of the leaf.

Rub over the entire leaf - Continue until you've rubbed over the entire leaf.

Remove the leaf - Remove the leaf from under the paper. This completes the basic steps for making a leaf rubbing.



Click here to
access more ideas
to Take Notice



The Power of Yet!

Every day is a learning day, both for children and adults alike. Sometimes, it can be difficult to understand your learning, or you can get stuck, but it's ok not to know everything. Your brain is a muscle, and it needs to be exercised. When challenged with something new, it is easy to give up and say, "I can't do this!" However, it is not like you can't do something; it is just that you can't do it yet.



You can always ask for help and figure it out. Asking for help, in any situation, is good for you in many ways. By asking for help, you...

- remove uncertainties and enable kindness.
- unlock opportunities for positive social connections.
- create emotional closeness and helps you build up trust with others.
- take away the stress you might be feeling and helps you learn.
- allow yourself to connect with people on a deeper level and fosters, stronger, more meaningful relationships.

You should never be embarrassed about asking for help, as you can be learning something new, instead of giving up!

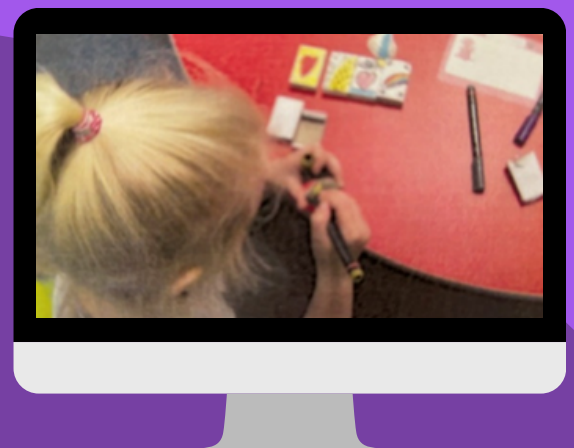
Make today the day when you use the 'Power of Yet' and don't be afraid to Keep Learning!



Watch Katie and the
Power of Yet!



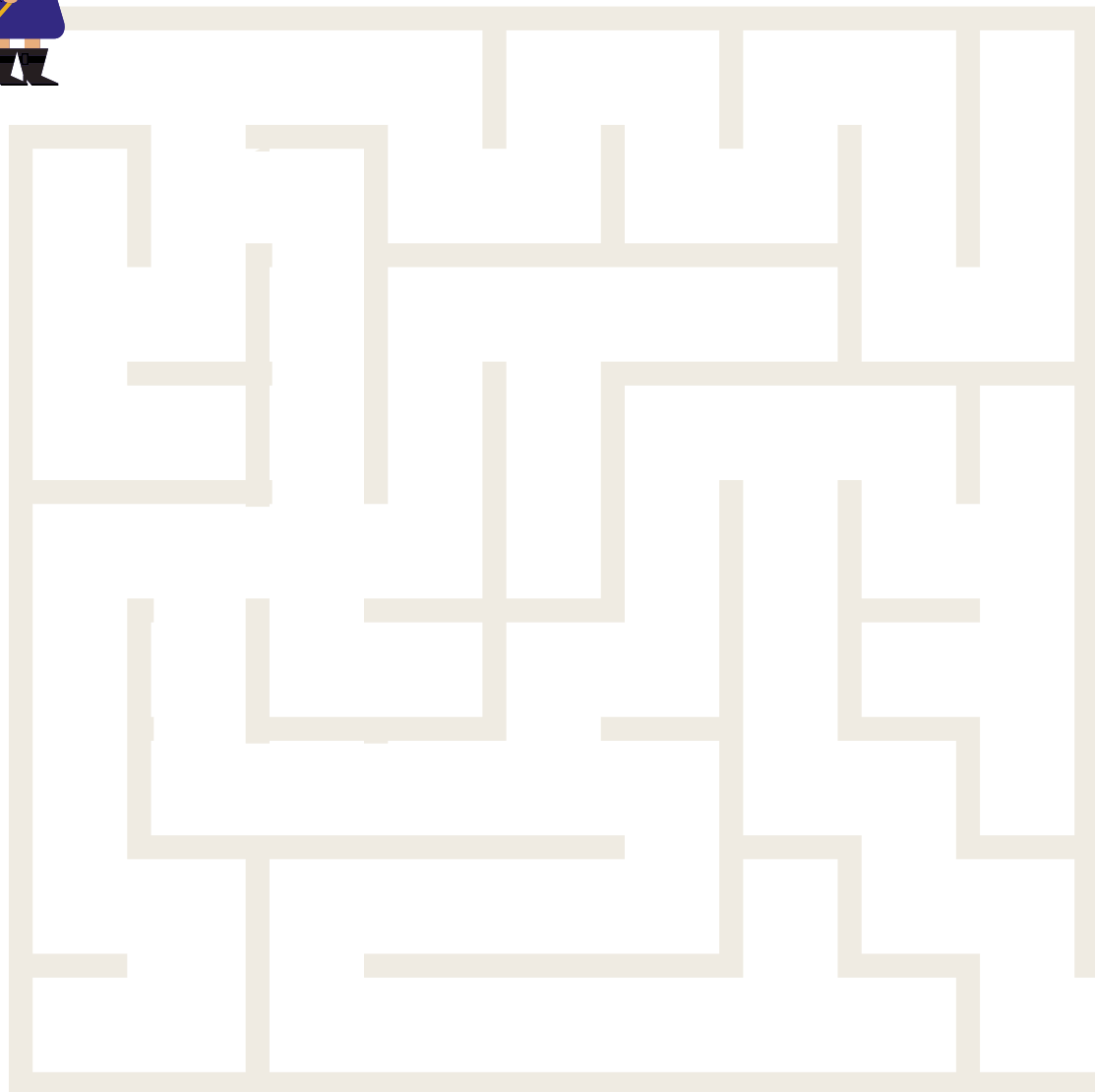
Click here to
access more ideas
to Keep Learning



Name:

SPOOKY HALLOWEEN MAZE

Look at the image and help the little Witch find out the correct road to her black cat. Grab a color pencil and draw the way to the book of spells.





Safety in the Kitchen

The kitchen can be a fun and exciting place where delicious meals and treats are made, but it's also important to be careful when spending time there. Here are some simple tips to help you stay safe:

- **Ask an Adult First:** Always ask a grown-up before you start cooking or using any kitchen tools. They can help you with tasks that might be tricky or dangerous.
- **Wash Your Hands:** Before touching any food, make sure to wash your hands with soap and water to keep germs away.
- **Be Careful with Sharp Objects:** Knives and scissors are sharp and can cause cuts. Always use them with an adult's help!
- **Stay Away from Hot Surfaces:** Ovens and stoves get very hot and can burn you. Be sure to keep a safe distance, and only use them with adult supervision.
- **Keep the Floor Clean:** If anything spills, clean it up right away to avoid slips and falls.
- **Use the Right Tools for the Job:** Use oven mitts when handling hot pots and pans, and make sure that all tools are used correctly.
- **Don't Mix Electrical Appliances with Water:** Keep appliances away from water to avoid shocks. Make sure your hands are dry before plugging them in.

By following these simple rules, you can enjoy the wonders of cooking while staying safe in the kitchen!



Get the whole family into the spooky spirit with these Halloween recipes, you can share them with family and friends! From spider pizzas to ghoulish cupcakes, everyone can lend a helping hand. [Click here for 20 family friendly Halloween recipes.](#)

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



Trick or Treat Kindness Cards

Why not have fun making some kindness cards for other's who might be calling to your door trick or treating? As well as a treat you can make some kindness affirmation cards up and pop them in other children's bags or baskets. Think of things you could put on them and make them as colourful as you can! Here's some ideas, along with a Halloween joke, to get you started.



**No tricks,
just treats!**



**You are
fang - tastic!**



**Knock, knock.
Who's there?
Interrupting ghost.
Interrupting gho-
BOO!**



Click here to
access more
ideas to Give



Inbox



World Mental Health Day @ Rathore School, Newry

'Our Mental Health First Aiders were prepped and ready to signpost and support members of our school community to look after their mental health & emotional well-being.

We had lots of wonderful activities that took place across the school for everyone, spreading lots of happiness, positivity and self-love!

We in Rathore know that the well-being of our colleagues is paramount. As a little thank you to our wonderful team "Mug Life" supplied a range of hot beverages, allowing us to be a little more productive with a caffeine fix, overall feeling both mentally and physically healthier!'





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

Be Safe

Children learn a lot by observing adults, so we can demonstrate safe behaviours in everyday activities, such as crossing the street, wearing seatbelts, and using protective gear during sports. Open Communication encourages children to ask questions and express their concerns about safety, create a trusting environment where they feel comfortable discussing any uneasy situations they encounter. By incorporating these strategies into daily routines, you can help children build a foundation of safety awareness that will benefit them throughout their lives.



Be Active

Safety Craft Projects: Integrate journaling with crafts by having children create safety-themed art, like drawing a map of safe routes to school, and then writing about why it's important. Take a walk as a family and follow the map.



Connect

Safety Tip of the Week: As a family each week, you could research and write about a different safety tip, such as fire safety at home or stranger danger awareness, and how they can apply it in their lives.



Give

Gratitude for Safety Helpers: Identify trusted adults they can turn to if they need help, such as teachers, neighbours, or family friends. Encourage children to write letters or journal entries expressing gratitude for people who help keep them safe.



Take Notice

Safety Goals: Have children set and track personal safety goals, like memorising important phone numbers or learning basic first aid skills, and reflect on their progress in their journals.



Keep Learning

Safety Scenarios: Present hypothetical situations like "What would you do if you got lost in a shop?" and have children write their responses. This can help them think critically about safety strategies.



Keeping Safe at Halloween: Top Tips



Make sure your child's costume is the right size and doesn't pose a tripping hazard.



If your child's costume is dark, add reflective or glow-in-the-dark tape to help drivers see them.



Avoid masks that are ill-fitting or poorly made, as they can make it hard for your child to see, hear, or breathe. Instead, you can use face paint or non-toxic makeup.



Make sure everyone who handles sparklers wears gloves, use carrots like the children and adults in Tamnamore EOTAS!



Sparklers should be held at arm's length while being lit and only light one at a time - don't wave sparklers around close to other people!



When the sparkler has burned out, place it, hot end down, in a bucket of cold water or sand and leave it there for several hours – they stay hot for a long time!



Watch the fireworks from a distance. Stay at least 500 feet away from where they're launched to prevent injuries and hearing damage. Don't pick up pieces of fireworks or unexploded fireworks after an event.



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 Offers a Safe Base

This is the second principal of nurture. The SEN Resource File explains this further:

“Importance of structure and predictability. Adults are reliable and consistent in their approach—working together supportively. Adults recognise the link between emotional containment and cognitive learning. Relationships are key. ***We need to feel safe and to trust our environment and the people around us to progress.***”



It's all about the people!

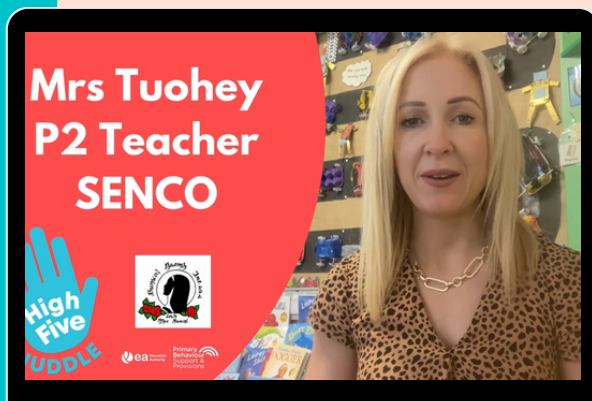
Start with the people - do all of the children in your room have an adult in school they would turn to for comfort and support?

Adults need this too!

Who do you turn to when you need comfort and support? Why do you choose this person?

High Five Huddle

Click on the image to find out how the High Five Huddle can help all pupils feel safer in school.

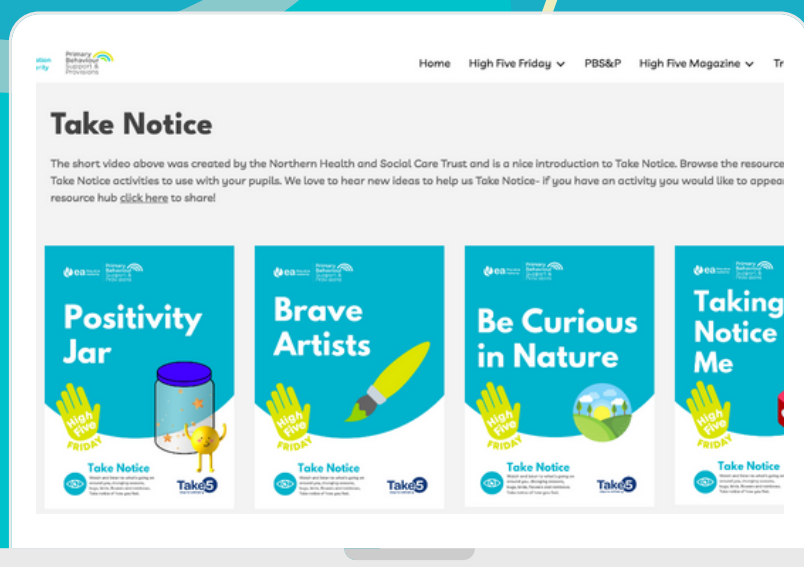
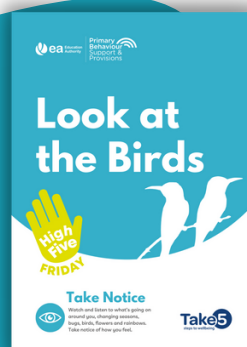




High Five Resource Hub

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

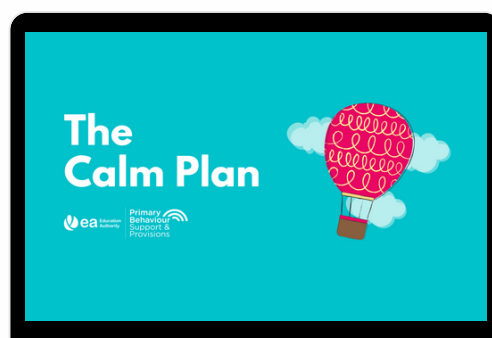


Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs

21 Nov, 28 Nov & 05 Dec 2024

2:00pm - 3:30pm

(Participants must attend all sessions)



Developing a Calm Plan

21 Oct 2024 2:00pm - 3:45pm

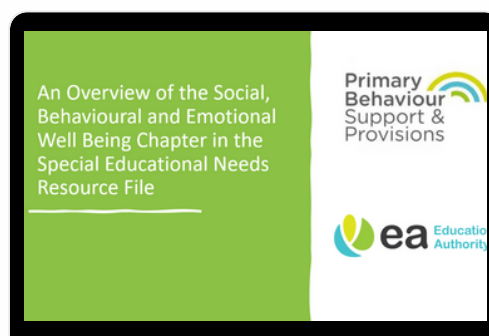
18 Nov 2024 2:00pm - 3:45 pm



Incorporating the Pupil's Voice within an SBEW Plan

13 Nov & 20 Nov 2024 2:30pm - 3:45pm

(Participants must attend both sessions)

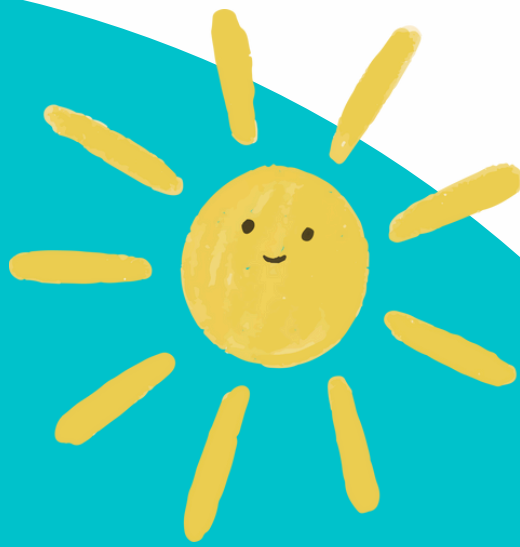


An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File

07 Nov & 14 Nov 2024 2:15pm - 4:00pm

Participants must attend both sessions

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



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)

11 December 2024
11:00am - 12:00pm

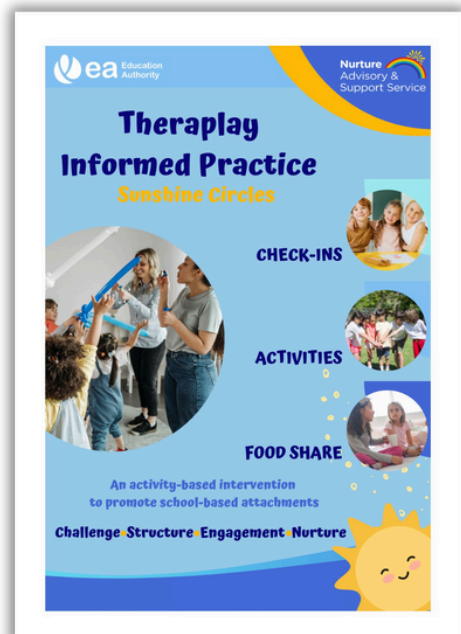
[Click here to access further training information from the Nurture Advisory & Support Service](#)



Nurture in Five

20 November 2024

Time: 11.00am - 12.00pm



Theraplay Informed Practice - activities to build attachment

27 November 2024

11:00am - 12:00pm

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 approx. 220 calls to the helpline in September.



TASH Closure

The helpline will be closed on the following dates:

- Monday 28th October to Friday 1st November (inclusive)

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



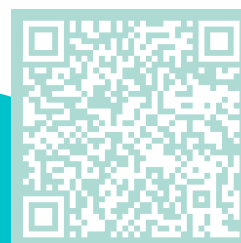
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

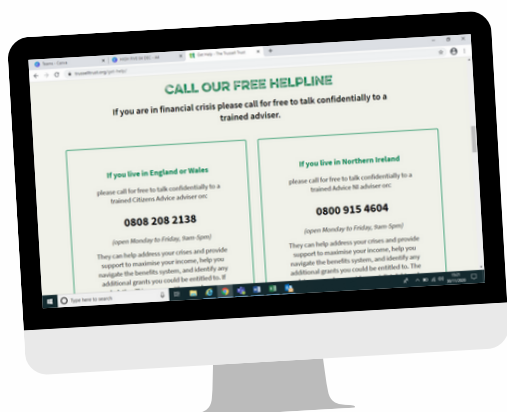


Contact Primary Behaviour Support & Provisions Service

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.

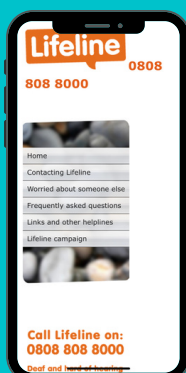


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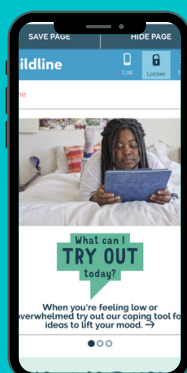
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



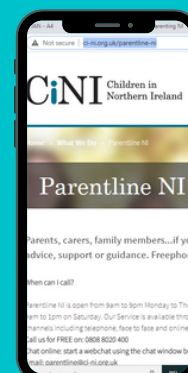
Lifeline



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.