

Issue 69: Friday 1st Dec 2023

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 Motivated
- 06 Be Active - My Awesome Football
- 07 Connect - How to Set Goals
- 08 Take Notice - 'Wow Moments'
- 09 Keep Learning - My New Skills
- 10 Give - Daily Positives
- 11 PBS&P Inbox - Magherafelt Primary School
- 14 Parent Hub - Goal Setting for Children
- 15 Parent Hub - Addressing Bullying Schools Implementation Team
- 17 Staff Hub - Tips to Nurture Intrinsic Motivation
- 18 Staff Hub - Addressing Bullying Schools Implementation Team
- 19 Staff Hub - Upcoming PBS&P Training
- 20 Staff Hub - Upcoming NASS Training



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 Motivated. We are motivated every day- it's what makes us get out of bed in the morning! The activities throughout help us to reflect on the different types of motivators in our lives and consider the positive real life consequences to tasks rather than artificial rewards.

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.**

EA Christmas Family Food Appeal

Our EA Christmas Family Food Appeal will run from 13 November – 7 December enabling our staff to give back by donating items to their local food bank through various EA Offices. For more information [click here](#).



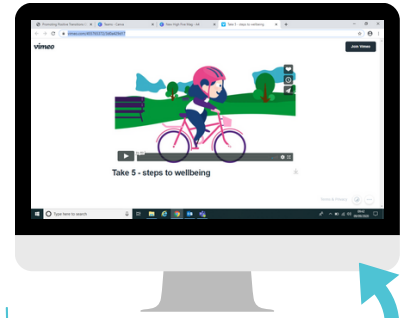
Take5

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 Motivated

Our High Five challenge in this issue is to Be Motivated. Motivation is something that makes us do a job well or try something new. But first let's think about different types of motivation:



Outside Motivation



This type means we are offered something we like to motivate us to do something we might not like. For example eat our vegetables and we will get an ice cream. Our motivation is the ice cream- we eat the vegetables because we want the ice cream.

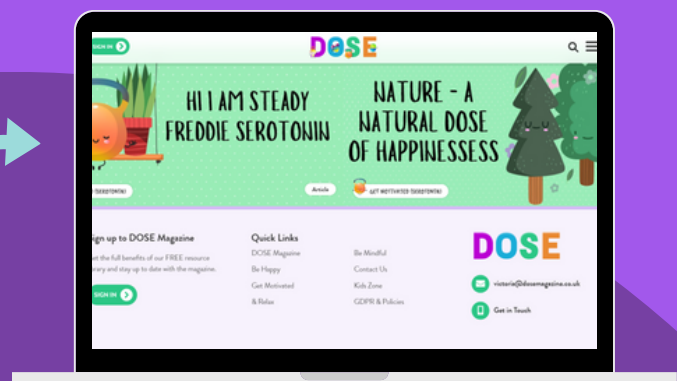


Inside Motivation

This type means we understand the good reason for doing something we might not like as much. For example eating vegetables is healthy. Our motivation is being healthy - we eat our vegetables because we want to be stronger.



Click on this image to learn more about how Serotonin boosts inside motivation.



Be Motivated

Make a list of things you do for outside motivation. Then in pairs, a group or the whole class, discuss the questions below for each one.

Who decided what the outside motivation would be? e.g. who decided ice cream was a reward for eating the vegetables?

How do you feel when you don't manage the task well enough to have the reward?

Who decides if you have completed the task well enough to have the reward?

Can you think of an inside motivation for doing this task? Why is it a good thing to do, even if it's not followed by ice cream?

When we have strong inside motivation it helps us be the best we can be. It helps us to notice the things we do well and the things we can improve. This week in school and at home notice all the times you are motivated from the inside to make a good choice!



My Awesome Football

Joe Wicks, also known as the body coach, became a national hero during the pandemic. Millions of us tuned in to take part in his daily fitness workouts on YouTube “PE with Joe”. His enthusiasm and boundless energy helped kept us all motivated to be active through his fun work out videos.



New Full Body Workout!

You can follow along with one of Joe's workouts here



My Awesome Football

The end of the year is a great time to reflect on the past and set new goals for the future. One way to make this process more fun is to use a ball to write down some of your goals. This simple activity can help you brainstorm and prioritise your aspirations for the coming year. Writing down your goals can help you stay accountable and motivated throughout the year. So start setting some meaningful goals for the new year!



Click here to access more ideas to Be Active (C2ken sign-in required)



How to Set Goals

Connect with others, connect with your friends in your class. Share your goals with them, sharing your goals with each other may inspire you or your friends to try something new. Think of people that can motivate you or inspire you. It could be your teacher, your family, your friends or even your favourite sportsperson.



4 Easy Steps on How To Set Goals. Choose Your Big Goal...

- 1** What's the Purpose?
- 2** Break It into Small Steps
- 3** What are the Obstacles?
- 4** Write It Down.



You can write your ideas in your High Five Journal



Click here to access more ideas to Connect (C2ken sign-in required)

'Wow Moments'

Think of something you have achieved this year, it could be at school, at home or even a hobby. Think of how it made you feel to achieve it, how long did it take you to achieve it? Some goals we set are small and some take a lot longer to achieve. What were some of your 'Wow Moments?'

'Wow Moments' at school...



'Wow Moments' at home...



'Wow Moments' about sport, music, being creative, a hobby or showing kindness to others...



[Click here to access more ideas to Take Notice \(C2ken sign-in required\)](#)

Keep Learning

My New Skills

It's good to keep learning new things/skills. You could keep a track of all your new skills on the 5 steps to wellbeing sheet.



Be active...go for a run, walk, get outside, play a game, cycle, garden.



Connect...with the people around you, family, friends, neighbours, new people.



Take notice...take time to notice and appreciate nature, everyday life and moments.



Keep learning...try something new or re-discover an old interest.



Give...do something nice for family or a friend. Thank someone, smile.



Click here to access more ideas to Keep Learning (C2ken sign-in required)

Daily Positives

It's important to remember to be kind to yourself. We often put a lot of pressure on ourselves but it's essential to take care of our mental and emotional wellbeing. This can mean different things for different people, but some ways to be kind to yourself might include taking time for self-care, practicing self-compassion, and acknowledging and celebrating your accomplishments. Remember, you deserve to be treated with kindness and respect, including from yourself.

Click here to watch a short video about motivation



It's important to remember to care for your own wellbeing and be kind to yourself. Think of all the daily positives during the day. Check out the questions below to help you think of your positives!




How was I kind to others today?



How did I help someone today?

What did I do today that was fun?



What did I learn today?

What made me smile and laugh today?



What was I grateful for today?



Click here to access more ideas to Give (C2ken sign-in required)





Inbox

Magharafelt Primary School

Magharafelt Primary School have been using an app called Verbal Wellbeing to help them be the best that they can be! They have shared with us how the app has helped both staff and pupils to **Be Motivated.**



“Verbal Wellbeing has provided **motivation for both our children and teachers.** For our children, it's been a source of empowerment.

They're motivated to understand their emotions better, seek help when they face challenges and gather the tools and knowledge to build the resilience needed when facing challenges in the future.

The stories and resources within the app have made conversations about mental health natural and approachable.

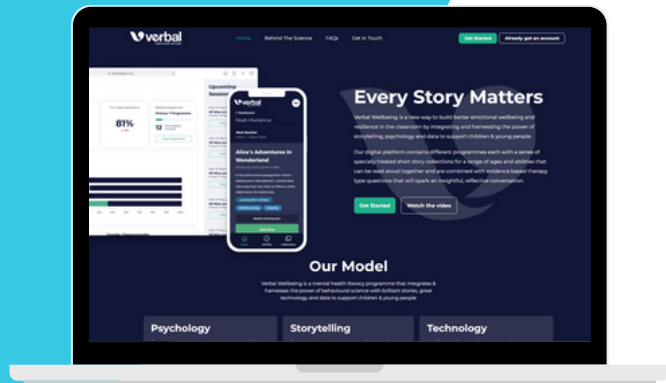
From a teacher's perspective, the mood tracker has been a game-changer. It's not always easy to gauge, however, with the mood tracker insights, we're motivated to be proactive.

It's like having a compass that points us to the emotional state of every student in the classroom.”



Inbox

If you would like to know more about the Verbal Wellbeing app which Magheraflet Primary are using click on this image or contact: andrea.doran@theverbal.co



Mr Somerville - Principal



When we first heard about the Verbal Wellbeing app, our school recognised an opportunity to adopt a whole school approach to emotional wellbeing. In today's fast-paced world, it's more crucial than ever to ensure our children are equipped not just academically, but emotionally as well. We wanted to foster an environment where discussing mental health isn't just accepted but encouraged.

Verbal Wellbeing has not only motivated our students to seek help and understand their emotions but has also inspired us to be more vigilant and responsive to our students' emotional needs. **It's a step towards a future where every child feels heard, understood, and supported.**

Does your school have a favourite resource to support emotional wellbeing? Let us know at primarybsp.enquiries@eani.org.uk



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





Goal Setting for Kids

It's important as adults we help our children and young people when they are setting goals for themselves.

Setting goals is a crucial life skill that helps children and young people to learn how to plan and achieve their dreams. As adults, we can play a significant role in supporting them through this process. We can start by encouraging them to identify their strengths, interests, and aspirations. Once they have a clear understanding of what they want to achieve, we can help them to break their goals down into smaller, more manageable steps. Supporting them through setbacks and celebrating their successes along the way will help to build their resilience and self-confidence. By empowering our children and young people to set and achieve their goals, we are helping them to develop skills that will serve them well throughout their lives.

Top Tips for Goal Setting for Children

Setting goals is an important life skill that can help children develop a sense of purpose and direction. Here are some top tips for goal setting for children:



1. Encourage your child to think about what they want to achieve - whether it's a short-term or long-term goal.
2. Help your child break down their goal into smaller, achievable steps. This can help them feel less overwhelmed and more motivated to take action.
3. Make sure the goal is realistic and achievable. It's important for children to experience success and build confidence in their ability to achieve their goals.
4. Celebrate your child's progress along the way. This can help them stay motivated and focused on their goal.
5. Encourage your child to be flexible and adaptable. Sometimes things don't go according to plan, but it's important to teach children that setbacks and failures are a normal part of the process.
6. Remember, goal setting is a skill that takes practice. By helping your child set and achieve goals, you are helping them develop important life skills that will serve them well in the future.



Addressing Bullying Schools Implementation Team

The EA Addressing Bullying in Schools Implementation Team (ABSIT) has developed resources for use with children and young people, and to share with parents/carers. These provide information on:

- The legal definition of bullying type behaviour and the difference between this and other socially unacceptable behaviour.
- School support for children, young people, and their families in line with the Addressing Bullying in Schools Act (NI) 2016.
- Advice for parent, carers and pupils regarding how bullying type behaviour is identified and supported in schools.
- Signs that a pupil could be experiencing bullying type behaviour and signposting to further support.

Addressing Bullying Behaviour in Schools
Parent and Pupil guide to supporting children and young people who are experiencing bullying type behaviour

<https://www.eani.org.uk/schoolmanagement/policies-and-guidance/addressing-bullying-in-schools-act-2016/bullying>

Addressing Bullying Type Behaviour in Schools PARENT GUIDE

What is Bullying Type Behaviour?
The Addressing Bullying in Schools Act 2016 (2017) defines bullying type behaviour as any behaviour that is intended to cause physical or emotional harm, or to cause fear or distress to a child or young person. This includes bullying type behaviour that is repeated, targeted, intentional, psychological/physical, or an imbalance of power.

Signs that my child could be experiencing bullying type behaviour
Your child may behave differently or show some of the following signs if experiencing bullying type behaviour:

- Changes in mood
- Changes in eating or sleeping patterns
- Changes in school performance
- Changes in social interactions
- Changes in self-harm or suicidal thoughts
- Changes in physical appearance
- Changes in behaviour

Preventative Measures
Schools aim to create and maintain a safe, working, learning environment. Measures are in place to protect and support those children and young people experiencing or showing bullying type behaviour to tackle the problem effectively.

How do I report my concern?
Reporting procedures are outlined in your school policy. Report your concern as soon as possible. Report your concern to your child's class teacher or the school's designated safeguarding lead (DSL) for all pupils. Provide details of your concern and give contact information.

When is it bullying type behaviour?
When a concern of bullying type behaviour is shared, staff will clarify facts, perceptions and the individual needs of all pupils involved. Staff will assess the reported incident using TRIP criteria and identify appropriate interventions aimed at stopping, reducing or preventing bullying type behaviour.

What should I do if my child is experiencing bullying type behaviour?
• Stay calm, listen and reassure your child.
• Report concerns to school staff directly.
• Agree a support plan with staff and your child.
• Review and amend the plan with your child and school staff in response to outcome or agreed interim.

Imbalance of Power, Motivation and Methods
When TRIP is fully evidenced, schools can consider the most suitable imbalance of power, as a criteria to inform their decision.

Motivation
Bullying type behaviour in school rarely involves a breakdown in peer relationships. Motivation can be related to victimisation, or minority groups based on e.g. race, religion, gender identity, sexual orientation, disability, age, appearance, child hood place (LGBT), community background, cultural, family circumstances and political affiliation.

Method
Bullying type behaviour can present as relational, verbal or physical and can take place online or offline.

Further information and advice
• EA
• Education
• SAFER
• Anti-Bullying Alliance
• National Education Research Centre
• National Education Research Centre



Scan the QR code to access resources and further information on the EA 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!



Tips to Nurture Intrinsic Motivation

Three conditions that are necessary to nurture intrinsic motivation

1. Perceived autonomy
2. Perceived competence
3. Relationships

Offering people choices, responding to their feelings and opportunities for self direction have been reported to enhance intrinsic motivation.

(Deci & Ryan 1985 / 2000)



Make a Swap

Swap praise for showing an interest. Praise has an emphasis on the adult's approval (outside motivation) but showing an interest has an emphasis on noticing the pupil and the positive real life consequences to their actions (inside motivation).

You are tidying up.
That will help our caretaker.

You're getting the ball through the hoop more times than last week.

That's a really interesting story you have written- the ending was such a surprise!

Journal

Regular time for reflection is a great way to make intrinsic motivation a feature of your classroom. Click on the High Five Journal image for resources and ideas to support this. (C2ken sign-in required)





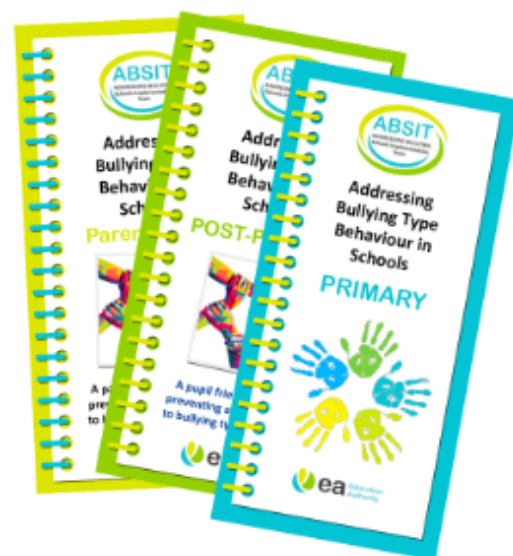
Addressing Bullying Schools Implementation Team

Following collaboration with over 100 schools throughout the region, the EA Addressing Bullying in Schools Implementation Team (ABSIT) has developed resources for use with children and young people, and to share with parents/carers. These provide information on:

- The legal definition of bullying type behaviour and the difference between this and other socially unacceptable behaviour.
- School support for children, young people, and their families in line with the Addressing Bullying in Schools Act (NI) 2016.
- Advice for parent, carers and pupils regarding how bullying type behaviour is identified and supported in schools.
- Signs that a pupil could be experiencing bullying type behaviour and signposting to further support.



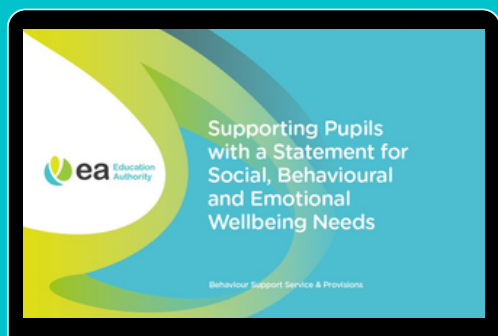
Scan the QR code to access resources and further information on the EA website



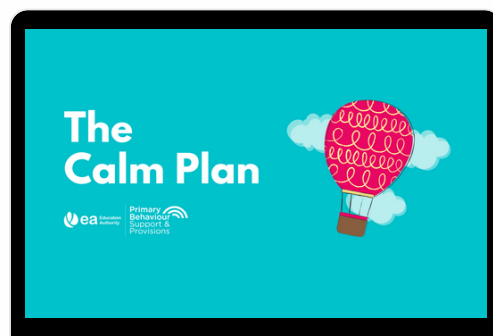


Upcoming PBS&P Training

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



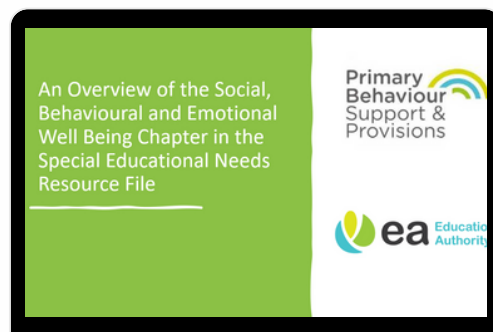
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
16 January, 23rd January & 30 January 2024
11:00am - 12:30pm
(Participants must attend all sessions)



Developing a Calm Plan
22 January 2024 2:30pm - 4:15pm



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice
17 January & 24 January 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
18 January & 25 January 2024 2:15pm - 3:45pm
Participants must attend both sessions

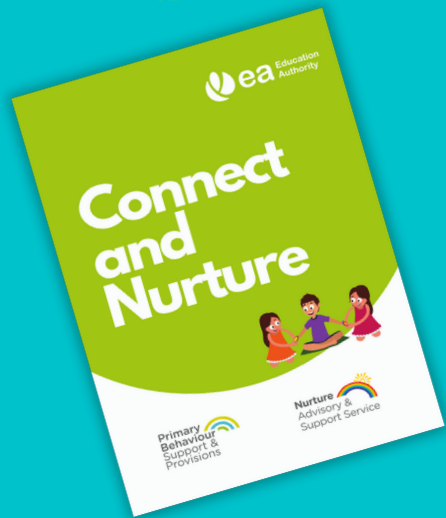
[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



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)
06 February 2024
2:30pm - 3:30pm



Theraplay Informed Practice - activities to build attachment
20 February 2024
2:30pm - 3:30pm

[Click the Nurture Advisory & Support Service logo to see all training available this year](#)



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 510 calls to the helpline in September / October 2023



TASH CLOSURE

The helpline will be closed on the following dates:

- Fri 15 Dec 2023
- Fri 22 Dec 2023 to Friday 5 January 2024 (inclusive)

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



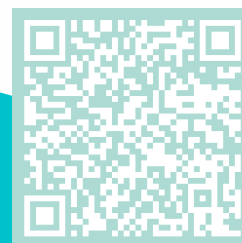
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

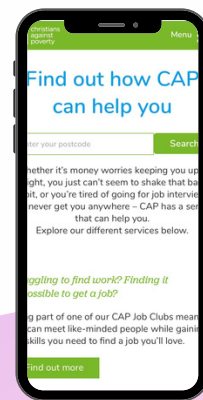
When We Need Support

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.

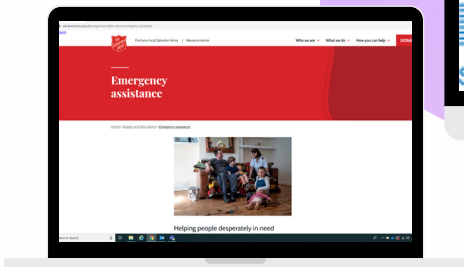


Click here

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.



The Salvation Army, St Vincent de Paul and Christian 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.