

Issue 44: Friday 27 May 2022

High Five

Primary
Behaviour
Support & Provisions 

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



Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be A Problem Solver
- 05 Connect - Working Together
- 06 Take Notice - Down Memory Lane
- 08 Be Active - Say the Colour Not the Word!
- 09 Keep Learning - A Boat for Zelda
- 10 Give - Feeding Butterflies
- 11 PBS&P Inbox
- 14 Help Hub - Inspire, Support, Challenge
- 16 Help Hub - Start Campaign
- 17 Help Hub - Dementia Friends
- 18 Help Hub - Theraplay Informed Activities



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 A Problem Solver. John Adams, the second President of the United States once said, "Every problem is an opportunity in disguise." Problems often give us the opportunity to learn something new or to think of a different way of doing something. In this issue, our EOTAS centres were using good problem-solving skills to help them think creatively.

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.**

St Mary's P.S.

St Mary's P.S. Portaferry wanted to share their HighFive success with parents and visitors to the school.

They printed and displayed the last issue of the magazine so that it could be read and enjoyed by everyone who came into the school.



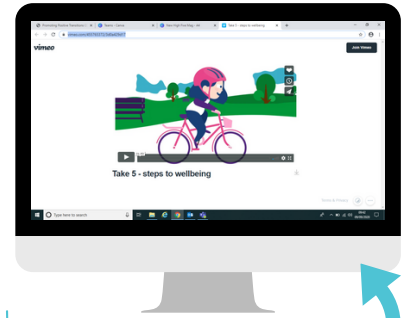
Take5

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 A Problem Solver

Sunflowers EOTAS have lots of experience with solving problems and have this advice to share:

Every day in life, we come across some problems. These can be very big or very small. It can be what to have for your lunch or how to do a tricky piece of schoolwork. It may be how to deal with your brother or sister or how to battle through a challenge in your computer game. It is important to tackle problems with a clear head and to think creatively how to solve it. Try not to let your emotions take over and make the problem seem bigger than it is!



3 Steps to Problem Solving

1.



Find a different angle or look at it differently. Break the problem down into manageable chunks.

2.



Think. Is this something you can do yourself, if so keep trying and solve the part that you can solve. Then you might know better how to do the tricky part or you might have to ask for help.

3.



Give things a go – try your best solution and if your idea doesn't work, do not be disheartened. Just go back to step 1 and try again!

Can your class make a list of problems you have come across this year? How many are solved? How long did it take to solve them? How many are unsolved? Can you think of possible solutions using the steps above?



Working together on a problem can help us to build friendships and feel more connected to each other.

When we work as part of a team, we can share our ideas, develop our co-operation and listening skills and notice each others' strengths.

Thornberry EOTAS have suggested three challenges which you can work on with a partner or in a team. You could get creative by reusing empty packaging and other materials which you can find around your home, but remember to ask permission from an adult first.



Discover what is the fastest way to go down the slide, using different materials.

In pairs, design and make a vehicle that can travel down a slope and see how far it can go!

As a group, build a bridge to hold some animals or weights.



Take Notice

Down Memory Lane



We are all looking forward to an extra day off this June because of the Queen's Platinum Jubilee.

Little Oaks EOTAS pupils have been finding out about how the coronation was celebrated 70 years ago.



What age were you when HRH Queen Elizabeth had her coronation?

I was coming 4 years old, the coronation was on the 2nd of June 1953 and I turned 4 on the 8th of June 1953. Even at that young age I still remember the day well.



Do you have a fond memory of that day?

Yes! My fond memory of that day was that my sister was born on the Queen's coronation. She was named Elizabeth after the Queen. My sister was given a special gift of 5 shillings.

Did you have a TV to watch the coronation on or did you have a radio to listen to it?

We did not have a TV back then, we heard the coronation on the radio. Everyone who was listening to it was happy.



What kind of food did you eat to celebrate the Queen's coronation?

At the street party we had jam and ham sandwiches, butterfly buns, pastries and Walls' vanilla ice-cream with jelly. The ice-cream was a rectangle block and it slotted into the ice-cream cone which was also a rectangle at the top.



Mrs Burns was just a little girl when the coronation took place. She kindly shared her memories with Little Oaks pupils.



Did you and your family celebrate the occasion?

Yes, we did. Our street had a street party to celebrate, and our family attended. Bunting was put up for this big party. There were pictures of the Queen and flowers; everywhere was decorated. It was lots of fun with games and races. I remember wearing white socks with a red, white, and blue trim for the occasion. Schools were closed for the coronation.



Was life very different back 70 years ago compared to now?

Yes it was very different, Life was slower back then. Children played all the time outside, you always heard children on the street. People had bigger families. There were very few cars, people used trolley buses a lot. Girls never wore trousers, they wore either a dress or a skirt, boys wore trousers and ties.

Take Notice

What age were you when HRH Queen Elizabeth had her coronation?

I was a rather shy school girl who had just failed her 11 plus as I couldn't do numbers especially fractions!!



Mrs Briggs also has lots of memories of the Queen's coronation.

Did you have a TV to watch the coronation on or did you have a radio to listen to it?

Yes we did. We had a tiny TV which sat in the corner of our semi-circular living room. My dad was the manager of big electrical shop in Belfast so we were lucky. Very few families then had a TV set so on the big day all our neighbours and their children crowded into our front room to watch the magnificent pageant take place on the oh so tiny screen. It was an amazingly colourful sight which accompanied by the high pitched sound trumpets and soaring organ music added to the sense of magic.

Just being part of something so special. The glittering monarch, the sparkling regalia, and the fairy tale golden coach, pulled by the calm horses, alongside the waving crowds and oh so many smiling faces have and will remain in my memory.

What kind of food did you eat to celebrate the Queen's coronation?

I don't recall any special food being cooked for the day. I know that today I can go into Tesco and buy a coronation chicken sandwich which was I believe 'invented' for the coronation but I have no memory of eating one then.

Do you have a fond memory of that day?

Was life very different back 70 years ago compared to now?

Wildly different! There were no mobiles, no washing machines or tumble driers. TV was only broadcasting for a few hours each day. Laptops and Social Media were still a long way away. In my class room there was a black board on which staff wrote with chalk. The teachers in my school wore long black gowns and at the end of the day the shoulders of their black gowns were dusted with a fine covering of white dust. The desks we sat at were long wooden benches with ink-wells full of dark black ink. Once you dipped the pen into the ink, it was so hard keep messy ink splodges from ruining everything on the page. Sometimes my history book looked like an army of starlings had pranced all over it. Miss Barr was not amused! Back then teachers wanted us to be able to do joined up writing well. I recall often having to practice my copper plate joined up writing in my Vere Foster copybook at home on the table in the kitchen.



My father was presented as chair of the Whitehead District Council to the Queen during her visit to NI after the Coronation



Me, (Left) my sister in the middle and our cousin in our Whitehead High School uniforms

Be Active

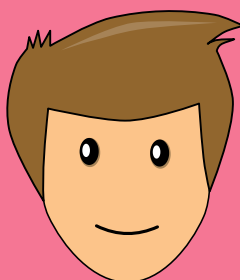


Say the Colour Not the Word!

The theme in Tamnamore EOTAS this week has been problem solving. The pupils and staff have been taking part in lots of fun activities to improve their problem solving skills. Mr Gardiner has shared an activity that they have enjoyed this week.



"Remember to keep your brain active as well as your body. Try this short activity to see if you can get to the very end without making a mistake. Try saying the colours of the words first..."



"Once you have mastered that, try saying the actual word itself. It's not as easy as you would think. Good luck!"
Mr G!

Say the Colour Not the Word!

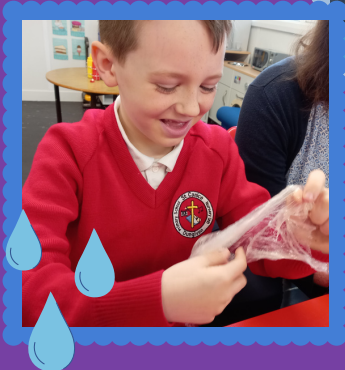
black white yellow green red blue
yellow red black green white red
white green red black yellow green
black white yellow green red blue
white green red black yellow green
yellow red black green white red
white green red black yellow green

Keep Learning



A Boat For Zelda

Treetops EOTAS pupils received a special letter and box of materials from Zelda the Zebra this week. Zelda needed their help to design and make a sailboat which would keep her safe and dry in the water. The pupils had to decide whether to use cling film, a plastic bag, tin foil, cotton fabric, waxed paper or kitchen roll to cover their boat. They worked together to test whether each material was waterproof or not.



1. Scrunch up a piece of kitchen roll and wrap it in the material. Tie it tight with a pipe cleaner. Repeat for each piece of material.

2. Place each parcel carefully into a tray of water and leave for 5-10 minutes.

3. Open the parcels to check which pieces of kitchen roll stayed dry and which ones got wet.

The pieces of kitchen roll inside the plastic bag and the waxed paper stayed the most dry. The pupils worked out that the tin foil and cling film had been torn and so, the water was able to seep in. Next, they made their boats and Zelda came to test them all out in the water. Zelda stayed dry and the boys enjoyed watching their boats move around in the wind!



Fir Trees EOTAS pupils have been raising butterflies in their classroom. They started out as tiny caterpillars and then turned into mysterious chrysalises. When they eventually hatched into beautiful butterflies, the pupils had to think carefully about what to feed them so that they'd be strong and healthy enough to fly away when they were released.

Problem:

They don't have the food in their cup any more. What can we feed them now?



Solution:

We know that butterflies like to sip nectar out of fruit. Let's try and find the tastiest, juiciest fruit so we can give them lots to drink!



Release Day



A strong, healthy butterfly spreads her wings, ready to be free!





PBSP Inbox



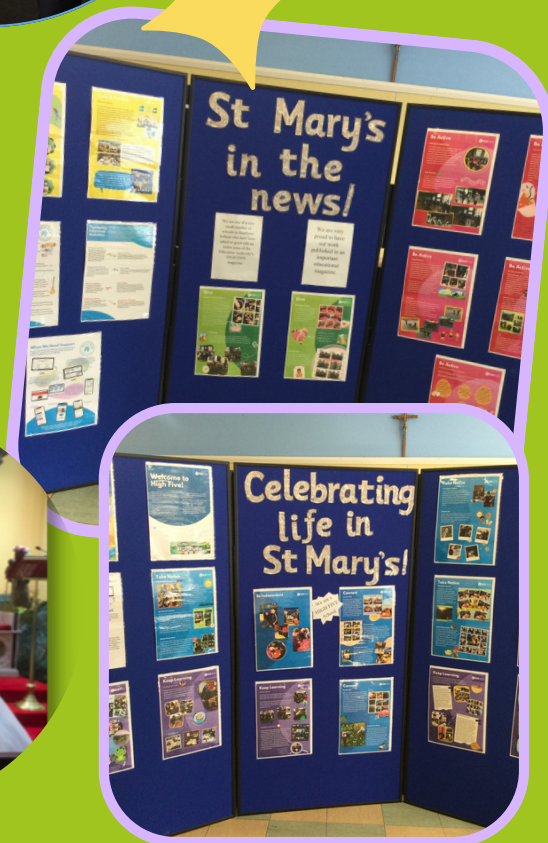
Congratulations to Tamnamore EOTAS!

A wonderful evening was enjoyed in the Merchant Hotel Belfast, celebrating schools from across the country. Tamnamore EOTAS staff collected the winning award for Innovation in ICT Excellence awards 2022, sponsored by Capita and C2K.

Gareth and Geraldine accepted the reward for the inventive ICT measures brought in by Tamnamore EOTAS staff over Lockdown and continued through this academic year.



St. Mary's Primary School, Portaferry shared some lovely activities in our last edition of the High Five Newsletter. School shared these lovely photographs with us. "We had First Holy Communion on Saturday morning and the parents were invited into school for tea afterwards, so we had enlarged each page of the magazine and put up on 2 display boards... it's very impressive!"





PBSP Inbox

Welcome to Sunflowers!

Lea Green and Rathmore PBSP teams have officially merged to become Sunflowers EOTAS.

The staff team chose this name as the sunflower is a symbol of nurture and makes people think of happy days ahead. One of the children noted that Sunflowers are a sign of hope - there is always hope in every situation!



High Five Friday

This year, some of our fabulous schools agreed to help us try out lots of great Take 5 ideas. In these schools, Fridays were transformed into HighFive Fridays! In the next few issues, these schools will be sharing with us some of their ideas and telling us about how they made HighFive Friday the highlight of their Wellbeing Week! This week, our HighFive Friday school is Corran Intergrated P.S., showing us some 'Be Active' activities that have taken place in school. It looks like everyone had lots of fun!



Be Active



Fun in the sun!



Streetwise
Circus
Skills



Daily Mile



Tell us your High Five news at
primarybsp.enquiries@eani.org.uk



For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. 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 A Problem Solver



Problem-solving benefits children in numerous ways. It helps them to cope with challenges in everyday life, to think 'outside of the box' and make effective decisions. Problem-solving allows children to pick up other skills, such as co-operation, collaboration and critical thinking. Here are some simple ideas that we can try to develop problem solving in our children and young people.

Inspire...



Ask them to help you make decisions about everyday family life, whether that's deciding what to make for dinner or what programme or film to watch on tv. When you ask for their advice, they are not the only ones that face the problem. When you demonstrate that you value their ideas, it will give them the confidence to solve problems more often/independently.

Support...



EXPERIMENT and TEST IT OUT

Encourage them to focus on the journey, not the outcome! If the outcome is not effective, they can try out different approaches. This will encourage them to look at a problem from different angles. Remind everyone that FAIL stands for our First Attempt In Learning.

ASKING QUESTIONS

Asking open ended questions is an excellent way to improve our abilities to think creatively and critically. Try these questions after any activity:

- *What was difficult? What was easy? *What did you learn?
- *What do you think will happen next? *How did you solve that?
- *What would you do differently next time?

Be A Problem Solver

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



Challenge...



Problem Solving is something we can improve with practice. There are lots of little games you can play together that help to practice Problem Solving skills:

- Give them a variety of materials lying around the house. Let them come up with all sorts of exciting creations or repair broken toys or gadgets.
- Create a scavenger/treasure hunt around the house, in the garden or somewhere outdoors, encourage them to make up their own hunts.
- Use their favourite book characters, toys, objects and/or puppets to role play different scenarios/situations. Use imaginary play to ask what their character would do to solve the problem.



Click here
for some fun activities and
games to try at home, to
inspire, support and challenge.



Start Campaign

START is a public health campaign from Safefood, the Departments of Health in Northern Ireland and the Republic of Ireland, Healthy Ireland, the Health Service Executive and the Public Health Agency.

Research shows that children are becoming overweight earlier and earlier, with about 6% of three year olds now clinically obese. As a child, being overweight can cause joint and breathing problems, as well as psychological problems such as low self-esteem and lack of confidence. Most worryingly, an obese child is more likely to be obese as an adult which leads to serious health problems such as type 2 diabetes, cardiovascular disease and certain types of cancer.

The START campaign aims to support families to take small steps to eating healthier food and becoming more active by providing practical support and information to help parents.



'The Community Food and Nutrition Team' are also offering a number of online workshops via Zoom on healthier snacks for kids and ways to reduce treats. These are free of charge and open to everyone.

Click here
to register



Use Safefood's YouTube page to access some useful videos around treats and portion sizes for children.

Click here

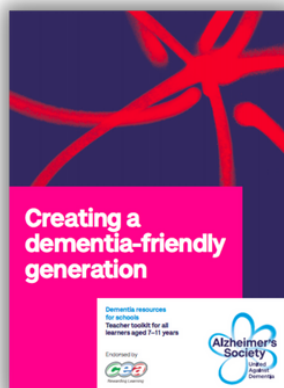
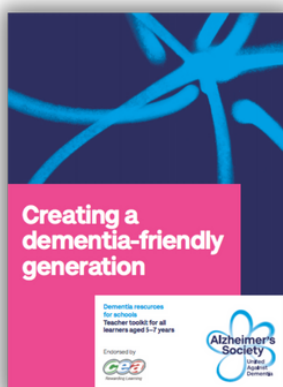
Dementia Friends



Nearly one in three young people know someone living with dementia. Often, this person is a grandparent, but increasingly it could be a parent.

This is why it's important that every young person feels prepared and understands what it's like to live with and be affected by dementia.

Download the free CCEA approved resources and support young people to understand dementia from an early age, remove the stigma and build our growing movement of Dementia Friends in Northern Ireland.



Click here
to request
resources



Dementia awareness sessions for young people can also be facilitated in schools by the Dementia Friendly Communities team at Alzheimer's Society.

DementiaFriendlyNI@alzheimers.org.uk



Click here
to email request

Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.



The idea is to relieve the child of the burden of maintaining control of interactions. The child set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Pop the Bubble

Blow a bubble and catch it on the wand. Have a child pop the bubble with a particular body part, for example, finger, toe, elbow, shoulder, or ear. This is a structured way of playing with bubbles. Bubbles readily capture the interest of young children and it can be used as an engaging activity either in this structured form or in a manner that invites more spontaneity (for example, by having the child pop all the bubbles as quickly as they can).

Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.



Hand Clapping Games

Older children enjoy these games very much. They can be simple (patty-cake) or complex (elaborate rhythmic clapping patterns) and can have a variety of chants, 'A Sailor went to Sea'.

Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.



Lotion or Powder Prints.

Apply lotion or powder to the child's hand or foot and make a print on paper, the floor mat, a pillow or a mirror. If you make a lotion print on dark construction paper, you can shake powder on it and then blow or shake it off to enhance the picture (take care to keep the powder away from the child's face).

Challenge Activity

The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



Bubble tennis

Blow bubbles high in the air between you and the child. Choose a bubble and blow it to the child. The child blows it back. Continue until bubble pops.

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

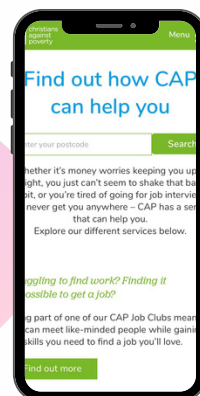
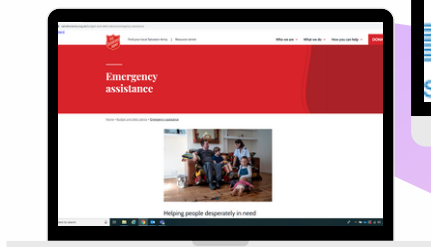
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

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



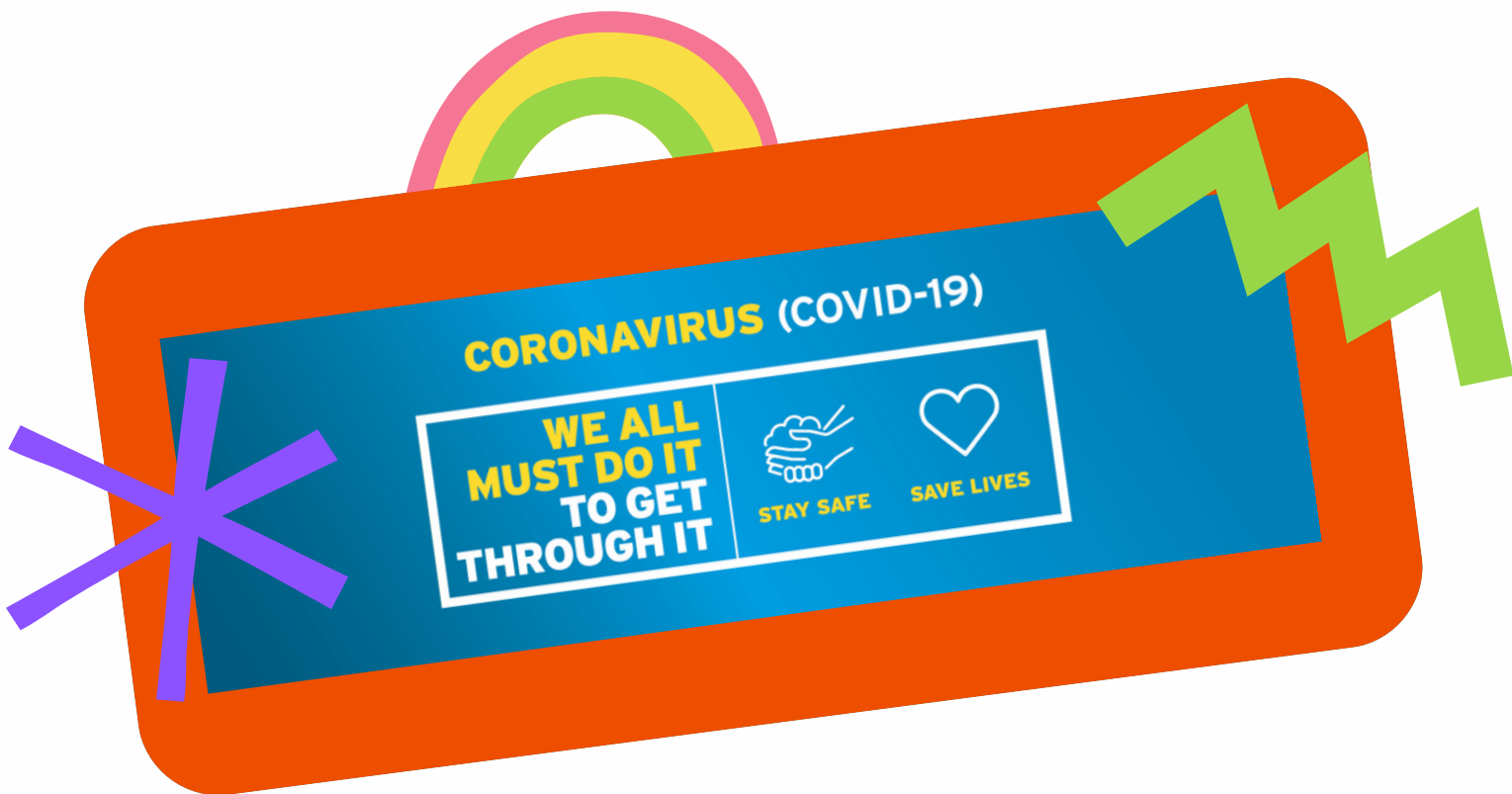
Childline



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.



Click here for a link to the Department of Education's Coronavirus Guidance for Schools



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

[Click here to keep up to date with the Public Health agency.](#)

