

Issue 51: Friday 11th November 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!



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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 Thankful. This is a time of year when we often set time aside to notice, remember and appreciate the things we have or the people in our lives. This happens in particular at Harvest festivals and on Remembrance Sunday. In this issue our EOTAS centres have shared some good ideas to help us all be thankful.

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.**

Free Webinar

"From the Head to the Heart and Back to the Head Again." is a free online webinar on the 22nd November 7.30PM – 9.30PM.

The webinar has been organised by the Restorative Practices Forum (NI). Click on the image for more information and registration.



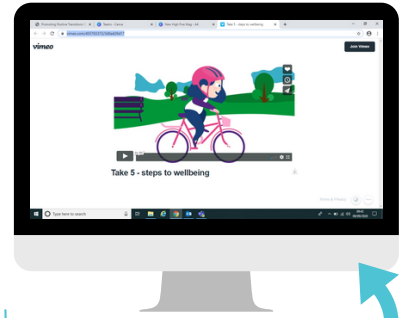
Take5

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 Thankful

Fir Trees EOTAS discovered that we are so thankful for so many things. People we know, people we don't and objects that help us get through the tricky days like 'Coley the polar bear puppet'!



Draw a heart and include pictures or words of people you are thankful for - send us some photos!

We drew hearts and added people to the inside of it that we are really thankful for- these included the Police, Doctors, fireman and of course our Fir Trees Family.



We are so thankful for our newest member of the class 'Floppy' who is our new pet rabbit. He loves snuggling with us in the classroom and playing in his pen on the playground!





Football Skills

Treetops EOTAS have been thankful for the dry weather this month as they have been getting outside to practise play skills and following instructions through football games.

We worked with our team mates in the 'Robin Hood Challenge' and we all had a proud moment when we took turns to 'head the ball.'



Robin Hood

1. Put 15-20 cones in the middle of a rectangular area and split into teams of 2 or 3.
2. Stand at the 4 corners of the area.
When the teacher whistles, you and your teammates must take it in turns to bring back cones to your corner.
3. When all the cones have been taken, the team who have the most cones wins.
4. Remember, you're only allowed to take one cone at a time!



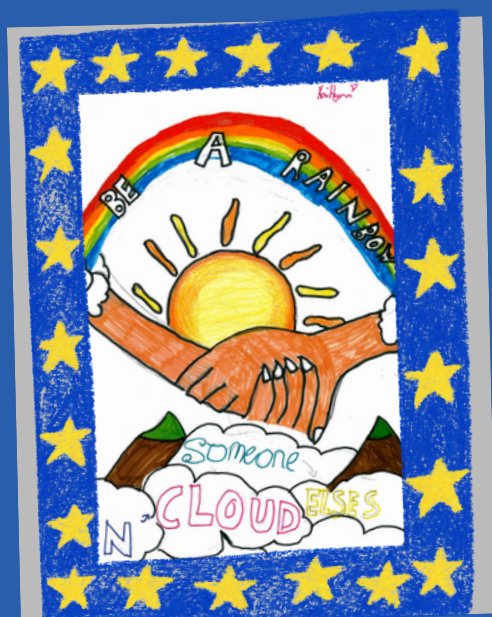
You could even include a 'magic' cone which could be worth double, but can only be taken when all other cones are gone.



GOAL!



Little Oaks EOTAS have been preparing for Anti-Bullying Week by designing posters with inspiring messages about friendship and kindness.



Design your own Anti-Bullying poster encouraging others to spread kindness and be a good friend!

Click here for more information on how you can get involved with Anti-Bullying Week 2022.



Take Notice



The Thornberry pupils have been taking notice of their natural surroundings by taking part in an Autumn Treasure Hunt. They discovered conkers, mushrooms, acorns and lots of different coloured leaves.

The pupils then used those leaves to create some amazing pieces of Autumn artwork. They took some inspiration from some woodland animals.



BEWARE!
The pupils also discovered that there is such a thing as a Gruffalo, well actually this one was created using twigs, branches, and Autumn leaves.



Click here to take part in your very own Autumn Hunt or here for more outdoor classroom ideas



Keep Learning

Being Thankful

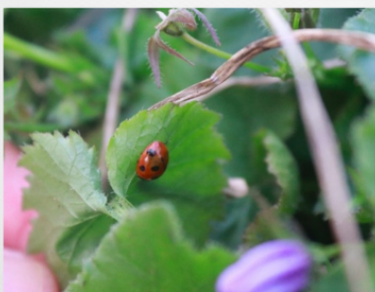
The children at Tamnamore EOTAS are learning photography skills.

The children are learning how to control the camera to take the best images. They use different focal lengths and take images from different angles. They all have their own USB to store their images on and when they return to school, they can take it with them.

Here are some of the amazing photographs/images the children have taken.



Alfie & Rian



Colourful Ladybirds



Fionntan



Flowers in the playground



Frankie



Spider's Web



Give

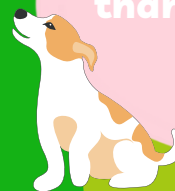
The staff and pupils from Tamnamore have been sharing what they are thankful for.



Alfie is thankful for his dogs.



Frankie and Riley are thankful for warmth and a cosy bed.



Mrs. Shaw is thankful for her dog Roxy.



Mr. Gardiner is thankful for good music.

Mr. Buckley and Mrs. Barnes are thankful to be able to go to nice restaurants and eat great food.



Rian is thankful for his mum's cooking.



Allens is thankful to be able to go to school.

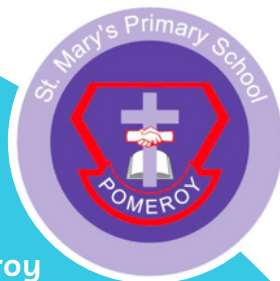


Fionntan is thankful for his brother.





Inbox



Take 5 Schools

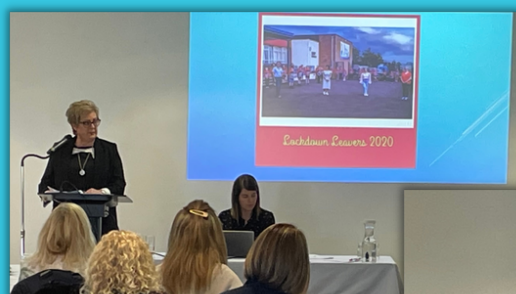
St. Mary's Primary School, Pomeroy

On Friday 14th October staff from the EA Children and Young People's Service (CYPS) attended a development day at Oxford Island, Craigavon. The theme of the event was 'We can make a difference'. St Mary's PS in Pomeroy provided the CYPS with an overview of their "Nurture Journey".

Ms Tina Hinfey, Principal, along with Teachers Jackie and Ursula gave us the highlights of how they supported their school community during Covid with ensuring "Everyone Belonging".

This included 'Bake Off' challenges, 'Let's Dance', '5K Challenge' and celebrations for the 'Class of 2020'. The school staff, along with a parent Mrs Tracy Mulholland, shared the journey of their Rainbow Room and the impact of nurture within their school community. The pupils shared their Rainbow Room song virtually.

Una Turbitt, Interim Director, Children and Young People Services thanked St Mary's Pomeroy and Mrs Tracy Mulholland for sharing their journey with CYPS staff.



Fir Trees and Little Oaks EOTAS staff connected at the Mayor's Tea Party in Strabane





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

Health Improvement Webinar



Public Health Dietitians' Group
Northern Ireland

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

How to Save Money on Your Food Shop

Top tips for meal planning, cooking & savvy shopping.

Tuesday 22nd November • 10am

<https://tinyurl.com/Money-saving-nov>



Click on the image above to sign up for these FREE nutrition webinars with Registered Dietitians throughout November! Open to everyone. If the dates/times don't suit or for other nutrition topics, pre-recorded webinars are available to watch on-demand at: [Public Health Dietitians - YouTube](#)



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.



Structure Activity

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.



Drawing around hands, feet or bodies:

Make a picture of your child's hand or foot by drawing around it. Can you draw around the whole body (if it feels safe to do this)? Talk about what you're doing whilst drawing. Can you colour it in together?

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.



Check-Ups:

Check your child brought their big smile to play, check they brought their ears, did they bring wiggly toes or still toes? Go through lots of body parts. Did they bring strong arm muscles, can they show you? Did they bring long legs? Etc.

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.



Caring for Hurts

As part of the general check-up for the child's special qualities, notice and care for scratches, bruises, hurts or "boo-boos." Put lotion on or around the hurt, touch with cotton ball, or blow a kiss. Check for healing in the next session. Do not announce, "Let's see how many hurts you have."

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.



Co-operative races

Take it in turns to blow a ping pong ball across a room and see how quickly you can do it.

Anti-Bullying Week 2022

Help your child to challenge bullying, learn about positive friendships and reach out for help this Anti-Bullying Week. Kidscape have lots of resources to support parents and carers, too.

'As parents and carers we all want our children to be happy and safe, and it is natural to worry about bullying - particularly if we have experienced bullying ourselves or think our child may be more vulnerable to bullying. The good news is you are not alone! The Anti-Bullying Alliance and its members are here to work with children, families, and schools to help keep children safe'.

Every November schools throughout the United Kingdom take part in Anti-Bullying Week. This is an opportunity to spotlight bullying and consider the steps we can take together to stop it. Anti-Bullying Week 2022 will be taking place from Monday 14th to Friday 18th November, with the theme 'Reach Out'.

This tool was written with Kidscape and is designed to give you information about bullying, tips about what to do if you're worried about bullying, the tools to help you talk to your children about bullying.

Click here to download



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

WHST - 'Return to Work'



The Health Improvement, Equality and Involvement Department of the Western Health & Social Care Trust are currently rolling out an initiative in support of breastfeeding mothers returning to work.

'Breastfeeding is fundamental to public health as it promotes health, prevents disease and helps contribute to reducing health inequalities.

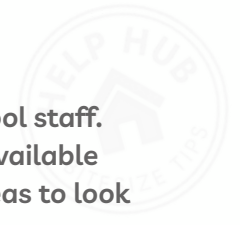
In support of creating environments where mothers can return to work and continue to breastfeed, the Western Health & Social Care Trust have updated their policy for supporting breastfeeding employees. As part of this policy, any employee returning to work and breastfeeding will be able to avail of a free 'Return to Work' pack.

We have extended this 'Return to work' pack initiative to the employees of all organisations throughout the WHST area (Limavady to Fermanagh)'.

This pack contains; a cool bag, ice block, reusable water bottle and breastmilk storage bottles to assist staff in continuing their breastfeeding journey. The pack also contains additional information on safe storage of breastmilk.

Any staff member or organisations wishing to avail of this on behalf of a staff member, should contact the Health Improvement Equality and Involvement Department on 028 718 635127





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!

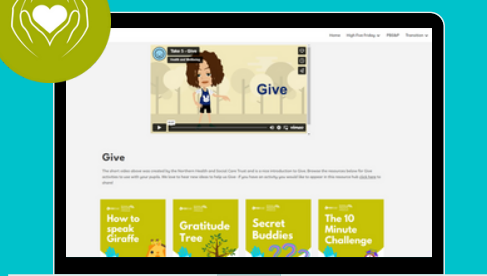
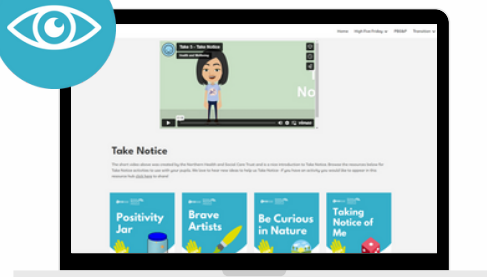
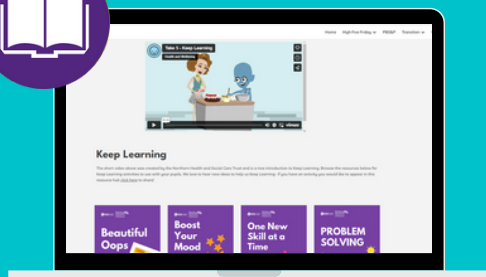
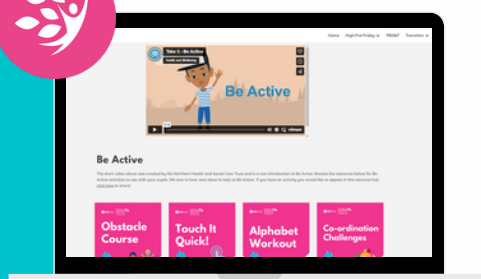
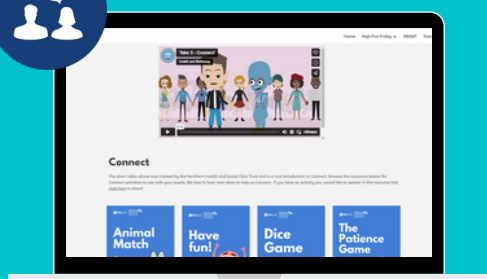




Explore the High Five Resource Hub



Make sure you are logged in to google using your C2k account and then click the images below to explore the hub! Each link will take you to a different aspect of Take 5 with low cost, no cost activities to try with your class.

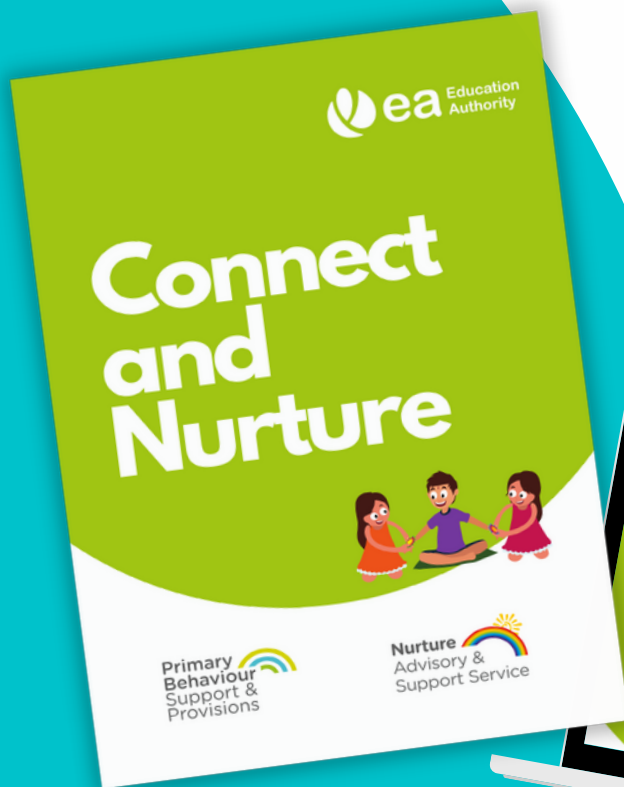


[Click here if you have any ideas for Take 5 activities you would like to share with the High Five Resource Hub](#)



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
6th December 2022
2.00pm

School settings can also request Connect and Nurture training through anycomms by submitting the SIC form. If you are signed in to c2k click on the image for more information.

[Click here to see all training available this year from Nurture Advisory and Support Service](#)



Anti-Bullying Week 2022

The Northern Ireland Anti-Bullying Forum (NIABF) coordinates Anti-Bullying Week in Northern Ireland and they are delighted to announce the theme for Anti-Bullying Week 2022, which is taking place from Monday 14th to Friday 18th November, as 'Reach Out'.

The theme 'Reach Out' has been developed with the help of parents, teachers, children & young people from across the UK with the hope to encourage people to challenge bullying & create kinder communities.



There are many ways to get involved with Anti-Bullying Week 2022 this year!

Anti-Bullying Week 2022 Resources– NIABF have worked with Stranmillis University College students to develop a range of resources to help you bring Anti-Bullying Week to life in school.

Odd Socks Day– Odd Socks Day is Back! Be sure to join us in your odd socks on Monday 14th November.

Social Media Toolkit– Promote what you have been doing for Anti-Bullying Week through your social media channels!



Click here for a short information video clip



Click here to access the NIABF School Resource Pack

Christmas Family Appeal 2022 - SAVE THE DATES



'Over the last number of years, we have supported the great work both St Vincent de Paul and The Salvation Army undertake within our communities to bring the magic of Christmas to all our children and young people; to ensure that every child and young person in Northern Ireland wakes up on Christmas morning with a gift under the tree.

Our drive to continue to support this appeal is greater than ever and we want to make our 2022 Christmas Family Appeal as successful as previous years.

The theme of the appeal is 'Impossible Choices' with families having to choose between basic essentials of living, food and heat.

Both charities are encouraging online monetary donations again this year and their key message is based on giving families the gift of choice, this enables families to make their own choices and decisions as to how their needs will be best met.

The elves in the EA are busy behind the scenes to make this all happen and to provide our schools and staff with as much information as possible regarding the appeal.

We invite you to follow the Christmas Family Appeal on our social media platforms (Hashtag: #EACFA2022) from 17 November to 16 December 2022.

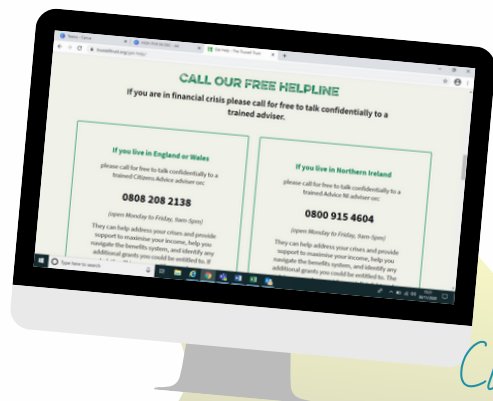
If you would like to know more about or how to get involved in EA's Christmas Family Appeal, we would love to hear from you'.

Contact one of the Health & Wellbeing team on 028 9041 8023 or email by clicking here



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

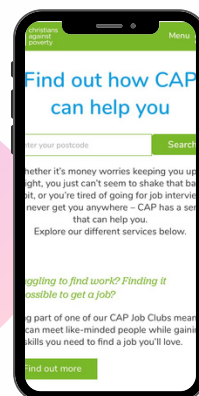
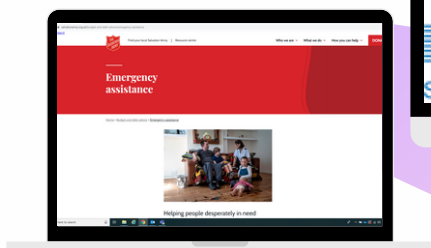
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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.