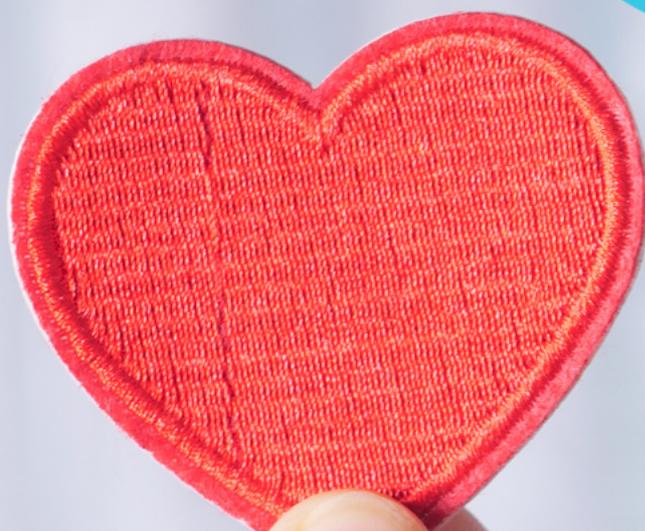


Issue 68: Friday 17th Nov 2023

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

**High
Five**



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Inspire...

First we try to find ways to make you want to be the best you can be



Challenge...

You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things



Support...

When you want to be the best you can be we try to help you as you learn and grow

Welcome to High Five!

Welcome back to High Five. Our theme in this issue is to Be Generous. The ideas and activities shared help us consider what it means to be generous with our time, our things and our thoughts.

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.**

How to Talk to Your Children About Conflict and War

‘When conflict or war makes the headlines, it can cause feelings such as fear, sadness, anger and anxiety wherever you live.

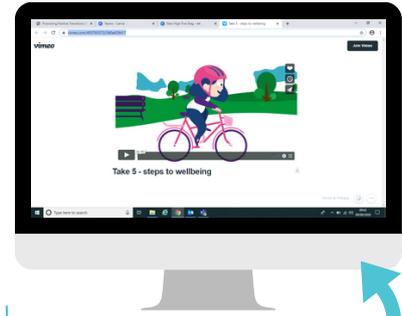
Children always look to their parents for a sense of safety and security – even more so in times of crisis.

Here are some tips on how to approach the conversation with your child and to provide them with support and comfort.’



Take5

steps to wellbeing



Watch a short video about Take5 here



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Keep Learning

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

Be Generous

Our High Five challenge in this issue is to Be Generous. Talk with your class and make a note in your High Five journal of ways you can be generous with your time and with your things.



Be Generous

Another way to Be Generous is in how we think about other people. It means to think well of others. Especially if we don't like what they have done or if they have made a mistake!



It's not fair! You don't want me to have anything fun!

Sometimes when someone tells us no (like when we ask for an ice cream before dinner) or tells us to do something we don't want to do (like homework on a sunny afternoon) it makes us feel bad, which means we aren't functioning well. This means we can have ungenerous thoughts about this person.

Being generous in how we think of others means thinking of a good reason for what they have done. It's hard to do this naturally so we have to stop, take a deep breath and then deliberately be generous!

Ok, I know you just want me to have my homework done without rushing.



Challenge yourself to Be Generous with your thoughts about other people. At the end of the week make a note of how you got on in your High Five Journal.

Be Active



Northern Ireland Does The Daily Mile Santa Run

'We want as many primary schools and nurseries around Northern Ireland to get moving on the same day, to celebrate the positive benefits that daily activity can have on our mental health. Children's mental health, and its relation to physical activity, is more important than ever.'

Save the Date!

We're looking forward to seeing you do your Christmas Daily Mile any time between 09:00-15:00 on Friday 1st December 2023, along with the rest of the nation!

The Daily Mile can help you and your friends with your mental wellbeing! You can now create your own back signs to think about why you like to do the Daily Mile Santa Run!



Schools can register by clicking here



I do my Daily Mile Santa Run because...

"It helps me to concentrate more"

"I get to be with my friends"

"It gives me a clearer head to think"

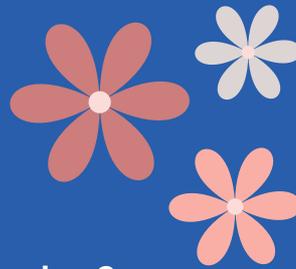
"It makes me smile and I can run around"



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

Why do you like to do the Daily Mile?

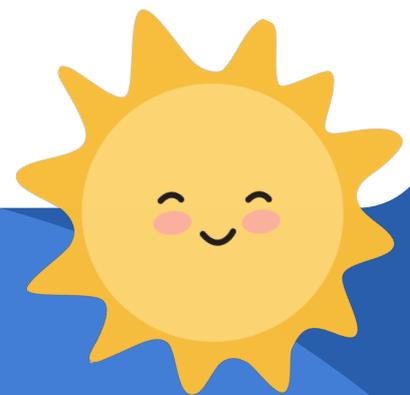




Ways to Be Generous

How many items can you check off in a day?

- Give someone a compliment
- Share something with someone else
- Spend time with someone who needs your company
- Send a card or nice note to someone
- Let someone go in front of you in the line
- Do a job for someone that you would not normally do such as set the table for dinner or put your sister's toys away
- Donate something you no longer need to a local charity
- Spend time teaching someone something such as the rules to a game or help with their homework
- Put a shopping trolley away for someone
- Hold a door open for someone



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

Be Thankful

To fully understand generosity it is important to take notice of everything we have and what we are thankful for. Take some time to think of the people and things you are thankful for in your life.



Add the things you are thankful for to the leaves on the tree...

Or have a go at creating your own gratitude tree by following the steps below...



- 1** Draw or paint a large trunk
- 2** Draw and cut out some leaves big enough for you to write on
- 3** Think of all the things you are thankful for or acts of generosity people have shown you and write on your leaves
- 4** Glue the leaves to your tree and display them with pride

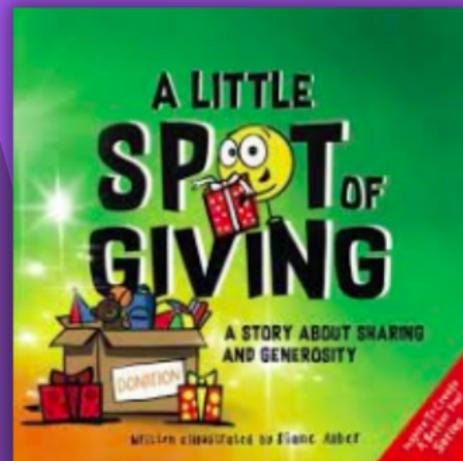
Click here to access more ideas to Take Notice (C2ken sign-in required)



What Is Generosity?

Generosity is a character trait much like kindness or honesty. To be generous means to give with your whole heart. It is more than just about giving money. It is giving your time, your love, food, resources or simple kindness. Generosity of spirit means giving non-material gifts to others such as forgiveness, credit for something accomplished, encouragement, or even a simple hug. Learning to be generous can also make us feel good about ourselves.

Click here to watch
'A Little Spot of Giving'
by Diane Alber and learn
more about the gifts we can
give generously 



Be Generous with Positive Words.

Your words have power! Make it a goal to generously speak praise with others in your class, even if it's a quick note or comment. What you say will create a lasting impression, so make it a positive one!



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

Be Generous to Yourself

Give yourself time to love and play. Eat healthy, sleep, exercise, and relax. All of these can help you to feel good. Be generous with yourself, and care for yourself.

Being generous to yourself is an important practice that can help you lead a happier and more fulfilling life. It means treating yourself with the same care and kindness that you would offer to others. Taking care of your physical and emotional needs, allowing yourself to rest and recharge, pursuing your passions and interests, and forgiving yourself for mistakes are all ways to practice self-generosity. Remember that you are worthy of love and care, and that treating yourself well can have a positive impact on your overall well-being. So go ahead, be generous to yourself, you deserve it!

What are some of your favourite ways to rest and recharge?

Go Outside



Be Kind



Listen to Music



Exercise



Relax



Have fun!



Can you think of 2 more?



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



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



How to Encourage Children to Be Generous

Teaching children to be generous is an important part of their development. It helps them to learn empathy, kindness and compassion towards others. There are several ways to encourage children to be generous.



1

Lead by example. Children learn by observing the behaviour of adults around them. If they see you being generous, they are more likely to follow suit.

2

Talk to your children about the benefits of generosity. Explain to them how it can make others feel happy and appreciated, and how it can also make them feel good about themselves.

3

Involve your children in charitable activities. This could be volunteering at a local shelter, donating gently used toys or clothes to a charity, or participating in a fundraiser.

4

Make generosity a regular part of your family's routine. Encourage your children to share their toys with others, or to offer to help someone in need. By making generosity a habit, it will become a natural part of your child's behaviour and personality.

Autism Support Cafés

“We are inviting parents and carers of children of all ages, who have:

- an autism diagnosis
 - are awaiting an assessment
 - are displaying early indicators (suggesting their child may be Neurodiverse),
- to attend our next Autism Social Café with local support groups, information stalls and short workshops.

These events are in partnership with statutory services and community and voluntary organisations who can support families on their autism journey.

Our aim is to bring together parents, carers and organisations, to provide support and information on services available. We are hoping that parents and carers will help us shape our plans for future events across the WHSCT, provide feedback, ideas and suggestions. Input from parents and carers will be extremely valuable in the co-design of our future Social Café’s.”



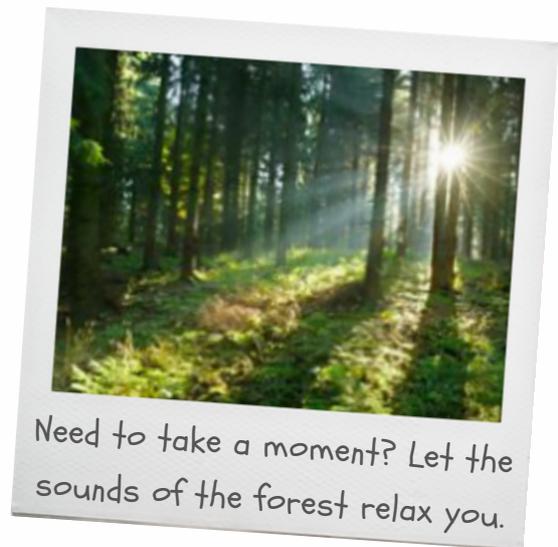
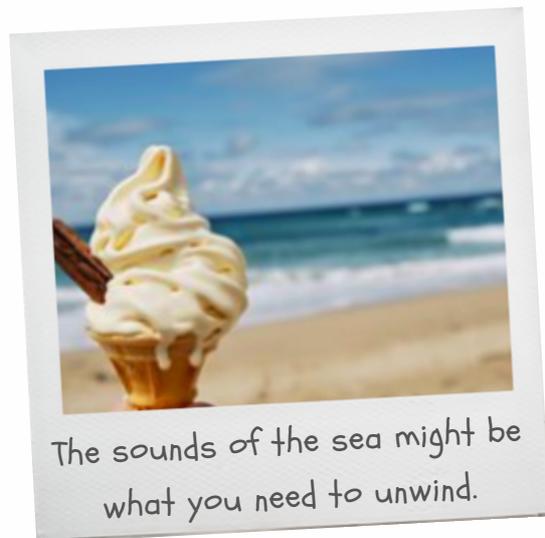
National Autistic Society NI are gathering interest for an online social group for autistic parents across Northern Ireland. If you would like to complete the survey click on the image or by scan the QR code

Tea & Coffee provided
Booking is not required.



‘Let’s Go Out’

‘Let’s Go Out’ has been created for young learners with special education needs (SEN), but it can be enjoyed by anyone who needs a moment of mindfulness. Click on the images below to access the short video clips on BBC iPlayer:



BBC Bitesize also have additional resources and ideas for people to make their own sensory activities at home. [Educational resources can also be accessed here...](#)



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!



Modelling Generous Thinking

Sometimes we can be ungenerous in the thoughts we have about ourselves. Adopting a growth mindset in your classroom can help to reframe the inner thought life of your pupils.

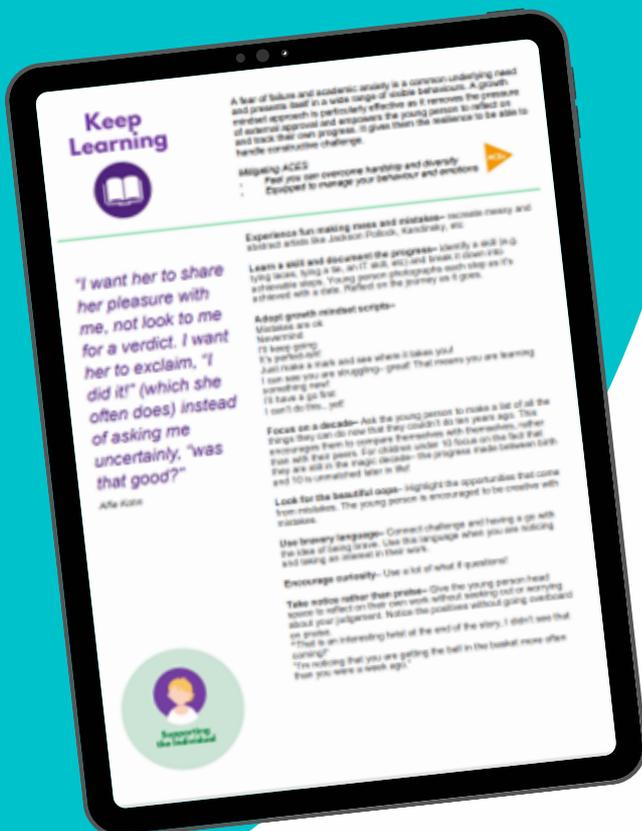


I can see you are struggling- great! That means you are learning something new!

It's perfect-ish!



Ok - so that didn't work. What's the next idea you could try?



The SEN Resource File shares good ideas to help promote helpful thinking in your class. Click on the image to explore.



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



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.

We are also encouraging staff to consider supporting The Trussell Trust's Winter Collection Event which will run from Thursday 30th November – Saturday 2nd December at many local Tesco Stores. 2/3 Volunteers will be encouraged to take part in a 2-hour timeslot between 10am – 6pm each day. Volunteer duties include

- provide leaflets and shopping lists to customers
- dating food that is received
- packing food into crates / trolleys

The Food Banks are keen to welcome staff from the Education Authority to take part in this Winter Collection Event.

If you/your staff or your team feel that you can make the time to give back to this campaign, please get in touch with healthandwellbeing@eani.org.uk and we'll make all the necessary arrangements on your behalf along with answering any questions you may have.

Below are the Tesco stores requiring the volunteering assistance:

- Tesco Antrim supporting Antrim Foodbank
- Tesco Derry supporting Foyle Foodbank
- Tesco Lurgan and Craigavon supporting Craigavon Foodbank
- Tesco Knocknagoney supporting Dundonald Foodbank
- Tesco Yorkgate and Antrim Road, Belfast supporting North Belfast Foodbank

If you are still not sure please know that a 2-hour commitment from you/your staff or your team will benefit children, young people and their families within our local communities and is a perfect way to also:

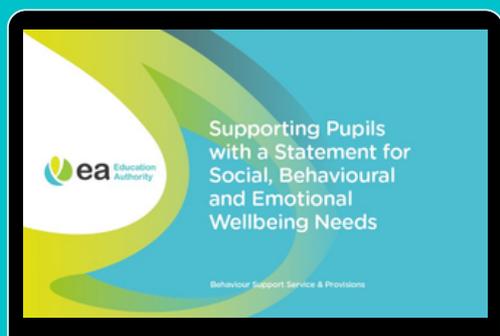
- Support your staff to 'Give Back' in a way that doesn't involve them having to spend money to help
- Connect with teams and colleagues
- Create a good feeling amongst your service
- Engage in a team development activity that otherwise your team may not have the opportunity to do
- Highlight the great work that takes place within the EA

Health Well



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)



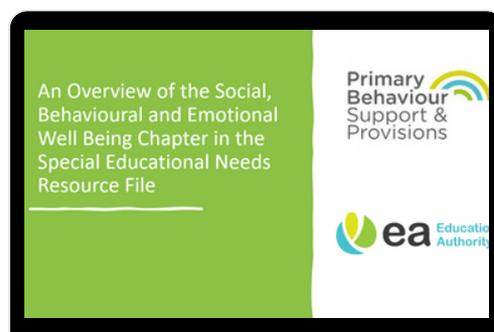
Developing a Calm Plan
22 January 2024 2:30pm - 4:15pm



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice

21 November & 28 November 2023

2:30pm - 3:45pm (Participants must attend both sessions)



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

23 November & 30 November 2023 - 2:15pm - 3:45pm

Participants must attend both sessions

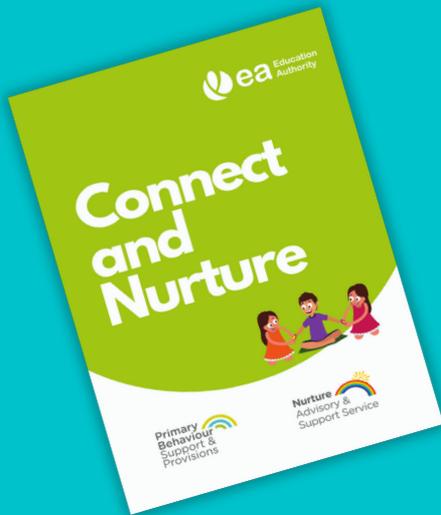
[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



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 \(CAN\)](#)
[21 November 2023](#)
[2:30pm - 3:30pm](#)



[Theraplay Informed Practice - activities to build attachment](#)
[28 November 2023](#)
[2:30pm - 3:30pm](#)

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



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.

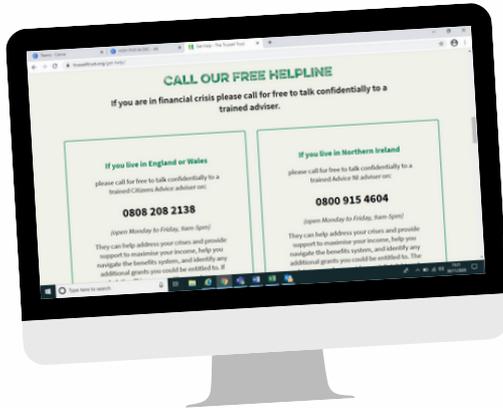


Contact Primary Behaviour Support & Provisions Service

If you have queries or need advice, guidance or support contact us.

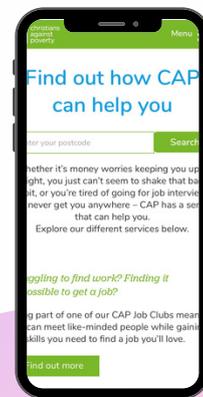
When We Need Support

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.

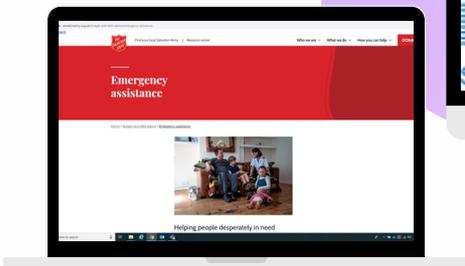
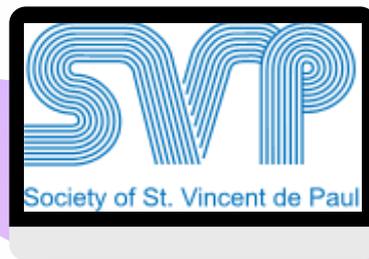


Click here

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.