

Issue 70: Friday 15th 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**

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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 Festive. With a few working days left and the Christmas holidays ahead High Five has a focus on having fun with our classes and our families.

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.**



December Kindness 2023

This month Action for Kindness are encouraging everyone to carry out small acts of kindness. What ways can you show kindness to others this Christmas?

Click here 

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Support a charity, cause or campaign you really care about	 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
 25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh
				29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2024

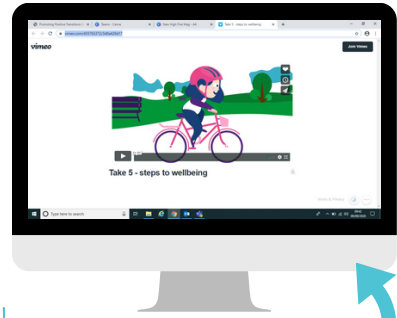
ACTION FOR HAPPINESS

Happier · Kinder · Together




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 Festive

Our High Five challenge in this issue is to Be Festive! Festive comes from Latin words meaning merry and feast. The Take 5 activities on the next pages are all designed to help your class enjoy this Festive period!



If you have been keeping a High Five Journal this term, have a look back to the start. Take time to remember things you enjoyed and challenges you have overcome!

If you haven't started your journal yet it's never too late! Click on the image to get started. (C2ken sign-in required)



Click on this image to access seasonal ideas for the High Five Journal

Be Active

Enjoy having fun and burning off much needed energy at this festive time!

Christmas Treasure Hunt

Write up some Christmassy clues with your friends, place them around the playground. Give your friends a challenge to run around and collect all the hidden Christmas items. You could also try this with the people at home. Enjoy being active and connecting with family and friends.

Dance to Christmas Music

Create a Christmas song list with your class, chose a few songs everyday to play in class, outside at breaktime or at home with your family. Dance, sing and just have fun. You could include some twinkling lights or even a disco ball!



Daily Mile Santa Run

Remember to wrap up warm when you are doing the daily mile at school. Rathore School, Newry, had lots of fun recently doing their Daily Mile Santa Run...they even had snow!!

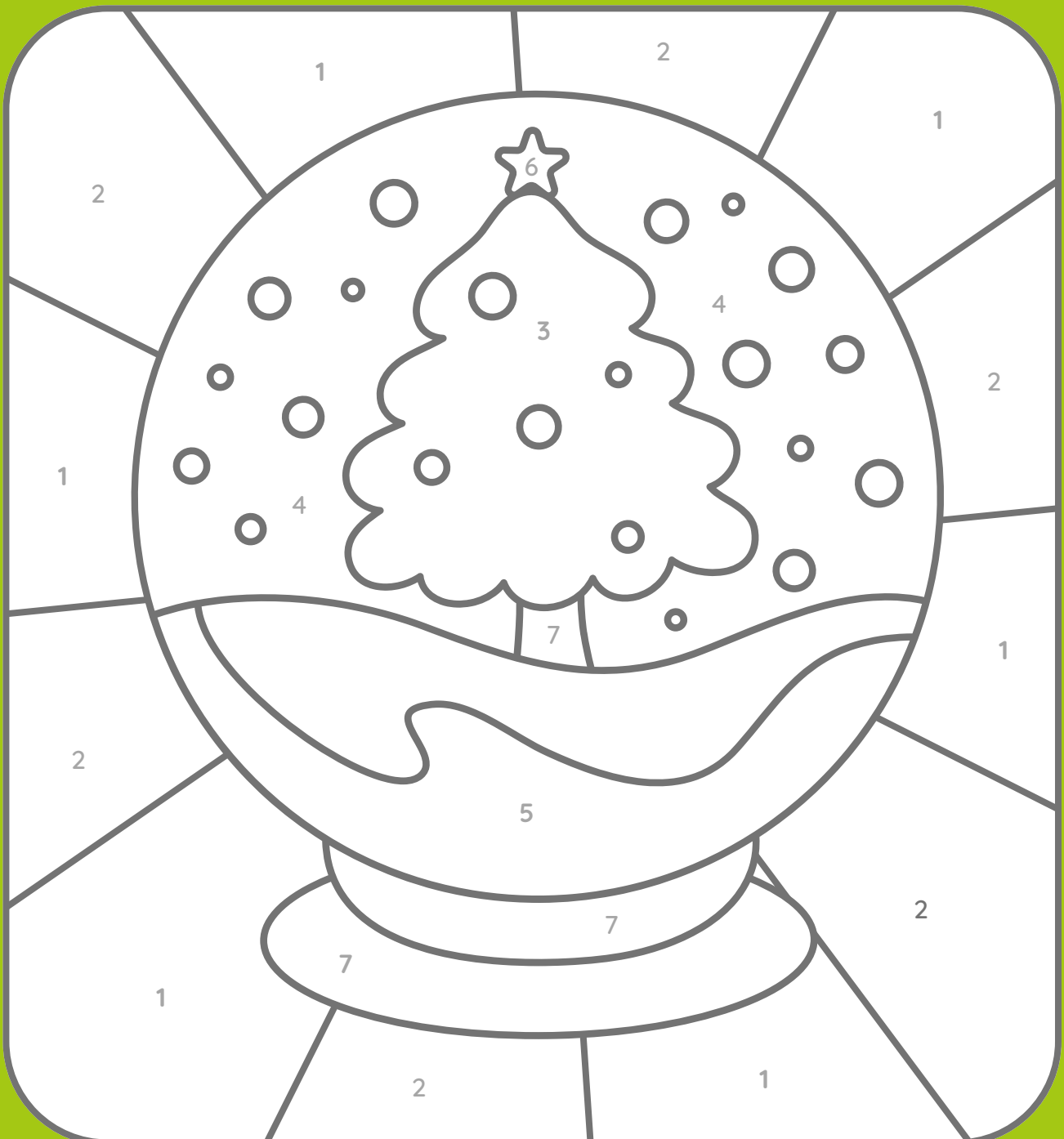


Click here to access more ideas to Be Active (C2ken sign-in required)



Colour by Number

Use the colour key below.



Connect

Being connected to someone gives you a sense of belonging.



Connect with younger children in school...

Read Christmas stories, perform puppet shows or make some Christmas decorations with younger children in school, younger sibling, or cousins at home.

Connect with someone in your class you don't usually talk to...

Make a Christmas bauble with paper and write a quality you like about this person. Create a Christmas themed 'Friendship Tree' and place your friendship bauble on it. You could also make a friendship bauble for adults in your school who help you or have inspired you. Or adults could place a bauble for children to celebrate their 'Wow' moments!

Connect with people in the community...

Make a class Christmas card for people in the community who help you throughout the year! (Police, fire, ambulance service, patrol person etc.) Let them know how much you appreciate them.



Connect with elderly people...

Write letters, make Christmas cards or decorations, and send them to care homes, elderly neighbours, grandparents, or elderly relatives! Connect via computer sing Christmas songs together or perform a Christmas play for residents, family, or neighbours.

Connect with the people at home...

Play games together, watch Christmas movies, visit and spend time with older family members, talk about what Christmas was like when they were young children. Enjoy spending time with loved ones.



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

HO! HO! HO!



Take Notice

Focus on what's good in your life. Be thankful for all the things you have in your life. Notice how being grateful makes you feel!

Secret Kindness

Secret acts of kindness can be achieved each day at home or in school. Notice how others feel when they perform the act of kindness and take notice of how the recipient of the kindness feels, what do they notice about their reaction?

Visualisation

Take a minute, close your eyes. Take notice of all the things and people in your life that you are thankful for! Notice how all these people and things make you feel! How would you feel if you didn't have these things in your life?

Festive Gratitude Jar

Record on separate pieces of paper everything you are grateful for. You could include your friends or family's gratitude. Each piece of paper is placed into the gratitude jar and each day in December you can choose a piece of paper from the gratitude jar and read it to yourself, class or a loved one at home. Take notice of how this makes you and other people feel.

Gratitude

Notice how does it feel to be thankful? Happy, loving, connected...

Draw Your Feelings

Take notice of how the festive period makes you feel. Draw a picture to show how you feel. Talk to an adult, friend, loved one and let them know how you are feeling. Remember its OK not to be OK!



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



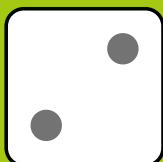
ROLL A **CHRISTMAS** **BRAIN BREAK**

Roll the dice and perform the brain break of the number you get, for one minute.



ELF WALK

Skip around the room



REINDEER RUN

Gallop across the room



SANTA WALK

Walk like Santa carrying presents



SANTA DANCE

Dance around the Christmas tree



SNOWMAN DANCE

Dance, melting like a snowman



DECORATE THE TREE

Pretend to decorate a tree

Show and Tell

Share with the class a Christmas tradition that your family do every year... When did it start? Why is it so important to you? Who are you with? How did it make you feel?

Learn about Other Cultures

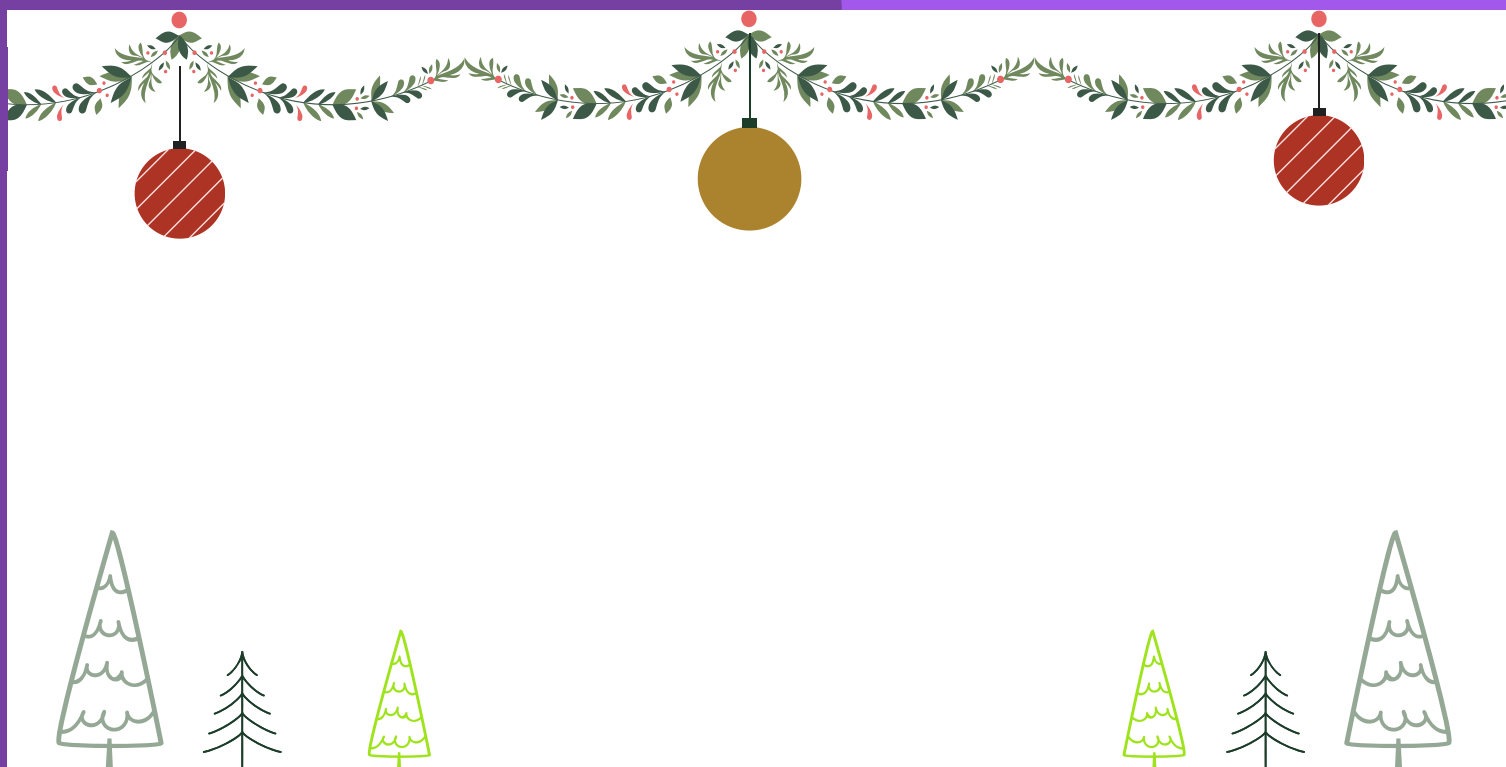
Learn about other cultures – connect with peers from your class or school, who come from a different culture. Learn about how they celebrate Christmas in their culture or what festivals they might celebrate other than Christmas.



Click here to find out how other countries celebrate Christmas

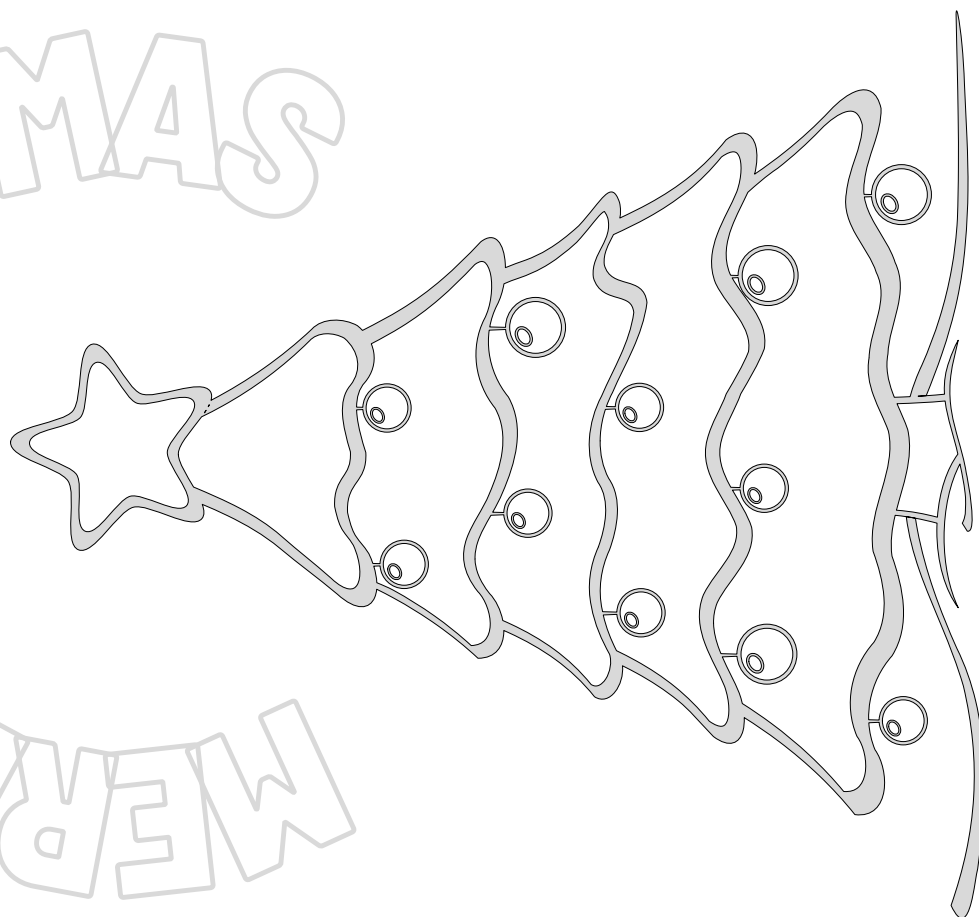
Create a Festival Wall

Draw, paint or create a picture below about your favourite festival traditions that you and your family celebrate. Enjoy learning about all the different celebrations that happen at this time of year!



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

CHRISTMAS
MERRY



Everyone enjoys getting presents, but have you thought that giving can make you feel better than receiving? Give it a go and notice how you feel!

- Why don't you...Encourage other children in your class, school or home to donate an old unloved toy in good condition that could be donated to a charity that helps families in need.
- Why don't you...Make a class Christmas box, with unused toys, books, filled with sweets and treats, that could be donated to a charity to help children in need.
- Why don't you...Give a gift of your time to a loved one, elderly neighbour or a friend you haven't spent much time with.

- Class secret Santa...Make a gift for someone in your class who might be feeling a bit lonely, sad or someone who always tries their best! Let them know how special they are!



Click here for
some festive
craft ideas



- Act of Kindness Advent calendar – Make an advent calendar to include a different act of kindness to be carried out each day of December
- Make Reindeer food...sell it in school or at home and donate money raised to a charity that helps families at Christmas!



Click here for a
recipe to make your
own reindeer food













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



LET'S COUNT!

Count and write your answers in the chart below



	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>



The Parent Hub is a section especially for the grown ups at home. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk



Be Festive

Give your child the gift of your time at Christmas by making new connections and memories!

- Go for a walk in the park – run around, laugh, shout, have fun.
- Gather up different shaped leaves twigs, pine cones etc. Have a craft day painting and decorating all the items you have gathered. Make homemade decorations for your tree or give them as a gift.

- Do some festive baking. A day spent licking fingers and bowls will bring joy to most children and adults!



Click here for some family friendly Christmas baking ideas



- Have fun playing in a games night with the whole family.
- Organise a movie night and cosy up on the seat together and enjoy a festive movie with some homemade popcorn and a mug of hot chocolate.



- Write a letter to your child about how they have grown up over the past year. Write about the qualities you are most proud of! Include photos of fun things you have done together.

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!





Enjoy Your Class

One of the most effective way to boost self esteem in your pupils is to enjoy their company. The great thing is when we do this it also impacts on our own wellbeing! Consider the routine ways you can enjoy your class along with the incidental ways.

Connect-incidentally

Finding ways to connect with your pupils that appear incidental, reframes narratives and changes patterns of interaction. The examples below are effective because they provide pupils with low demand positive interactions.

2x10 Approach

Take 2 minutes a day for 10 days to talk to a pupil in your class about anything at all. This should appear incidental and your pupil shouldn't realise this is part of a planned intervention. Start with a pupil you feel you need a better relationship with.

Share a job

Ask different pupils to help you with a job. Chat as you work alongside each other, Thank them for their help.

Have fun

Place yourself in the pupil groups during less structured times, showing that your interest extends beyond academic subjects.

Join in Golden Time activities and PE games as a participant.

Connect-routinely

Setting aside specific time for you and your pupils to connect will make them feel valued. Making it routine means the pupils will feel secure and have something to look forward to.

Meet Greet and Gauge

Have a morning routine where every pupil is welcomed into the room. This is also the time to gauge how each pupil is feeling today.

Eat Together

Stop work 10 minutes before outside break and eat together. This will regulate the class and has the added bonus that you will definitely have a chance to eat and have a cuppa mid morning! Also gives the pupils more time to play outside rather than eat!

Have fun

Play familiar class games and songs. Timetable Go Noodle moments. Play structured games like Uno, Dobble etc. Even the anticipation of fun boosts endorphins so remember to put these things into the class timetable.

High Five Friday



High Five Friday is an ongoing whole school emotional health and wellbeing programme. Participating schools dedicate every second Friday to focus on embedding nurture principles, complete activities featured in the High Five magazine and use the Take 5 framework to deliver the day's learning.

It is time and space for every member of the school community to step back and focus on enjoying each others company.

Click the image below to register for the High Five Friday Information Session



High Five Friday Information Session
15 January 2024 3:15pm - 4:30pm



Upcoming PBS&P Training



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



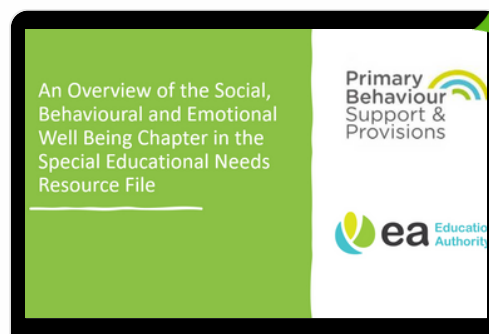
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
16 January, 23rd January & 30 January 2024
11:00am - 12:30pm
(Participants must attend all sessions)



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)



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



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

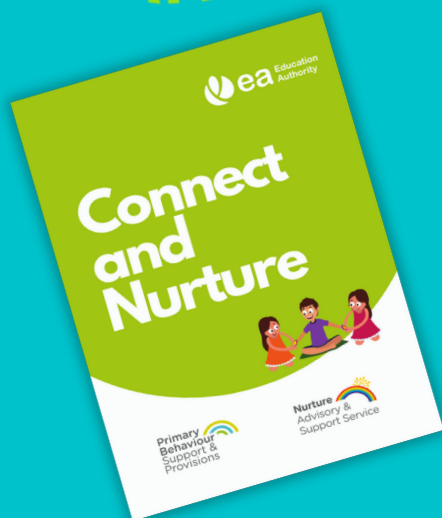


Introduction to Understanding & Supporting Social, Behavioural, Emotional & Wellbeing (SBEW)
10 January 2024 - Antrim Board Centre
9:30am - 3:30pm

[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



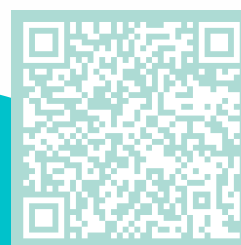
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

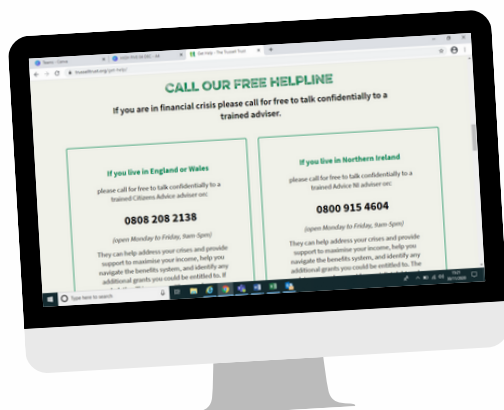


Contact Primary Behaviour Support & Provisions Service

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

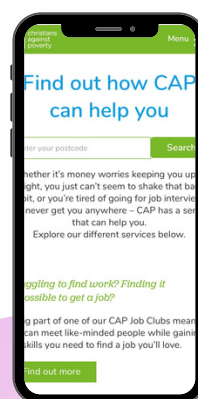
When We Need Support

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.

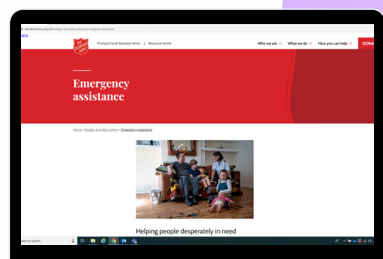


Click here

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.