

Issue 60: Friday 12th May 2023

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 Fit and Healthy. With the weather improving and the brighter & longer evenings, Spring is the perfect time of year to get out and about with your family to keep everyone fit and healthy and having fun together. In this issue, you will find lots of great ideas to be the best you can be at being fit and healthy.

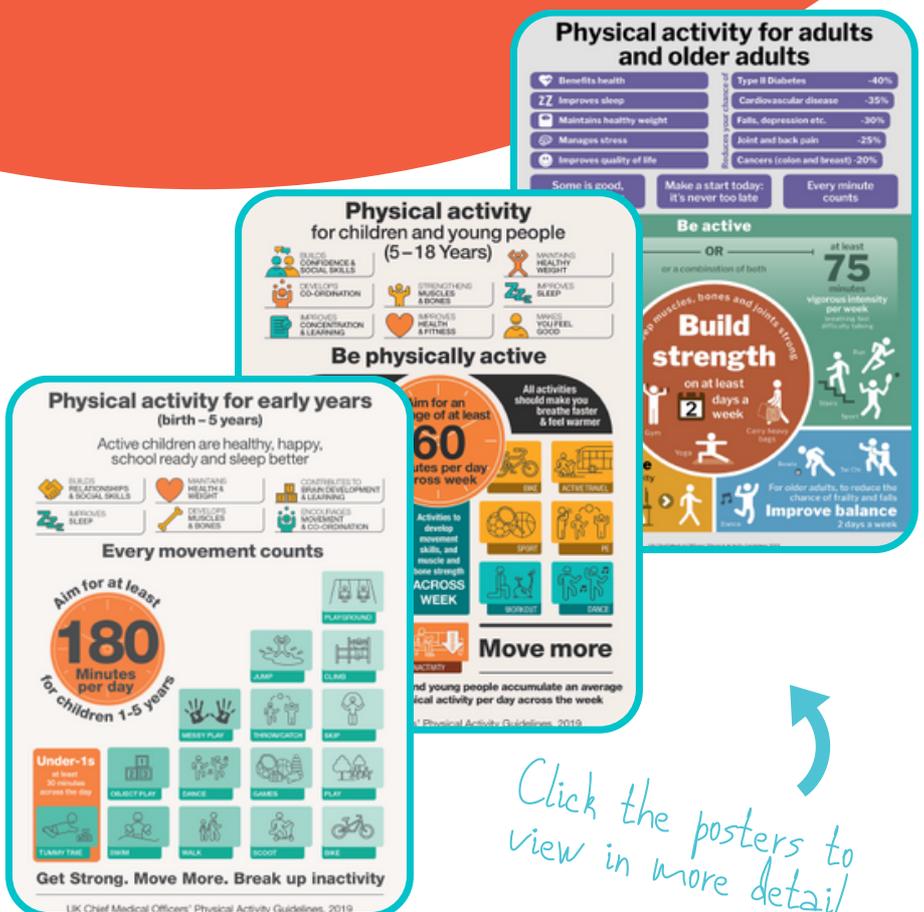
Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

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.**

The Public Health Agency have produced a series of posters giving guidelines for Physical Activity for all age groups. [Click here to view the NIDirect page on physical activity ideas.](#)



Physical activity for early years (birth - 5 years)
Active children are healthy, happy, school ready and sleep better.

Every movement counts
Aim for at least **180 Minutes per day** for children 1-5 years

Under-1s at least 30 minutes across the day

Physical activity for children and young people (5-18 Years)
Be physically active

Physical activity for adults and older adults

Benefit	Percentage
Benefits health	-40%
Improves sleep	-35%
Maintains healthy weight	-30%
Manages stress	-25%
Improves quality of life	-20%

Some is good, Make a start today: it's never too late, Every minute counts

Be active
OR
at least **75 minutes** vigorous intensity per week
or a combination of both

Build strength
on at least **2 days a week**

Improve balance
For older adults, to reduce the chance of falls and falls
2 days a week

Move more
All activities should make you breathe faster & feel warmer

60 minutes per day across the week

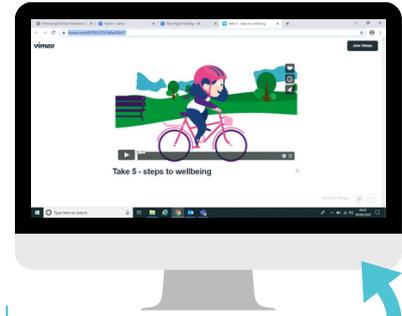
Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Click the posters to view in more detail

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 Fit and Healthy

Running is about the simplest form of exercise there is, and all the family can get involved. You can run outside or inside in the gym etc, it can also be combined with other moves into active games like relay races. Changes of direction (side-to-side or reverse) work both muscles and the brain, improving kids' coordination.



8 Minute SPIN THE WHEEL Kids Workout | The Body Coach TV - YouTube

There are lots of videos on YouTube for exercises. During lockdown Jo Wicks (body coach) made lots of exercise videos to help us all keep fit and healthy. Here is a link to just one of his videos but you will find lots more online.

Go on a family bike ride, it's a great way to get outdoors and explore new areas, bike trails, create family memories and keep fit and healthy.



Click here to see 7 family friendly cycling routes to try in Northern Ireland



Be Active

Jumping is an excellent activity that builds muscle strength, helps your heart to get stronger and makes you fitter.

Here are some fun jumps to try:



One-foot hops: Lift one knee and jump on the standing leg; alternate. (This is a great balance challenge, too.)

Tuck jumps: Bend knees and lift heels high while jumping. Skipping can be a fun form of aerobic activity that can also challenge skills such as balance and coordination.



Jumping rope: You can make it more competitive by seeing who gets the most skips in a set amount of time.



Hopscotch: Set up a hopscotch board using either chalk. There are tons of ways to play, but with all of them a player throws a small object (like a beanbag) onto one of the squares. They then try to hop, skip, or jump their way through the course without landing in that square.



Jumping jacks: Stretch arms and legs out to the side like a starfish while jumping; on the second jump, return arms to sides and legs to centre on the landing.



Hurdle hops: Jump side-to-side or front-to-back over a pretend hurdle.



Criss-cross feet: Jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue.



Obstacle course: Make your own obstacle course with items, either at school or at home. Set a timer and aim to beat your personal records.

Fun Outdoor Activities

As the weather improves moving towards summer, we can get out and about more often. Try out these ideas for fun-filled days outside!

Make a Bug Hotel

Build a protective shelter for the bugs in your garden, use sticks, pinecones, seed heads etc.

Click here for more ideas to help you get started



Plant some Seeds

Spring is the perfect time to plant some flower and vegetable seeds and watch them grow. You could plant some sunflowers, carrots, peas, beans, or tomatoes.



Go on a Rainbow Walk

Find one item of every colour of the rainbow.



Shadow Sun Prints

Place a piece of white paper on the ground behind each toy. Then trace the shadow on the paper before the sun moves. If you need any help ask an adult. You could add leaves, flowers or other nature objects too.



Spring Nature Trail

Creating your own nature trail is a fantastic way to add some extra fun to a family walk. You can make one in your local park, forest, woods, or your own garden.

You can find lots of tips on how to create your own nature trail, treasure hunts by clicking here



Nature Trail Ideas: How to Make a Nature Trail - Woodland Trust



Sound Safari

How many sounds can you hear when you are outside? Listen and see if you can hear the following:

- Tweeting
- Squelching
- Chirping
- Shuffling
- Rustling
- Buzzing

What else did you hear?

Click here to download the 'Sound Safari' worksheet

Here are some tips to help a healthy lifestyle:

1

Start the day with a healthy breakfast this will provide you with the energy you need for a long day at school.

2

Eat together as a family whenever possible - this means you'll take longer over meals and it'll encourage you all to chat, too.

3

Help with food preparation it will help you learn the joy of food. Younger children can help to fetch ingredients and older kids can help with chopping up veggies.

4

Make sure your diet includes five portions of fruit and vegetables for those all-important nutrients.

5

Drink plenty of fluid (water's best) helps with concentration and will keep you hydrated.

6

Make sure you get enough sleep for your age group. That's around nine to eleven hours for primary school-aged children.

7

It's recommended that children move for about an hour a day. A trip to the park, a bike ride, dancing, swimming.

8

It's not always easy, but it's a good idea to try to limit screen time. Make this a positive thing, have fun trying something new.



Give

We can give time to others by being helpful and also being active at the same time. Some simple ways we can help others is...

Walking the dog
with an adult



Helping to
carry groceries



Helping in the
garden



Helping others to keep fit and healthy is also important. You can do this by making a friend or family member some delicious healthy snacks or drinks.



A delicious & healthy pancake recipe served with fresh fruit and yoghurt



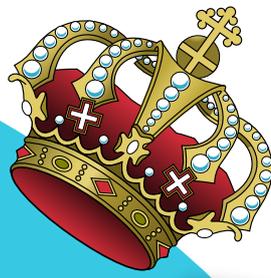
Click here for 13 recipes for fruit smoothies

Click here to go to the Discover Northern Ireland website for ideas of some local family days out





Inbox



Take 5 Schools

Pupils and staff at Tamnamore EOTAS celebrated the Coronation by having a tea party.

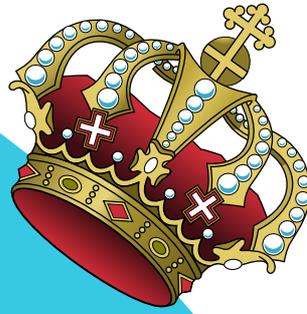


Tamnamore





Inbox



Take 5 Schools

Pupils and staff at Tamnamore EOTAS celebrated the Coronation by having lots of lovely treats and taking turns on their own 'throne'.



Tamnamore





Inbox



Take 5 Schools

Ag Bunscoil Phobal Feirste ar scoil foraoise le Dara foghlaimimid taobh amuigh. Bímid ag fiosrú faoin dúlra, ag aithint plandaí agus crann, ag lasadh tine agus ag cócaireacht chomh maith le rudaí a dhéanamh lenár lámha. Cuidíonn sé linn ár scileanna neamhspleáchais a fhorbairt, riosca a ghlacadh agus athléimneacht a chur i gcrích. Amharc ar chuid den obair iontach a rinne muid taobh amuigh!



At Bunscoil Feirste in our forest school with Dara we learn outdoors. We investigate nature, identify plants, light fires, cook outside and make things with our hands. It helps us develop our independence, take risks and build our resilience. Look at some of our amazing outdoor work.



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





Parenting Children's Challenging Behaviour

Six week online parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.
Suitable for those parenting children 2-10 years.

Please choose one of the following programme start dates:

- Tuesday 16th May 2023
(Please choose either 10am - 11.30am or 7pm-8.30pm)
- Wednesday 17th May 2023
(7pm-8.30pm)
- Thursday 18th May 2023
(7pm - 8.30pm)

This is an online programme and will run for 6 weeks

Call to Register
0808 8010 722
Mon-Thurs 9.30am - 3.30pm
Fri 9.30am - 12.30pm

 ParentingNI parentingni.org

Click here to visit website

Be Fit & Healthy

Sport NI



'Sport and physical activity are powerful tools to support our emotional, mental, physical well-being, and education, and at Sport NI we believe that sport should be available to everyone.'

During the cost of living crisis, Sport NI has been engaging with sports and councils to highlight low and no cost sport opportunities available across Northern Ireland to encourage low-income families to continue to engage in sport and physical activity.

Sport and Physical Activity within your Community

Sports are going above and beyond for their local communities during the cost of living crisis, to provide sport and activities that are accessible for everyone to enjoy.'

Click here for a list of local activities through the Sport NI website



NHS

Better Health - Healthier Families

'Lots of good reasons to get moving!
Children need to be active for at least 60 minutes a day, with 30 minutes of this outside of school. This should include 3 sessions a week of activity that strengthens muscles and bones, so mix it up!

Research shows that physical activity can help school-aged kids in lots of ways.'



Improves mood and makes children feel good



Improves health and fitness



Develops co-ordination

Click here for some more positives of being active along with ideas on ways to keep fit & healthy



Be Fit & Healthy

It is easier for children to be physically active outdoors, where there is space and opportunity for them to move freely. Our unpredictable climate means that we need to encourage our children to go outside in all weathers. However, for those days when you just can not go outdoors, we have included some indoor activities as well.



When you see the tree symbol this activity can be done outdoors.



When you see the house symbol this activity can be done indoors.



When you see both symbols the activity can be done indoors and outdoors.

Neighbourhood Search

Make a list of things to find and then take a walk around your neighbourhood. You could include the following:- find something blue, something with a tail, something round, something spiky, something noisy, etc.

Animal Walk

Have animal races where you walk like a crab, hop like a frog, move like a bear, waddle like a dug, slither like a snake, hop like a kangaroo, waddle like a penguin and any other animal movements you can come up with.

Dance Party

Put music on and dance. You could also play freeze - every time someone stops the music, you have to stand still.



Balloon Tennis

Using hands as rackets, bat the balloon back and forth to your friend. Or individually try to bat the balloon in the air for as long as you can. You could also do headers with the balloon. How many can you do?

Lava Floor

Cover the floor with pillows, cushions, rugs etc. The aim is to move from one obstacle to another without touching the floor (HOT LAVA!).
* Requires adult supervision

Pooh Sticks

Find a stream with a bridge and some sticks. Children can drop sticks upstream and see which stick appears on the other side of the bridge first.

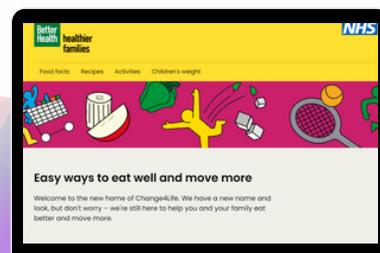
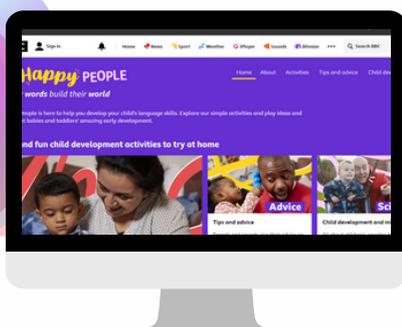
Be Fit & Healthy

More Activity Ideas

There is a wealth of online information giving ideas for keeping active and healthy. Here are just a few of our favourite websites:

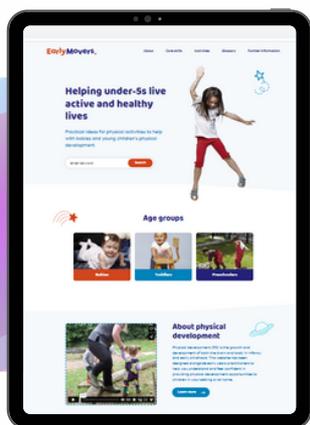


BBC's Tiny Happy People is a resource for parents of young children with ideas and activities for keeping little ones entertained and active.



NHS Change 4 Life is a site packed with food facts, recipes and games to keep your child active.

Early Movers provides practical ideas for physical activities to help with babies and young children's physical development



RISE NI (Regional Integrated Support for Education NI) supports children in schools by working closely with parents and staff to help children develop the foundation skills for learning.



Playboard NI "Play doesn't have to be expensive, and our low-cost play ideas will inspire you to create a range of playful opportunities for children and young people"



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!

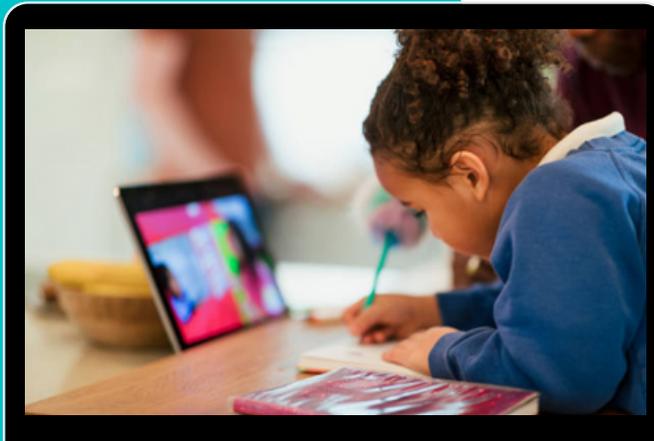




Upcoming PBS&P Training



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



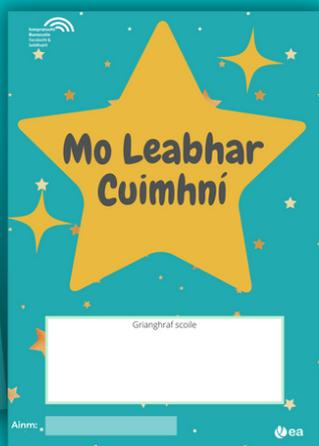
Development and Implementation of a Social, Behavioural Emotional Wellbeing Plan Incorporating the Pupil's Voice
15th & 22nd May 2:30pm



Developing a Calm Plan
5th June 2:30pm

Primary 7 Transition

Primary Behaviour Support & Provisions have developed transition resources to offer pupils the opportunity to reflect on their time at school and support them to get ready to transition to a new school setting, using strategies to promote and support positive wellbeing.



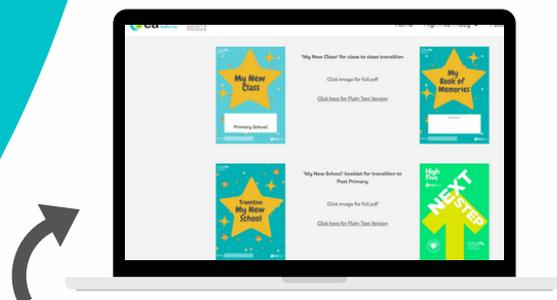
'My Book of Memories' booklet for Primary 7 pupils to reflect on their time in Primary School

'My New School' booklet for transition to Post Primary



'Next Step' booklet for home for parents/guardians and Primary 7 pupils to work through together

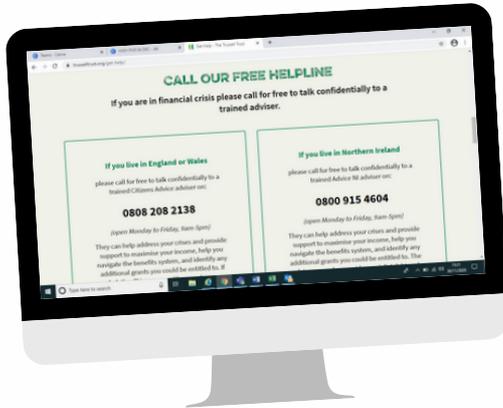
High Five Resource Hub



All of the PBS&P Transition resources can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.

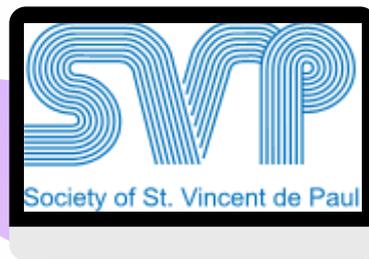
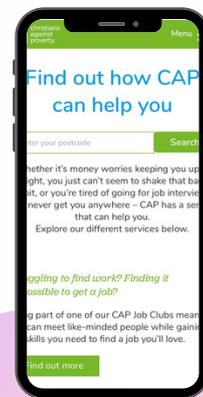
When We Need Support

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.

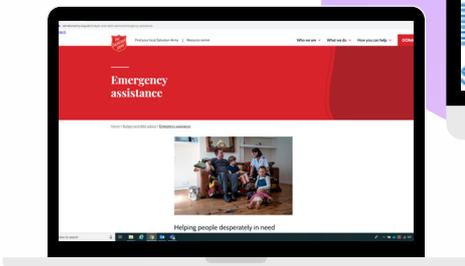


Click here

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.