

Issue 71: Friday 26th Jan 2024

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 Positive. The ideas and activities shared help encourage positive thinking alongside considering what to do when it's hard to be positive.

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>

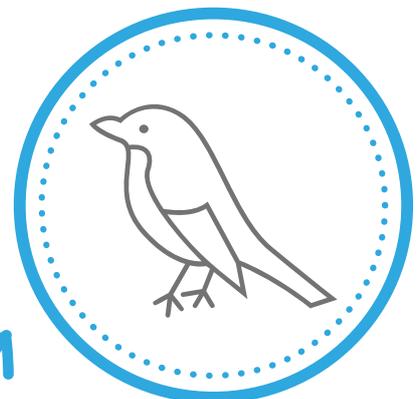
We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

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.**



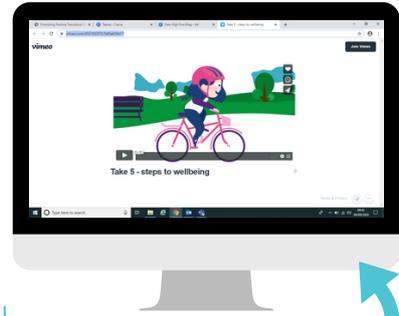
Big Schools' Birdwatch 2024

Big Schools' Birdwatch is back for 2024! Join thousands of other schools to find out which birds visit your school grounds. Together, we can make it count.



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.

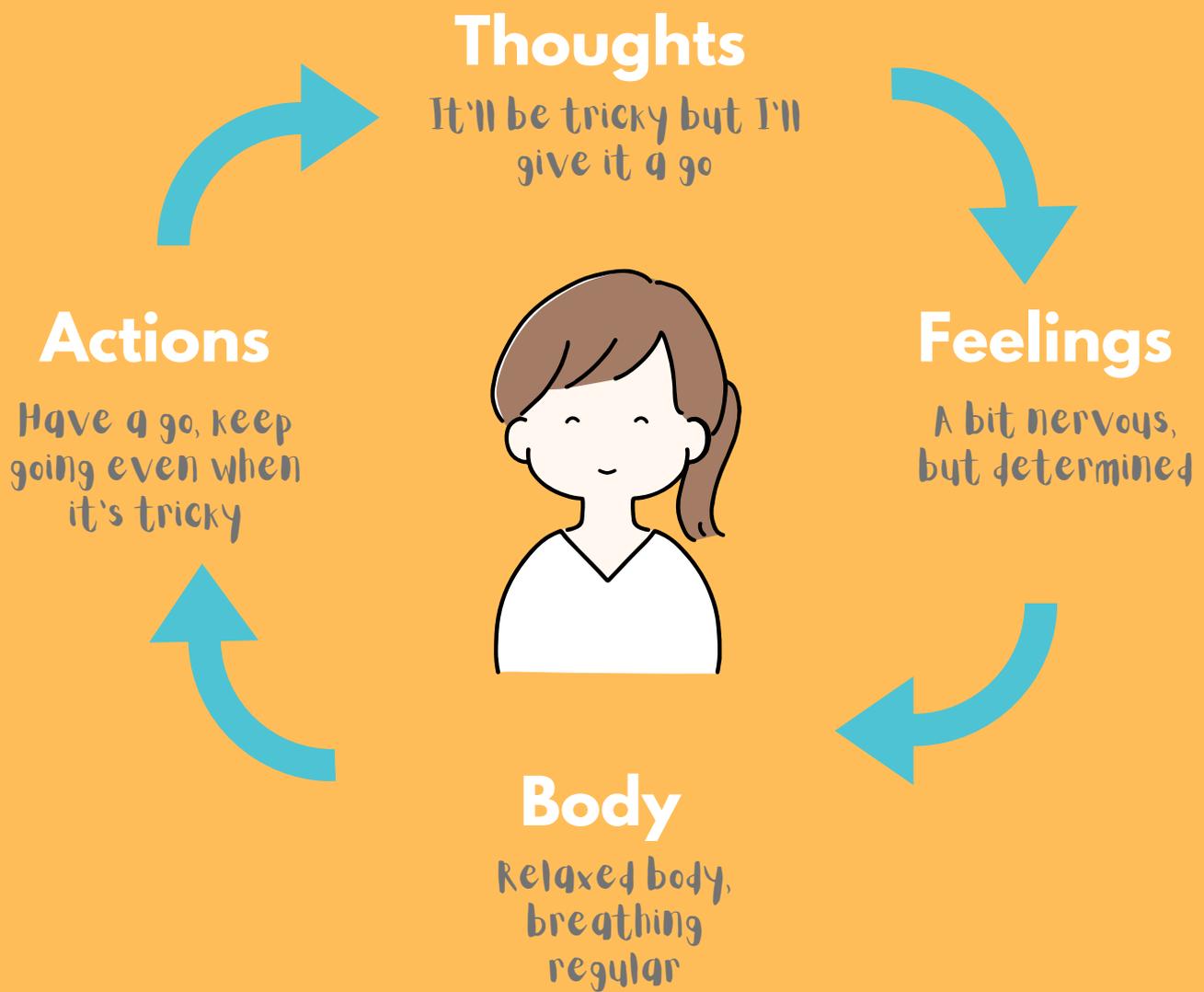


Keep Learning

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 Positive

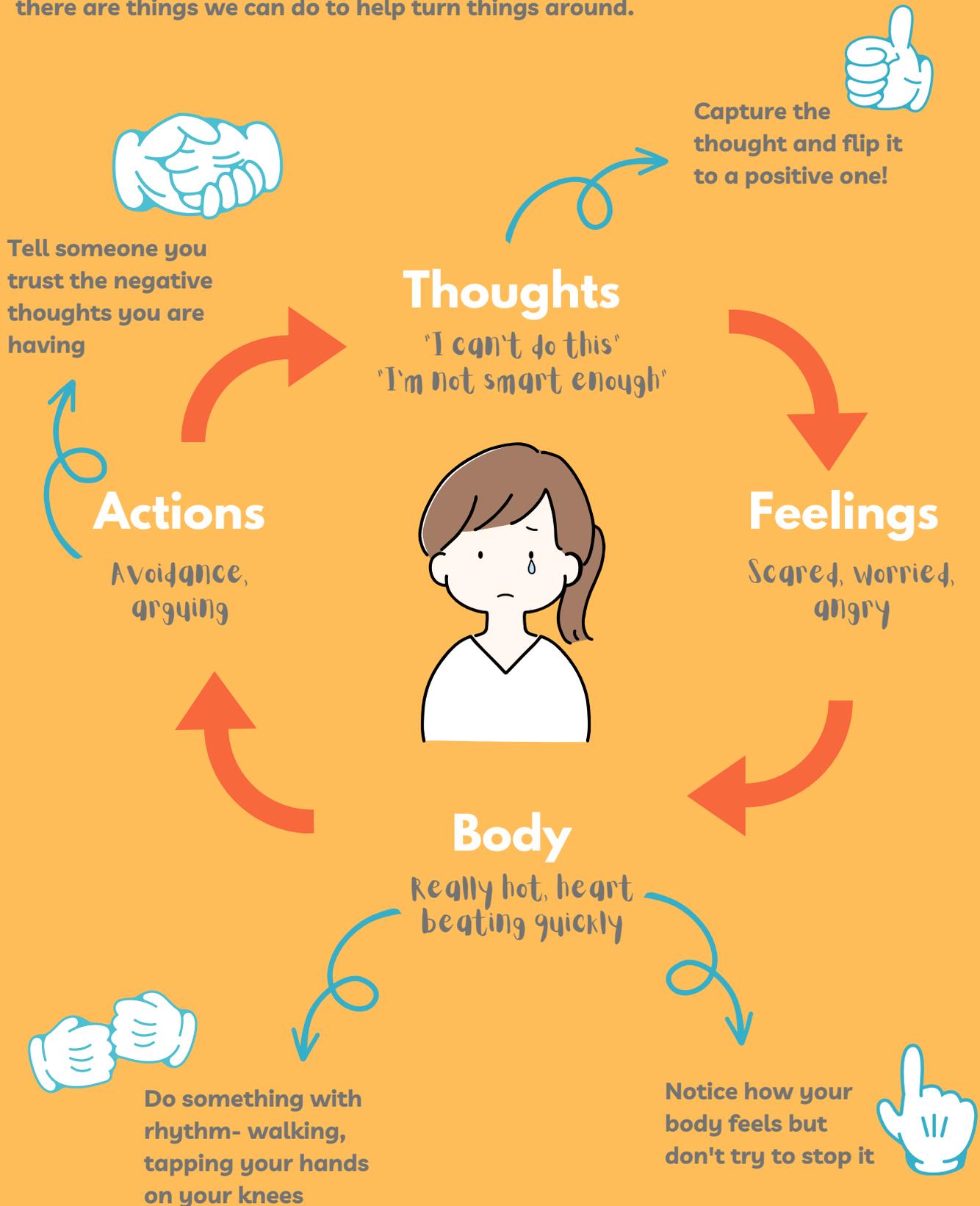
Our High Five Challenge in this issue is to Be Positive. Did you know that your thoughts impact how you feel and what you do? Positive thoughts lead to positive feelings and negative thoughts lead to negative feelings.



Note down your own positive thought cycle in your High Five journal. Then go to the next page. Note your own negative thought cycle along with your plan to turn things around.

When it's Hard to Be Positive

Sometimes it's hard to be positive. Remember we feel good before we function well. When we are tired, not feeling well or facing too many challenges it's ok to say things are not ok. The good news is there are things we can do to help turn things around.

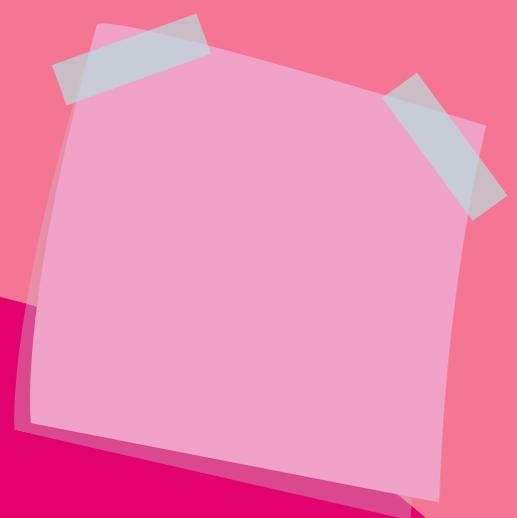


Positive Affirmations Hunt

Being active and getting involved in physical activity has been shown to have a positive impact on our mood and how we feel. Take some time and try to include activity in your day, if you need a brain boost, pick me up or are feeling a little bored get up and get active!

Positive affirmations are short, positive statements that help you challenge negative thoughts. They are words that we say to ourselves to make us feel happy and confident like 'I can do this!', 'I am brave' or 'I am awesome!'. Create 10-12 positive affirmation cards, you can write or draw these cards or even use post it notes.

You could also try this at home by asking an adult to help and hide the cards around the garden, living room or kitchen. Now all you have to do is go off and find the cards, when you have found them why not choose your favourite and create an 'Affirmation Poster' for your bedroom!



[Click here to access more ideas to Be Active \(C2ken sign-in required\)](#)

Connect

Tea Party

Schedule a time each week to chat and have a cup of tea, glass of juice and a snack. You could try this during break time or at home in the evening or at the weekend.

Find a positive friend or small group of friends or person who you trust to talk to. Talking helps you hear the problem, admit and discuss your feelings and it gives you another set of eyes and ears working on the problem.

You may find that brainstorming with another person or even a group will help you come up with new ideas to help you resolve the issue. It also reassures you by having someone who supports you and that emotional support makes a difference.



Tell a Joke

Connect with others at school and home by sharing positivity, you can do this by telling jokes and laughing together.

Click here below to find 100 jokes!



Which planet loves to sing?
Nep-tune

What is a sleeping dinosaur?
A dino-snore!



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

Take Notice

Magic Moments

We sometimes have special moments in our life....these moments are exciting and exhilarating, we may get goosebumps on our arms, feel tingles in our fingers, our eyes fill with tears or we have an uncontrollable urge to laugh out loud.



Create a diary full of 'Magic Moments'.

Keeping a diary full of positive moments in your life will help you at times when you need a lift of mood. This diary should be full of moments that made you say 'AWE'.

How about recording a time you hear a little sister/brother or baby cousin giggle, or about a beautiful rainbow appearing just after a heavy shower of rain or when you see the cutest puppy or kitten.

Can you think of some of your 'Magic Moments'?



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

Keep Learning

Be A Problem Solver

Making mistakes and solving the problem...

Step 1: Identify what your mistake is

Step 2: Can I use a different method or strategy to try and solve the problem?

Step 3: Try again - a. you solved the problem b. go to step 4

Step 4: Ask for help - be specific.

Develop a 'Can Do' Attitude

Having a 'Can Do' attitude and approach will help you in all aspects of your life. It can help you to look at a new challenge as a positive, it will help you to overcome hurdles and obstacles and improve your belief in yourself.

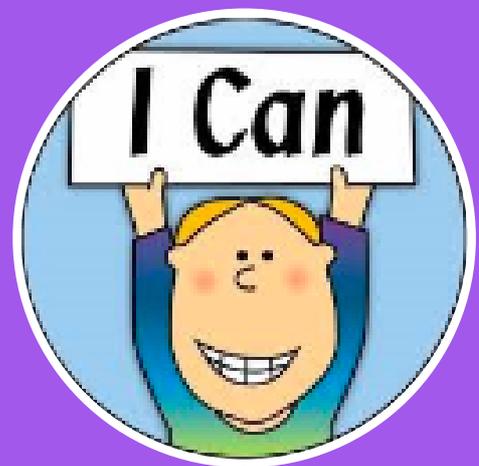
When you feel you are struggling to remain positive, stop, breathe and say to yourself...

'I can do this'

'I am capable'

'I won't stop trying'

'This mistake can help'



Click below to listen to how Sesame Street help you to keep positive and develop a 'Can Do' attitude and growth mindset.



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

Loving Kindness Meditation

Take a moment to think of a loved one, friend or someone you really like. Send them positive thoughts, create a mantra of 3 statements... 'May you feel safe', 'May you feel happy' and 'May you feel healthy'.

Sending positive messages to others not only sends out positivity to others but it also boosts our own feelings of wellbeing. Increasing moments of positivity and giving, allows us to reflect on the supportive people we have in our lives and helps us to be grateful to have them!



Share Your Positive Vibes



Say Hello

Greet the people you know. Greet others in the morning as you come into school or when you see them at break, or lunch. Say hello to your family when you get home, tell them about your day.



Hello



Share a Smile

Smile as you pass your friends, teachers, siblings or others as you pass by.



Be Respectful

Show respect to everyone, talk and treat others with kindness.



Be Polite

Thank others, say excuse me, use good manners. Not only does it make others feel good, they strengthen relationships and helps you feel connected.



THANK YOU!



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



Inbox



Treetops



Take 5 Schools

Staff and pupils in Treetops EOTAS have been focusing on 'Give' as part of their work on the 5 Ways to Wellbeing. "We agreed that we would have a Christmas fundraiser and the pupils worked hard to create cards and crafts which were sent home with a note explaining our fundraiser idea. In response, our parents very kindly made generous food and monetary donations."

All money raised was used to buy food and household items which were donated to Limavady Community Development Initiative.



The Treetops EOTAS staff team also raised funds for the 'The Salvation Army Christmas Family Appeal' instead of their yearly Secret Santa gift exchange.





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 Positive – Parenting

Feeling confident as we parent can help to feel more positive in our everyday interactions with our children. Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time.

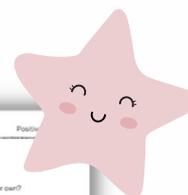
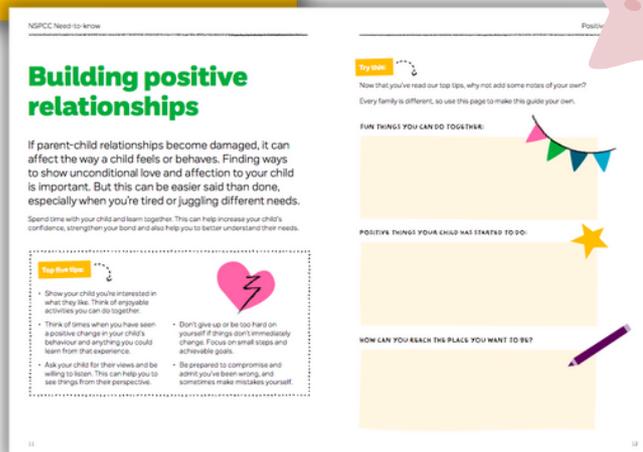
'NSPCC Learning has developed some helpful leaflets. This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.'



Click here to access the
'Positive Parenting'
leaflet



Click here to access
'Top Tips to Building
Positive Relationships'





Children's Mental Health Week 2024

'Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'. Every year Children's Mental Health Week sees hundreds of schools, children, parents and carers taking part. Now in its 10th year, we hope to encourage more people than ever to help us reach our goal that no child or young person has to face a mental health problem alone.'

Each year, 'Place 2 Be' create free resources so that as many people as possible can take part.

Top Tips for Families

Advice on talking to children about their mental health, written by children and young people.

Click here 



Top Tips for Children

Primary school pupils share their tips on how children like them can look after their mental health.

Click here 



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.”

Tea & Coffee provided.
Booking is not required.



Any further questions email
ClaireA.Hamilton@westerntrust.hscni.net



The poster is titled "Autism Support Café" in a blue banner at the top. Below the title, it lists the dates for three events: Derry/Londonderry (Thursday 25th Jan 2024 at Templemore Sports Complex), Limavady (Friday 23rd Feb 2024 at Roe Valley Leisure Centre), and Strabane (Friday 22nd March 2024 at Melvin Sports Complex). The times for all events are 11am-1pm. The poster also features an illustration of three children holding hands, a signpost with arrows pointing to "Help", "Support", and "Guidance", and the Health Improvement, Equality & Involvement logo at the bottom right. At the bottom left, it mentions "Information Stalls" and "Optional workshops on the day."

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!





Being Positive

The High Five Journal activity at the start of this issue was inspired by the anxiety cycle from Beacon House. Children pick up so much from the adults around them so it's important that we model both positivity and what helps us cope when it's hard to be positive.

Before you do the activity with your pupils work through it yourself. What do you notice happening in your body when you are unsettled? What helps you cope when you feel like this?

Click on this image for some good ideas to increase the likelihood of you and your pupils feeling positive.



InnerWorld Work

#WholeClassHappy

All children need to feel safe before they can learn.

Here are some easy, practical, whole class grounding ideas to use regularly on a daily basis to create a safer, happier classroom environment for everyone - including you!

FREE Download Also Available
"What Survival Looks Like In School" to recognise what children & teens look like in #fight/fight/freeze/submit with specific grounding ideas to re-engage child and encourage learning. Visit www.innerworldwork.co.uk



Children's Mental Health Week 2024

Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

'My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We have free resources available to download so that everyone can take part in Children's Mental Health Week. Take a look and see what's available for schools, families and how you can take part and raise vital funds for children's mental health.'

The highly adaptable Children's Mental Health Week resources include things like:

- assembly guides
- group activities
- show and tell activities
- top tips
- fundraising packs
- posters.



Click here to
access Primary
School resources



Safer Internet Day 2024

'Safer Internet Day 2024 takes place on 6th February with the theme of 'Inspiring Change? Making a Difference, Managing Influence and Navigating Change Online'. The online world is a fast moving space with a host of new and emerging trends. For practitioners, parents and carers who have responsibility for children and young people, it is often hard to keep up as well as understand the impact of technology and where the risks might be.

This year, the Western and Northern Trust Digital Safeguarding Steering Groups have partnered up to host a range of masterclasses focusing on these online issues and concerns so that we help practitioners promote safe, responsible and positive use of digital technology for children, young people and their families. The workshops will be delivered by a range of experts from across the region and the UK exploring a range of topics.

Full details including Eventbrite booking information are in the flyer attached.



For more information about Safer Internet Day, [click here](#).



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](#)
[29 February 2024 2:15pm - 3:30pm](#)



KILCOOLEY
PRIMARY SCHOOL

High Five Friday at Kilcooley Primary School, Bangor

Kilcooley Primary School have shared a lovely video of their Primary 6 pupils and staff having lots of fun on their 'High Five Friday'!



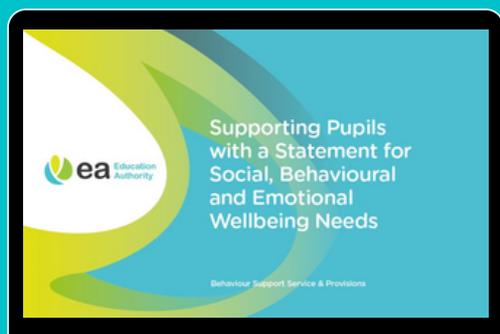
Click here to watch the video





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
05 March, 12th March & 19th March 2:00pm -

3:30pm

(Participants must attend all sessions)



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

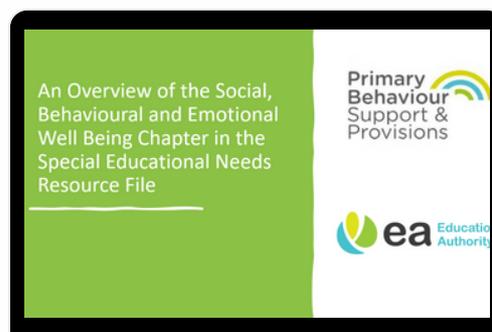
14 March & 21 March 2024 2:30pm - 3:45pm (Participants must attend both sessions)

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



Developing a Calm Plan

12 February 2024 2:30pm - 4:15pm



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

File06 March & 13 March 2024 2:15pm - 3:45pm

Participants must attend both sessions



Introduction to Understanding & Supporting Social, Behavioural, Emotional & Wellbeing (SBEW)

07 February 2024 - Omagh Technology Education

Centre - 9:30am - 3:30pm

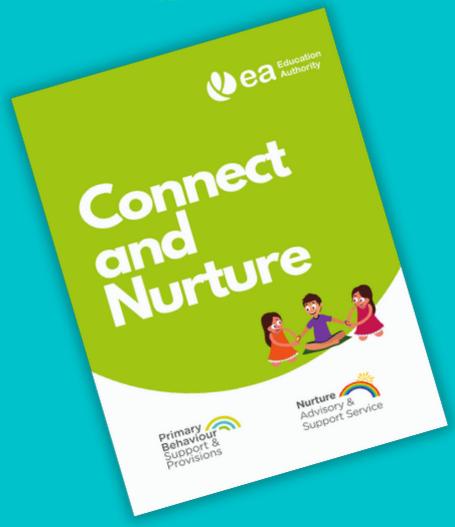




Upcoming NASS Training Available



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 405 calls to the helpline in November / December 2023



TASH Closure

The helpline will be closed on the following dates:

- Fri 26 Jan 2024 (TBC)
- Thur 15 & Fri 16 Feb 2024

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.

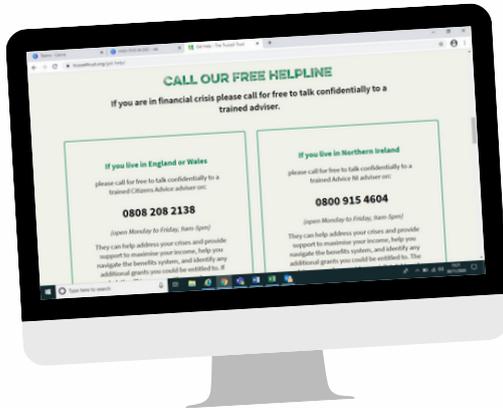


Contact Primary Behaviour Support & Provisions Service

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

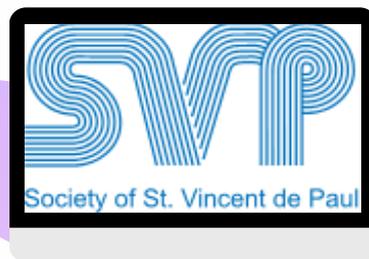
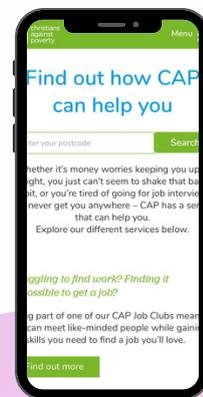
When We Need Support

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.

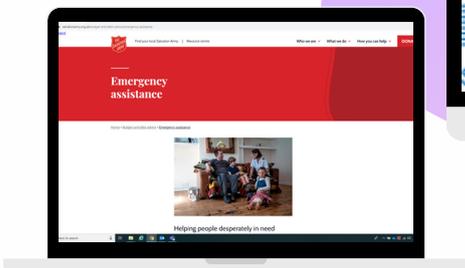


Click here

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.