

Issue 73: Friday 1st March 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 Confident. Take some time in your staff and class groups to really think about what confidence looks like and how we can develop this further both in ourselves and each other.

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.**

High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. Further information can be found in the Staff Hub.

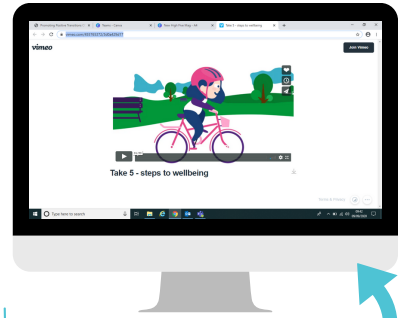


Scan the QR code to visit the High Five Resource Hub.



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 Confident

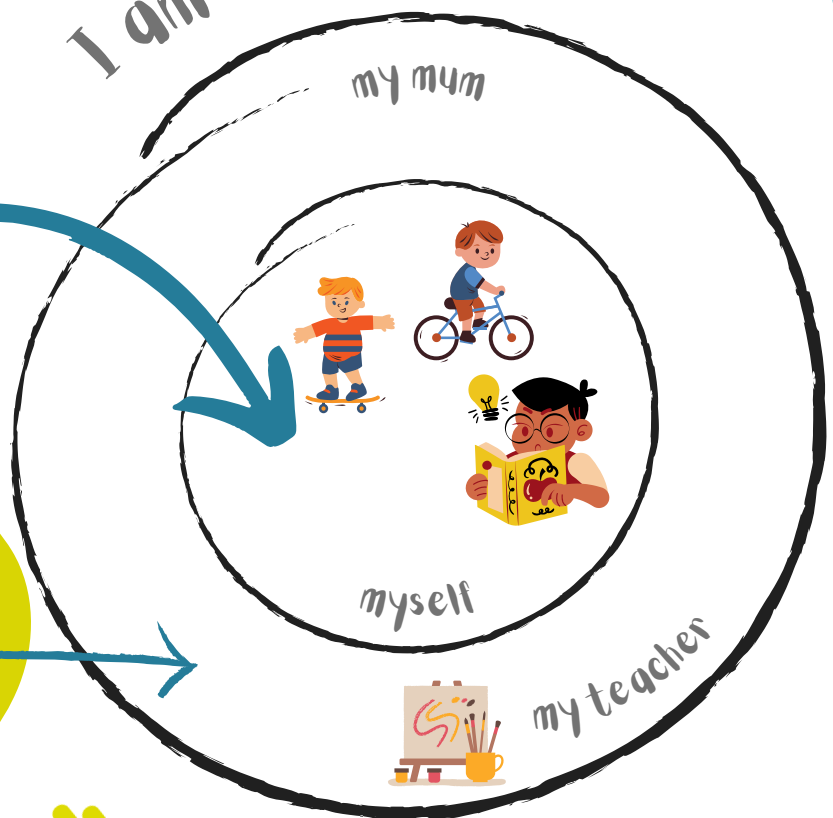
Our High Five challenge in this issue is to Be Confident. There are two ways to think of being confident. Being confident in ourself means we know we can do this well without help. Confident in others means we know who will help us when we are still learning.



Make a note in your High Five Journal of all the things you are confident you can do on your own.

Now make a note of things you still need help with. Who do you have confidence in to help you while you are learning this new skill?

I am confident in...



Get Outdoors

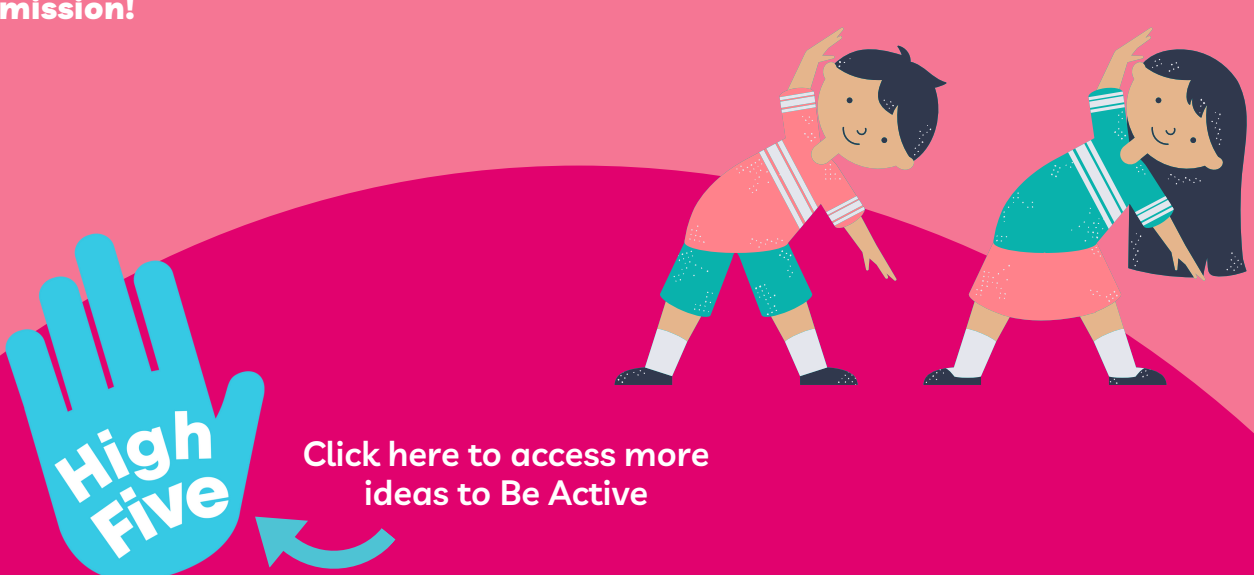
**Everyone likes to keep active in different ways.
Choose an activity you are confident in and enjoy.**

Getting outdoors is not only good for our physical health but also our mental health and wellbeing. When we get outside, we breathe better, sleep better, boost our immune system, reduce anxiety and low mood and feel restored.

Getting active with others will help you to feel confident with friends, it helps us feel we are included and part of a friendship group. It builds our own confidence but also confidence in others. Together, you can feel confident solving problems, relying on yourself and others and it also teaches us how to socialise with people of all ages.

Be Active outside:

- Play in the garden with friends, family or by yourself.
- Walk in nature - listen, smell, look and touch.
- Go for a cycle - **be cycle safe!**
- Play a team sport – developing confidence in yourself and your teammates!
- Call for your friends and play games
- Play with water - in a basin, water pistol or and well washed out washing up bottle
- Paint walls/surfaces with water and a paintbrush
- Visit the nearest park or nature trail - **Remember to ask an adults permission!**



Click here to access more
ideas to Be Active

Celebrate Being You!

There is no one in the world just like you. We are all unique and individual, you have skills and abilities, special qualities and a sense of humour that belongs to just you!

When we feel confident, we are better able to cope with the mistakes we make, think positive thoughts, make friends and feel proud of our achievements.

Don't compare yourself to others and remind yourself you are special in your own way!



Confidence Language

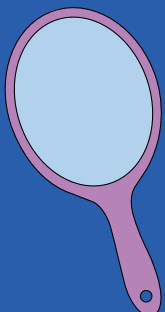
Use a 'confidence language' and use positive talk. Have a bank of statements that will help you continue to feel confident. Write them down and have them recorded in your Learning Journal or create your own 'My Confidence Boosters' page. Here are a few ideas to get you started:

- I am trying really hard!
- I can give it a go!
- Keep going, every skill takes practice!
- I am doing my best!



Can you think of more?

Mirror Mirror



Practice being confident each day! Stand in front of a mirror and say:

I AM...loved, cared for, kind, helpful, a good friend.

I CAN...learn, make choices, have friends, love, share.

I WILL...try my best, have fun, help others, care for myself.



Click here to access more ideas to Connect

Successful Me

- Record your achievements - write or draw your successes by creating a page in your High Five Journal or create a 'My Successes' page.

These should be full of the little achievements that we all have each day...

- I asked for help today
- I didn't react when I was called a name
- I was able to do my writing task by myself
- I tied my shoe
- I said 'thank you'
- I received a teacher award
- I read 5 books this month!



My Confidence Journey

Think of the times when you felt really confident when you completed a task or activity. Now record the things that helped you complete the task and feel confident. Start with something you know you can do easily, record what helped you...

- I asked for help.
- Took a break and came back again.
- I watched how others did it.
- I followed the instructions.
- I practiced.
- I used positive self-talk.



Click here to access more ideas to Take Notice



Take Up a New Hobby

Learning a new hobby or developing a new interest is a great way to develop confidence, it also means we are learning new skills, meeting new people and developing our social and communication skills.

There are so many hobbies to choose from but think about what you like doing, what are you interested in? Look at different types of hobbies that are out there and think of something you might enjoy.

Here are a list of possibilities:

- Cooking
- Woodwork
- Running
- Pottery
- Scrap Booking
- Photography
- Drawing/Sketching
- Painting
- Knitting
- Baking
- Dance
- Gardening
- Singing



The list of hobbies is endless, it is about finding the right one for you.

How to find a hobby in 4 simple steps:

- Make a short list of what hobby you might like and are interested in.
- Gather what you might need for this hobby.
- Ask a friend or family member to join you on the hobby journey. Asking a friend or family member might mean you'll stick at it longer at the start. Or do it on your own, it's up to you!
- Try out a few hobbies and choose your favourite one (or two!).



Click here to access more ideas to Keep Learning

Sharing Confidence

The times we feel at our most confidence is when we in the company of others. By sharing your confidence with others you are also boosting your own!! You can do this with just one other person or a group of people, however you decide to share your confidence is up to you!!

Share A Skill Jar - Give others confidence and boost your own!

Step 1:

Create a jar, box or container and label it with 'Share A Skill'

Step 2:

Now think of a skill, task or a subject in school they would like to improve upon or develop.

Step 3:

On a coloured 'getting there' post it note write or draw what you would like to improve and your first step in getting there. This is a fun way to share and to learn from each other. You could share some 'top tips' to support each other in learning something new and building on your confidence too!



Here are some new skill suggestions for school and home...

At school activities: drawing, building Lego creations, playing a card game, playing football/basketball.

At home activities: baking, cooking, building a den, learning my times tables, making a sandwich.

Choose some free time and ask someone to help you develop a new skill or you can teach your friend or family member how to learn a skill from you.



Click here to access more ideas to Give



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



Support Children's Confidence

Confidence can be like a seesaw, it can be up and down. Our confidence will depend on what is happening in our lives. We all have days when we have lots of confidence and other times when our confidence and self-esteem is low.

Remember to work on believing in yourself and spend time with others who you know will help build your confidence. Surround yourself with people who will help and support you when we need a confidence boost.

Confidence improves through building on small successes. You can support children when you:

- Explain that skills develop with practice
- Make sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- Support their learning and help when necessary, without taking over
- Encourage them to persist when they don't succeed straightaway
- Praise effort, persistence and individual improvement – focus on the child's effort rather than the outcome
- Arrange safe and interesting spaces where they're free to explore and see the effects of their actions
- Answer their questions appropriately – sometimes you won't know the answer, and that's OK
- Ask them questions to help them solve problems and promote further learning
- Help them experience that learning is fun!

Developing Confidence



Parents play a vital role in developing confidence and self-esteem.

As parents you are the architects of your child's confidence, and it is much simpler than you think. Making sure your child knows you love them and are there for them when they need you, are great starting points in helping them develop confidence in themselves.

Getting started:

- Spend uninterrupted time with your child playing games, watching a movie or making buns
- Comment on what they are doing, 'I like how you can mix that by yourself'
- Model positive self-talk, 'I am going to keep trying', 'I can do this'
- Give them age-appropriate jobs and responsibilities
- Empower children by providing structured choice, 'Do you want to wear your shoes or trainers?', 'Would you like a toasted sandwich or roll?'
- Develop emotional intelligence, 'You are happy because you did it', 'I can see you feel sad and disappointed'...



Click on the image to find helpful hints and tips on helping your child develop positive self-esteem and confidence from Parenting N.I.





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!



Think About Confidence

Imagine if every child in your class was confident. What would that look like? What would you notice happening in interactions or when children approached a challenge?

Now ask the same questions but this time reflect on yourself and your staff team.



Make a note of some things you'll try that might help to nurture confidence in your pupils.

Looks Like	Might Help
Recovers from mistakes quickly	Practise positive self talk
	Remind them of how far they have come
Offers support to peers	Ensure all pupils have opportunities to lead on and help with class jobs





Confidence in the Classroom

School staff play an incredibly influential role in children and young people's lives; they have the ability to make the 'sun shine or the sky turn cloudy' each day. This can have a huge emotional impact therefore it is important that staff feel confident in the classroom.

Points to consider:

- Build a support network in school.
- Get to know your children.
- Acknowledge your successes.
- Take time to destress and decompress.

If you are at the beginning of your teaching journey, click on the link below for top tips on feeling confident.

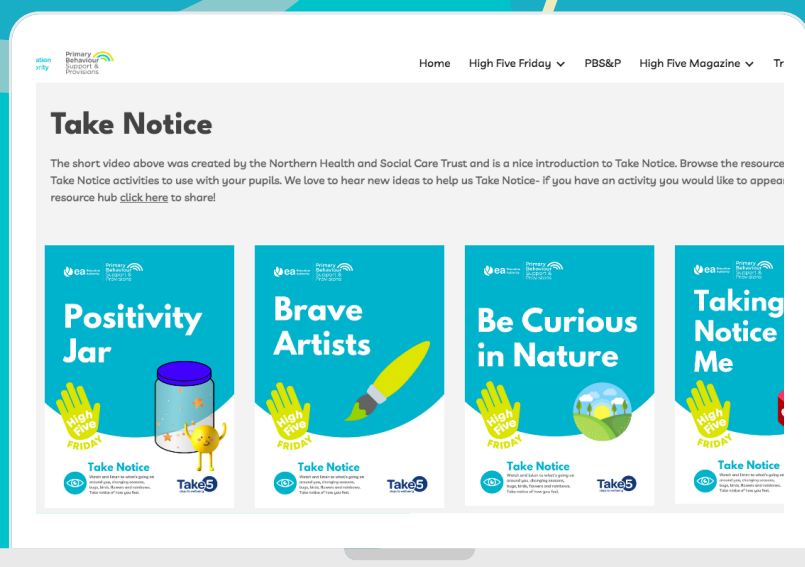
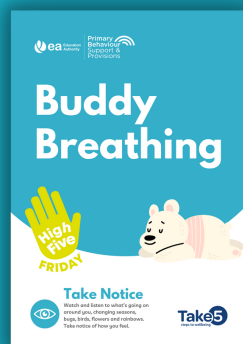
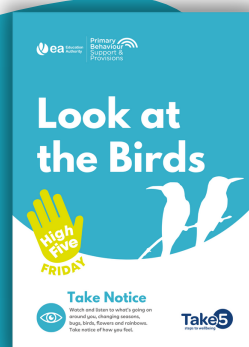


Oxford University Press has shared ideas on how to be confident in teaching, click on the image for further information

High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. The Hub allows access to over 200 resources including:

- The fortnightly PBS&P High Five Magazine
- High Five Friday information and activities
- Staff Hub
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting

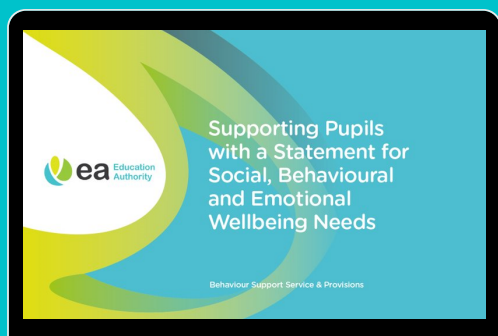


Click on the image above
or scan the QR code to
visit the hub

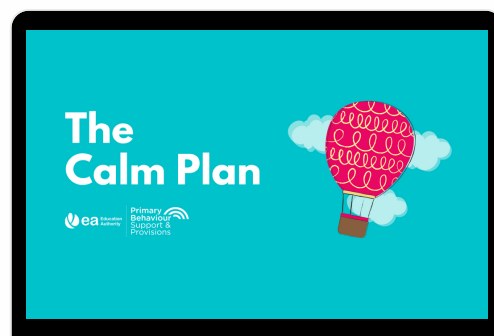


Upcoming PBS&P Training

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



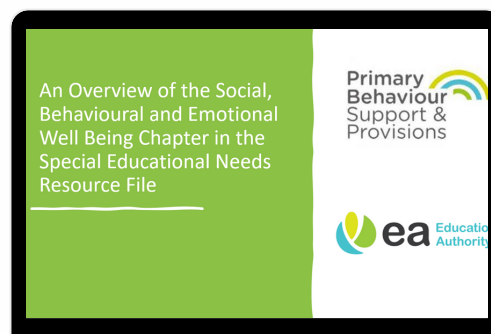
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
05 March, 12th March & 19th March 2024
2:00pm - 3:30pm
(Participants must attend all sessions)



Developing a Calm Plan
25 March 2024 2:30pm - 4:15pm



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)



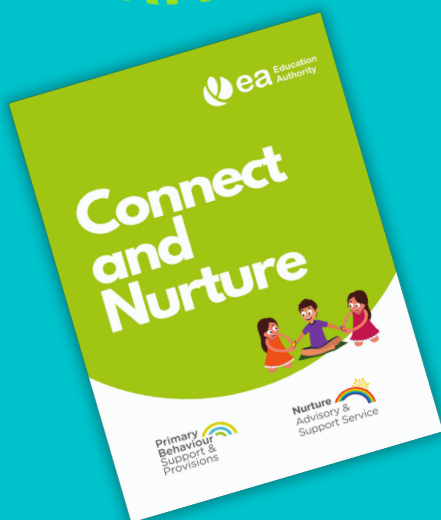
An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File
06 March & 13 March 2024 2:15pm - 3:45pm
Participants must attend both sessions

[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)
07 May 2024
2:30pm - 3:30pm



Theraplay Informed Practice -
activities to build attachment
14 May 2024
2:30pm - 3:30pm



Click the Nurture Advisory & Support Service logo to see all training available this year



Early Years Transition

SEN Early Years Inclusion Service, EA Pupil Support Services and Primary Behaviour Support & Provisions are delivering an online professional learning session on supporting transition in early years, whether it's from home to nursery or nursery to P1.

Register now!



Handbook for Early Years Professionals

Supporting Transition

Four dates available!

20 March 2pm - 3:30pm
22 March 10am - 11:30am
16 April 2pm-3:30pm
25 April 2pm-3:30pm



Click this image to register for one of the available sessions

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:

- Monday 18th March
- Thursday 28th March
- Friday 29th March
- Monday 1st April to Friday 5th April inclusive.

If you need to contact us when the helpline is closed you can email: primarybsp.enquiries@eani.org.uk



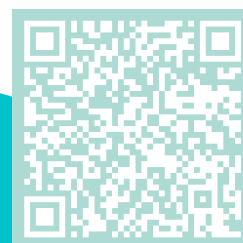
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

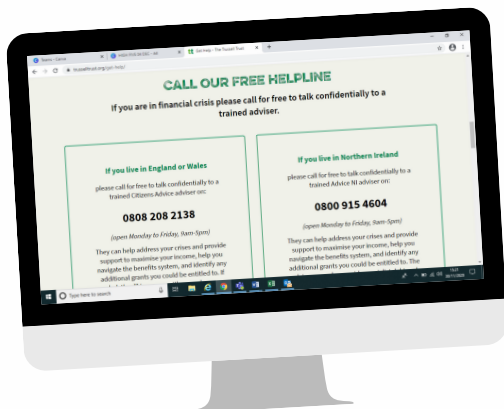


Contact Primary Behaviour Support & Provisions Service

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

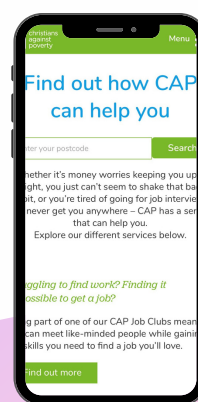
When We Need Support

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.

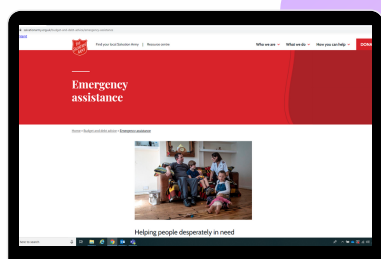


Click here

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.