

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

Issue 10: Friday 09 October 2020

# High Five

Primary  
Behaviour  
Support &  
Provisions 



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## Inspire...

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



## Support...

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



## 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

## HIGH FIVE in school



Our main activities are ideas for use in school. Open the magazine on your computer and view in full screen mode (Ctrl + L) to look at this as a whole class.

## HIGH FIVE at home



When you see this symbol we will suggest ways to change the activities so that you can try them out at home!

# Welcome to High Five!



Welcome back to High Five. In this issue we are exploring ideas for being creative. Autumn is such a picturesque time of year, when our beautiful world bursts into colour and nature gives us fabulous art materials! As we Take Notice of the changes around us, let's use nature's gifts to be creative!

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>

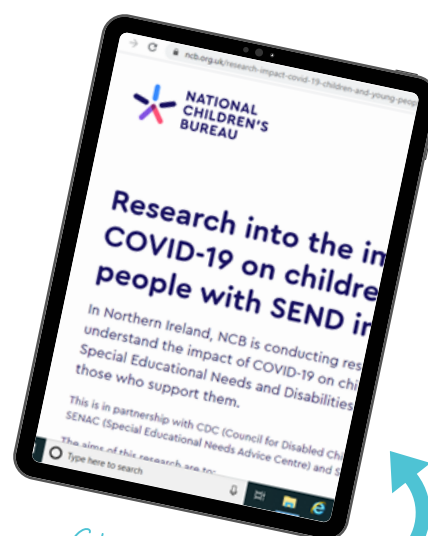
We hope you have fun trying out these good ideas - let us know how you get on at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

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.**

## National Children's Bureau Research Opportunity

The NCB is undertaking a study across the UK and NI to understand how families are coping with, and adapting to, the impact of COVID-19. The research will look at the support that individuals are receiving both inside and outside their family and will examine their priorities over the coming months (e.g. getting back to school and settling in again).

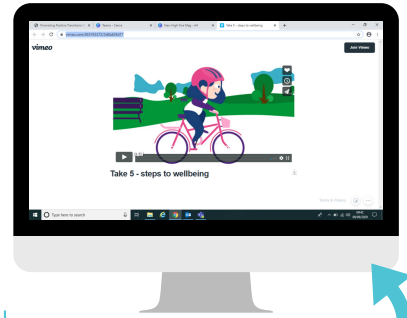
NCB are looking for SEND young people, their parents/carers and SEND practitioners to participate in the research.



Click here to find out more and register your interest if you would like to take part.

# 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 the best you can be!

Lots of our schools have lovely examples of being creative and using the materials provided in the world around us to bring their creations to life!



Pupils at Whiteabbey Primary School used natural materials from the playground to be creative making trees to compliment their learning on parts of the tree



P4 and P5 at Holy Cross Boys School did some fabulous Autumn Art using natural materials





# Guide to being creative

By Scoil Na Fuisioige

## Scoil na Fuisioige gave us their top tips for being creative

Don't worry about what other people think about you – no matter how 'weird' or 'out there' your ideas are!

The process can create results too

Experiment

Even if you don't have an end result in your mind start with the seed of an idea you do have – inspiration often follows when you are immersed in the process.

Use whatever is available

Work in groups and use everyone's strength to your advantage. Learn from others

Have open ended resources – prescribed formulaic approaches limit expression and creativity.

Think outside the box

Bounce ideas off other people

Use nature and the world around you

Don't be afraid to fail

Don't be afraid to change the way you do things or how you look at things. There is no one correct method

Let us know how your school are Being the Best They Can Be. Send us your ideas and photos at: [Primarybsp.enquiries@eani.org.uk](mailto:Primarybsp.enquiries@eani.org.uk)

# Be creative!

Being creative is not just about being artistic. We can be creative in the way we think about a problem, the way we adapt or change our ideas to suit a given situation. Scoil na Fuisgeoige pupils remember times when they were creative.



Every time you see one of these symbols in the magazine a member of Scoil na Fuisgeoige staff will tell you someone who inspired, supported or challenged them to be the best they can be!

We had visitors into the school to help us think about how to control our emotions and we did a fantastic picture- well 6 mini ones

Rang 7 - Rachel and Conor



I like cutting and sticking and drawing unicorns

Rang 1 - Sadhbh



I did a lovely picture of my mummy

Rang 2- Lorcan



I was creative when I recycled things to make an Ironman

Rang 3 - Jack

The time I thought to use tracing paper to do patterns on a Viking mask

Rang 5 - Mollie

We're making a Big, bad wolf using crayons and tissue paper

Rang 4 - Brooke, Eliza & Rebekah



I made a superhero using mouthwash bottles

Rang 5 - Aoife

When I learned how to play football and do new tricks

Rang 6 - Séana Lee



# Take Notice

Did you know that High Five has readers across the world? Jasmine works with children in a hospital in Taiwan and she loves sharing new ideas!

*Jasmine and the children she works with enjoy looking at something and imagining what else it could be!*



*Who knew a pine cone would make a great bird feeder? Or pineapple!?*



*Who knew an old box for gloves would make a great monster?*



Before you throw any packaging out look at it and imagine what else it could be!



Miss Rodgers found watching her pupils do their Christmas show inspiring because they were so confident on stage. They inspired her to enter them in the Féile Scoil Drámaíochta (Drama competition) and they won their category!!!



# Take Notice

## The Pine Cone Challenge

**STEP 1**

Find a pine cone

**STEP 2**

Look at the pine cone for 60 seconds- what do you notice?

**STEP 3**

Think- what else could this pine cone be?

**STEP 4**

See where the idea takes you- make it happen!

**STEP 5**

Share pictures of your completed pine cones with another class bubble in your school

**STEP 6**

Share pictures of your completed pine cones with us at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



When you are out for a walk  
pick up some signs of autumn-  
pine cones, leaves, conkers etc.  
What else could they be?



# Keep Learning

In the last newsletter we used think, feel, act to help us feel brave when we learn something new. In this edition we are going to look at the next stage in the learning journey and see how being creative helps!

 Think  Feel  Act

Once we have bravely started a new task we will probably need a bit of help while we are learning. Unfortunately there are two unhelpful thoughts that can pop into mind! Think about how these thoughts make us feel. What might we do if we feel like this?

Change the thought! It's ok to need help when we are learning something new. It's great when you bravely ask for help. But sometimes it's a good idea to be creative and have a go first. The adults in school won't mind if you get it wrong- they will be so happy to see that you had a go!

Make a list of things you can do in your class when you are working on a red task and you feel like you need some help.

I'm going to get this wrong!

I need someone to do this for me!

I'll have a go first!

I usually need a bit of help with this- but I'll have a go first!

This is a new task for me- time to work hard!



What do you need people to do for you at home? Agree one with a grown up and start to have a go on your own first.

Mr Crilly was supported during the lockdown because he was able to draw upon the expertise and support of his school co-ordinators for ideas and resources.

One of the most enjoyable ways to connect with others is to play games. Some games are difficult to play with social distancing, but here are two that we can still play whilst keeping apart. They can even be played with people in a different room or building with Facetime or Zoom!

## Charades

Play games that involve guessing and acting, like charades. Charades is a game where you act out an activity or something you like to do but you are not allowed to speak. The other people who are playing then guess what you are doing, and then it's their turn. You could ask your teacher for ideas to get you started and then make up some of your own.

Be creative and have fun!



## Follow Me Story

Take turns telling a new, made up story. One person says the first line and then the next person says what happens next. You can do this with one friend or a group of friends.



On-line learning provided many a challenge for Mr Herron. As a teacher he had to quickly become proficient in the use of technology to communicate with children and parents at home, to provide exciting and engaging learning opportunities for the children that both challenged and engaged them during the lockdown.



When playing charades at home, try acting out chores like hoovering or washing the dishes. Can your family guess which one you are doing?



The Public Health Agency (PHA), five Health and Social Care (HSC) Trusts and Northern Ireland Ambulance Service (NIAS) have developed the 'Working Together to Promote Mental Wellbeing' social media campaign to promote positive mental and emotional wellbeing of people across Northern Ireland.

## Give

### Give to others

Perform small acts of kindness to friends, family, our household or community. This can help to promote positive mental and emotional wellbeing by:

- creating positive feelings and a sense of reward;
- promoting self-worth and purpose; and
- helping us to connect with others

Even the smallest acts of kindness can have a positive impact on both our own mood and mental and emotional wellbeing and that of others too. Simple things such as saying thank you or taking the time to listen to others can make a real difference. Remember, giving to others doesn't have to cost anything - giving a smile to a stranger or volunteering our time are good examples of giving.

Give someone a compliment

Donate your pre-loved clothes

Smile and say thank you

Take the time to ask about somebody's day

Send a letter, poem or care package to a friend or family member

### Give to yourself

Practice self-care, look after your mental, emotional and physical wellbeing and be kind to yourself.

**Talk to the person beside you. Can you remember what the Take 5 Steps are?**

## Saturday 10th October is World Mental Health Day

We are reminded of the importance of looking after our mental and emotional wellbeing, not just on Saturday but every single day. The Take 5 Steps to Wellbeing are 5 simple steps we can all take daily to help improve and maintain our mental and emotional wellbeing.

On World Mental Health Day we want to highlight the importance of talking about our mental and emotional wellbeing and reaching out when we are struggling to cope. Talking to a friend or family member about how you are feeling can help us to feel better and make a big difference.

If you are struggling to cope and feel that you can't talk to anyone you know or would prefer to talk to someone anonymously you can contact the Lifeline crisis helpline on 0808 808 8000. Lifeline crisis helpline is available to anyone across Northern Ireland 24 hours a day, 7 days a week.



We are lucky to live in such a beautiful world, full of all kinds of living things! It is our responsibility to take care of the world so that it will always be around for us and future generations to enjoy. This week, our focus is on giving our time and efforts to looking after our world.



## Reduce, Reuse, Recycle

In this issue, we have seen loads of examples of reusing materials - looking at things and thinking creatively to consider a new purpose for them. When we do this with items we would usually throw out, we reduce the amount of rubbish that we throw away.

Lots of people are now trying to reduce the amount of single-use plastics they use. They might do this by:

- Buying loose fruit and vegetables instead of packaged ones
- Putting their shopping in re-usable fabric or long-life plastic bags
- When shopping, choosing items that have less packaging
- Putting food in sealed tupperwares instead of sandwich bags.

Another way that you can help our world is by recycling. Follow the link to go to the RecycleNowNI website, where you can find information about recycling in your local council area.



**Can your class come up with any other creative ideas for reducing single-use plastic?**



The pupils at Fir Trees EOTAS made a super gratitude tree and decorated it with chromatography butterflies and an apple print orchard



Have a look in your cupboards at home. Which items have unnecessary plastic packaging? Which boxes or packages could you use to create something new?



When Miss McCotter started working in Scoil na Fuiseoige she felt supported by the other staff members. She was made to feel welcome and she could approach them for advice and support.

## No equipment required!

The children in Ballyhenry PS are learning to be active in their playground at break and lunch times without the use of any equipment. They were challenged to be creative and keep everyone moving as much as possible. Here are some of their ideas:



### Chalk obstacle course-

An adult draws the instructions on the ground in chalk and the children complete the course from start to finish. This kept everyone warm on those crisp autumnal mornings. The cool thing about this activity is it can change every day, so it can be more challenging and more exciting each time.



**Musical Statues** – We used a wireless speaker to play musicals statues. Our classroom assistants and Primary Behaviour Support & Provisions staff joined in as well. You are never too old to bust some moves.



**Calculator** – An adult draws two 1-9 grids on the ground using chalk. The children are in two teams and race from a starting line to touch each of the numbers in the grid with their foot. The team who have completed the numbers grid are the winners.



**Octopus Tag** – We played the octopus catching game and loved it. One person in the centre is the octopus and the children have to run across the ocean trying to avoid being caught. If they are caught, they become a crab, with one foot stuck in the sand. They can help the octopus catch from their position. The last person caught becomes the next octopus.

With a little planning and some help from the adults in school, it just shows that you can be active and have fun without the use of equipment!



You can do these exercises at home as well. If you are finding them very easy, see if you can hold each stretch for a little while longer.



When the lockdown happened Mrs McEvoy was challenged to quickly adapt to a whole new style and methodology of teaching using new technologies.

If you try out any of the activities in this issue  
let us know how you got on at  
**Primarybsp.enquiries@eani.org.uk**

Mrs McGovern





# PBS&P News

This week pupils at Tamnamore EOTAS were enjoying Forest Schools lessons and being creative with natural materials.



Ricardo has been finding his brave at Forest School



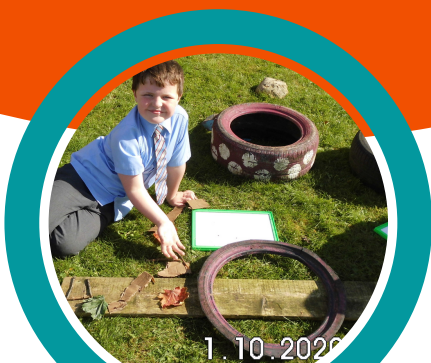
Makenzie has made a good start on his name here. How creative to use a tyre and a wooden post to create the "a"!



Aiden made a huge version of his name!



Sophie and Adam used their creative skills to plant lovely flowers to brighten up the playground.



Oisin used a mixture of man-made and natural materials to make his name.

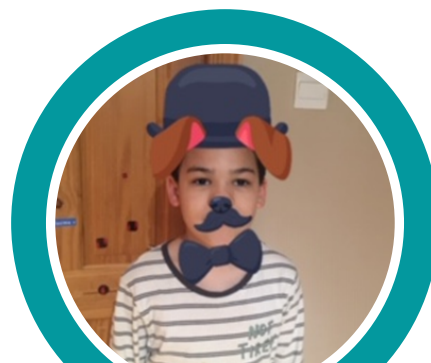


Shane used an old plank to make a canvas to write his name on.

Meanwhile, many of our pupils are continuing their Take 5 Steps:



Brandon-Lee is giving his time to help look after this lovely pup



Maxime was being creative and learning how to give himself a digital disguise!



Ali is remembering to water and care for the plants that he planted in the summer.





# An A-Z of a Nurturing Environment

Inspired by the brilliant “Resilience Alphabet” (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

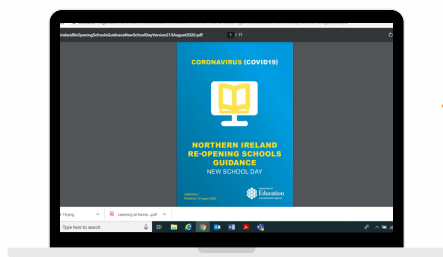
## C is for Co-Regulation

Young children need help to manage and regulate their emotions. By staying calm, helping them figure out how they feel, and showing them how to relax, you will be teaching them how to soothe and control themselves in the future.

## D is for Developmental

Some children are more able to handle their emotions than others, regardless of what we would expect for their age. Really thinking about how well your child is able to control their impulses and relate to others will help you respond to them in a nurturing manner.





Click here for a link to the Department of Education's Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



For information about the Public Health Authority's #MentalWellbeingNI2020 campaign, follow this link to the Minding Your Head website.

Click here to keep up to date with the Public Health agency

