

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

Issue 11: Friday 23 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



You won't be in school when you get this issue but you can still have a look at the activities when you get back after the break!

HIGH FIVE at home



All of the activities in this issue can be done at home while schools are closed!

Welcome to High Five!

Welcome back to High Five. Schools will have been closed for a week when you get this issue so we have made sure that all of the activities we have included can be done at home! We are thinking about what it means to be confident and Ballykelly PS have some great ideas to share with us.

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.**

ParentingNI Parent Workshops

ParentingNI provide a wealth of support to parents across the region.

They, along with the Public Health Agency are providing free online workshops for parents on the subjects of coping with Covid-19 and supporting children and young people's emotional health.

You can find more information about the programmes and workshops that are available on their website, by clicking the link or visiting www.parentingni.org.uk.

They also have a free support line and a live chat feature for parents to contact to discuss concerns or challenges they are facing.



Click here to find out about the ParentingNI online workshops

Call our Support Line free on
0808 8010 722

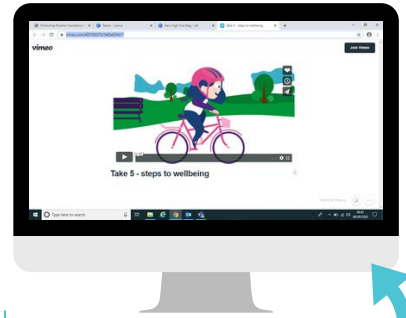
Take5

steps to wellbeing



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Watch a short video about Take5 here



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.

Our memories of being confident

By Ballykelly PS

Being confident. Ballykelly P.S. have it sussed!



When I was waiting to say my poem my tummy felt funny- but Mum told me I could do it. I was so pleased when I said my poem in front of lots of people. Ella

We worked really hard preparing our act for Ballykelly's Got Talent. I was nervous waiting for the Judges' comments but I was so pleased with what they said. Dean

Singing with all my friends in the choir makes me happy and confident. Skye



Standing up in the auditorium was very scary. I took a few deep breaths and said my poem and was delighted with the adjudicator's feedback. Freddie

Doing a ballet show- I was nervous beforehand and felt fantastic when I completed my dance and everyone clapped. Amelia



When I was 7 I took part in a swimming competition and I was placed 2nd. This has helped me be a more confident swimmer. Davin



Singing in front of friends and family with the school choir filled me with confidence. Thomas

"Every year Ballykelly Primary make shoe boxes for The Operation Christmas Child project. It feels good knowing we are helping lots of boys and girls who are not as privileged as we are." Mrs McDonald

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

Be confident!

Being confident certainly doesn't mean you are never scared or worried! Did you notice that in a lot of the examples Ballykelly PS pupils have given us, they were often nervous or scared first? Being confident means having a go anyway!



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



"I was very nervous before sports day but running in a race with lots of people watching filled me with confidence." Brooklyn.



Mr Crown was confident he could cycle 500 miles to raise money for Foyle Hospice. Can you see the special message in his cycle route?

"Standing up at the front of the class during show and tell and talking to the whole class about my pictures made me realise I could talk in front of others." Kaleea



I won a dance competition when I was only 3 years old- I was delighted with this. Ashton

Taking part in a gymnastic competition and having to perform was terrifying but I was so pleased with how I did. Miley



"Doing gymnastics as part of a talent show in my class gave me lots of confidence." Amy.

A penalty shoot-out- I was so nervous waiting for my turn and it felt great when I scored. Oran



Lock-down Through My Eyes

*Sometimes you will
never know the
value of a moment
until it becomes a
memory.*
- Dr Seuss

Connect

It's been a week since you have seen your friends and the staff at school. Even though you aren't seeing each other every day you can still stay connected!

Take photos of your everyday life while schools are closed



Share some of these photos with your school via email while you aren't seeing each other in person

When you come back together at school take time to look at each other's photos as you reconnect



Mrs Donaghy is inspired by her children and family, to be the best role model she can be.

Start a lockdown album with the people in your home- everyone picks their favourite pictures from the last 7 months.

Keep Learning

It's time for step three of the learning journey and our third helpful thought!

When we are learning it always involves a challenge. It's great when you feel like you are struggling with a task because that means that you are really learning!

I'll keep going!

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

I usually find these tasks challenging but I keep going!

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

Yellow tasks are ones that feel like they are tricky but we can actually do them ourselves. Sometimes we feel like we want to give up but we choose to be confident and keep going.

We still make mistakes with yellow tasks but we usually know how to fix them without help.

 **Think**

 **Feel**

 **Act**

Next time you find a task tricky think- is it yellow tricky or red tricky...



"Watching Roger Federer consistently perform at the highest level inspires me. It shows that hard work, grit and determination pays off." Mr Lynch



Mr Brown was supported by his year group colleagues when he moved to a new Key Stage.

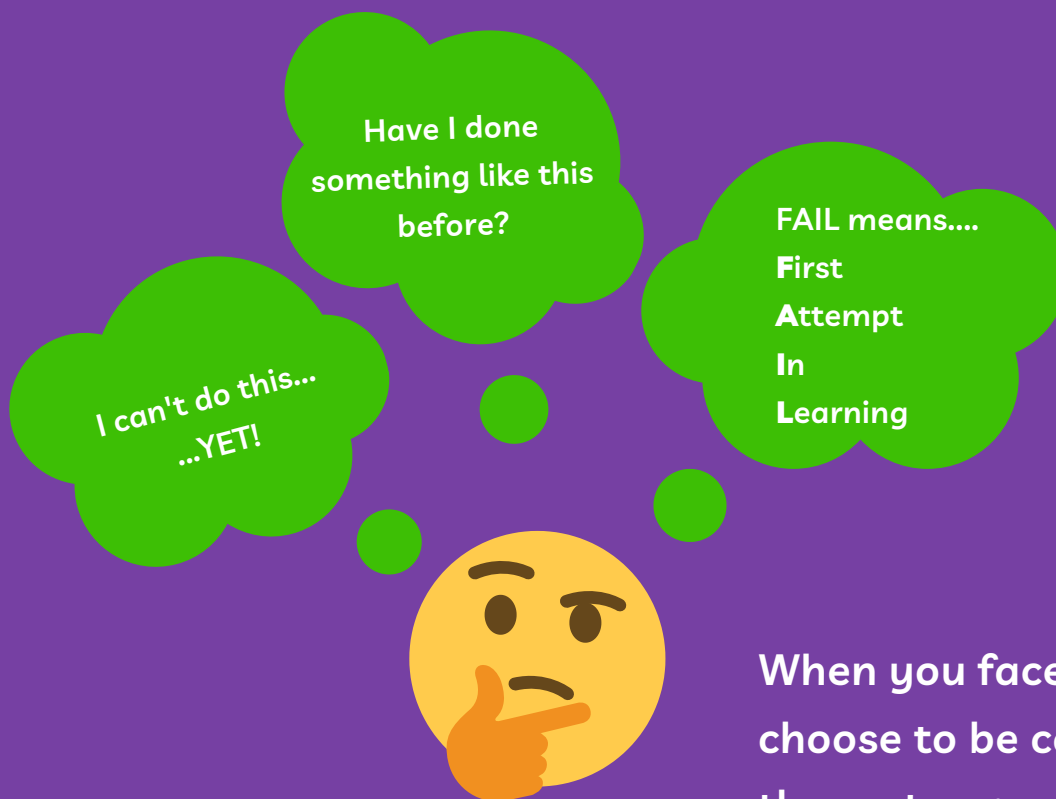
Keep Learning

Did you notice this word in our Take 5? It's not just about learning something- it's KEEP learning. This means we always have something new to learn! It also means we need to keep going when learning is tricky! This is tough- but it helps to be confident. When you are confident you know that you are able to learn. When you are not confident you think that mistakes mean you can't learn. Here are some simple thoughts to help you be confident!

 **Think**

 **Feel**

 **Act**



When you face a challenge choose to be confident with these steps:

Wonder how you can overcome the challenge

Ask for help or advice

Believe you can have a go

Keep trying

Give yourself time to practice and improve



Google "famous failures" and find out how many successful people had to overcome challenges- did you know JK Rowling was turned down by 12 different publishers before Harry Potter was made?



Mrs Brudell's dad inspired her as he was truthful, honest and fair in every aspect of life.

Take Notice

It's hard to feel confident when we think a lot about what we can't do! In this issue we want you to take notice of all the great things about you. Remember these next time you need help feeling confident!

I was kind when...

I tried my best when...

I asked for help when...

I was creative when...

I was brave when...

I was caring when...

I was helpful when...



Make a note of these things that make you great and choose somewhere in your home to display them as a reminder

"As Principal, I am inspired by the late Yvonne Mathers who worked for many years with EA Western. Yvonne has left a great legacy for so many schools in the West through her work in Literacy. I admire her leadership qualities and try my best to lead following her example." Mrs H Cole

#MentalWellbeingNI2020



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.

Tips

Christ the King PS worked with Hipsychology and have kindly shared some top tips for maintaining Mental Health

Maintain a good attitude even when you find work tricky

Ciara P6

Always give your full effort in school and to your hobbies

Filip P7

Never give up even when some things are a struggle

Cormac P7

Look out for your friends and family if they're sad

Maggie P7

World Mental Health Day

Lots of people dressed in yellow to mark World Mental Health Day. Tamnamore EOTAS and Christ the King PS shared these pics with us...



Give

In this issue we are going to take some time to give to ourselves. It's a really good skill to notice when you need a break. You are in the middle of your half term holiday from school so it's a great time to make a feel good plan! Work with the people in your home to make your own feel good plans using the guide below!

Use this to make a plan for week 2 of your holiday- tick them off as you do them!



Talk to someone

Make a note of the best people to talk to when you need to feel good. It might be a friend, someone in your family or someone from school.



Do something you enjoy

Make a note of things that you enjoy doing- things that make you feel good. It could be a hobby or a sport. It could be going for a long walk or playing with a friend.



Find ways to relax

This plan will be different for everyone. Some people need to be active to relax while others prefer being quiet and still. Make a note of what helps you relax.



It's always easier to remember the not great things! Talk to the people in your home about all the good things that are happening right now- don't forget the little things!



When Mr McGinnis was 18 he and his friend arranged a 24 hour sponsored 5 a side football competition to raise funds for cancer research. All their year supported them by taking part and pulling together to raise lots of money. They handed over a cheque for £3000 and it felt good to do something to help others.

Stretch your name!

Our Be Active challenge in this issue is to spell your name by stretching your body! You can do this on your own just for fun or you can ask someone in your home to take a picture of each stretch - Eoin had a go below!



Play at home
Can you think of different ways of making the same letter?



Choose a word with the same number of letters as people in your home and see if you can spell it out together with stretches!



Choose a word to stretch out and see if your family can work out which word you are making.



For more of a workout, stretch out your whole name including your surname!



Mrs Whyte is supported by her husband- he is her rock



Mr Fleming and other Ballykelly PS staff challenged each other last year to run the Belfast Marathon. They raised over £600 but unfortunately the event was cancelled but they look forward to running again next year. They were raising money for the school to ensure the children have the best resources they can provide.



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!

E is for Empathy

Take time to connect with your child's feelings. Saying things like 'I know this is really hard for you' lets them know you understand. Commenting during happy times - 'When I see that big smile on your face I can tell you're proud of yourself and it makes me so happy' will add positivity to their day and build on their understanding of emotions.

F is for Flow

When children are completely absorbed in an activity their brains are in 'flow' – the perfect state for learning. If the activity is enjoyable but a little challenging (like building models, completing jigsaws, doing sports) then they will also feel a great sense of achievement.



Nurturing Confidence in Your Child



The activities in this issue will help your child to develop their confidence. These top tips will give you practical ways to quietly help them with this.

1. Connect and enjoy their company

Playing card or board games, colouring (Ideally one to one and if not possible include other members of your family)

Re-read stories you have enjoyed together

Go for a walk together and just chat

2. Take notice and show an interest in them

Notice and describe the things they are doing:

"You helped your sister put her toys away- she will appreciate that"

"I think that was a yellow task for you but you kept going"

"I notice you get frustrated when you have to do your numeracy homework"

3. Find ways for your child to belong with value

Find jobs in the home your child can help out with - looking after the dog, setting the table, etc

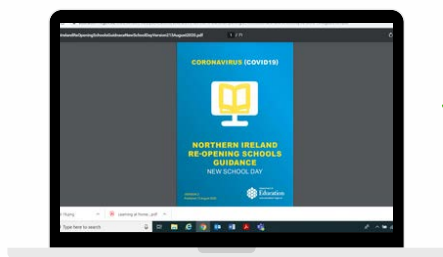
Ask for their help in solving problems (even if you already know a solution)

4. Give hugs

Physical affection communicates love, acceptance, and belonging, making children happy and confident

Click on this link to look back over all the High Five issues since April for more Help Hub tips!





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

