

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

Issue 18: Friday 12 February 2021

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



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. When we are overwhelmed by things that are outside our control, a little bit of kindness from others can make all the difference. In this issue, we are looking at how being kind can help the people around us. Kindness can be shown in the smallest of gestures, like doing a little job so someone else doesn't have to, or it can be something big, like raising money for a charity. Let's be the best we can be at Being Kind!

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

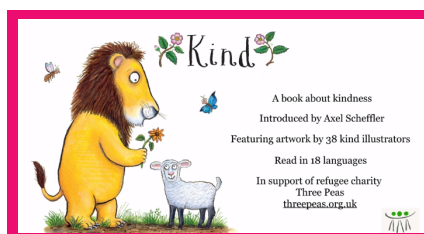
Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**



Scholastic Chapter One scheme

The Scholastic website has a variety of videos in which authors are reading one chapter from their books. We loved "Kind", which was presented by one of our favourite illustrators, Axel Scheffler and in this video is read in 18 languages by people from all over the world.

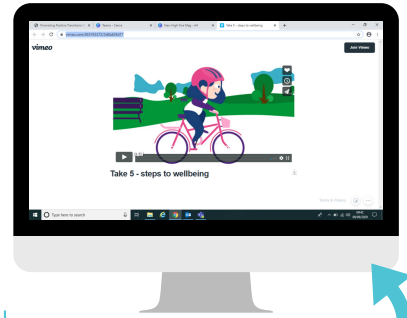
Click here to watch Axel Scheffler present "Kind"



Click here to visit the Scholastic website and hear some authors read one chapter of their books

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.

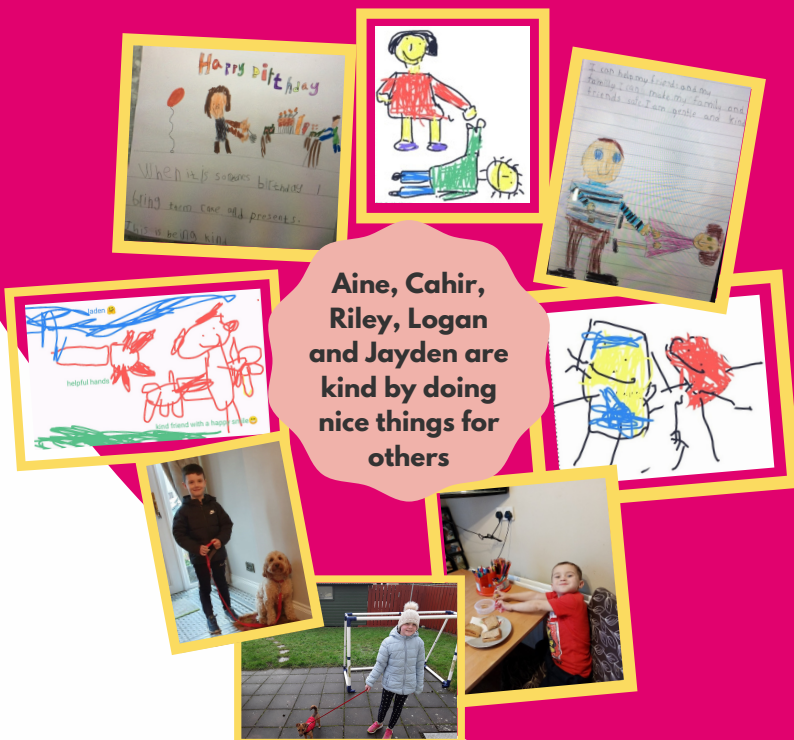
Be Kind!

The staff and pupils in Christ the King Primary took some time to tell us about their ideas for Being Kind.



Kindness is a quality which we all have and use every day even if we don't realise it, as acts of kindness just seem the right thing to do. The simplest smile, "good morning" or "thank you" can change how we feel. The words of thanks from parents in particular during these challenging times when we are all striving to do our best, gives us the determination and encouragement to know that we are doing the very best for the children and our families.

Acts of kindness are found throughout our school and form the ethos of 'Being the best that we can be..' by the daily actions that are an everyday occurrence throughout our school.



Be Kind!

As well as being kind to the people we care about, Christ the King Primary have also been thinking about Random Acts of Kindness - doing something nice for people we don't know, just to brighten their day! Here are some of their ideas.



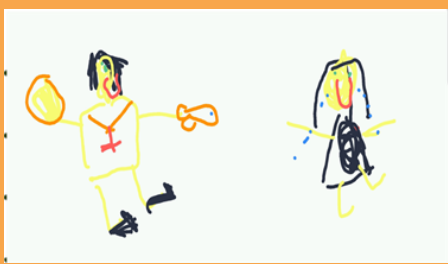
When you see these symbols, you'll find an example of when a member of staff from Christ the King P.S. was inspired, supported or challenged to be the best they can be!



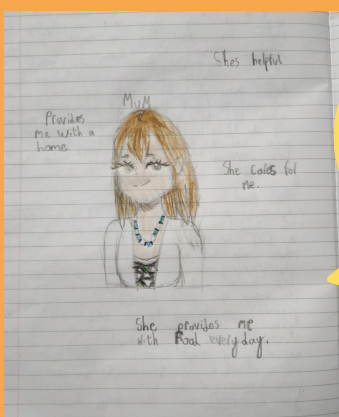
Try to be a rainbow in someone else's cloud
-Ava



Give somebody an unexpected gift to show you appreciate them. Like the postman!
- Aimee

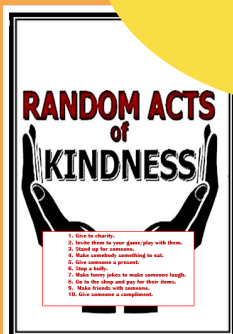


Jesus gave food to people who needed it. Help people who don't have much food or give our toys to people who need them.
- Kiera Marie



Notice the kind things others do for us
-P7

Year 7 made up a poster with some ideas for random acts of kindness. Molly made a poster with her ideas too.



1. Donate toys and books.



2. Make people laugh (but not in a bad way). Offer to walk someone's pet.



3. Give gifts to friends randomly like flowers. Bring breakfast in bed to family members.



6. Pay for someone's sweets at the shop.

7. Send a virtual hug to a family member you can't see.



8. Take the neighbour's bin in and out.

9. Help others with their work.

10. Bake treats for friends and family (possibly with help if you are not good at baking).



Being Kind

A Wonderful Example to Follow

Captain Sir Tom Moore (1920-2021)

"No Act of Kindness, no matter how small, is ever wasted."

Aesop

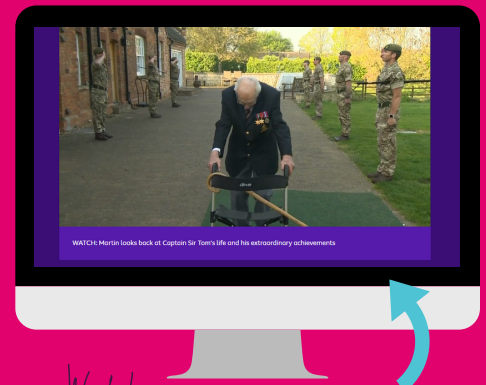
When we all had to stay home last year after the Covid pandemic hit, many of us felt helpless. We all wanted to help the NHS to fight the virus and so we made rainbows for our windows and gave them a cheer every Thursday evening.

One 99 year old man's small idea quickly became a great one!

Captain Tom Moore, a World War 2 veteran from England decided that he would try to raise money for the NHS by doing a sponsored walk in his back garden. He thought that if he could walk 100 lengths of his garden, he might be able to raise £1000. His idea quickly became famous and in the end he raised more than £32 million for the NHS!

Captain Tom was knighted by the Queen for his amazing effort and when he turned 100 in April last year he got thousands of birthday cards from all over the world!

Captain Sir Tom Moore sadly died earlier this month but his example of how one person can do great things with a small act of kindness is one that will inspire us all to be as kind as we can be.



Watch a clip about Captain Sir Tom Moore on the BBC Newsround site



Parents, find some information about helping children when somebody has died in the Help Hub

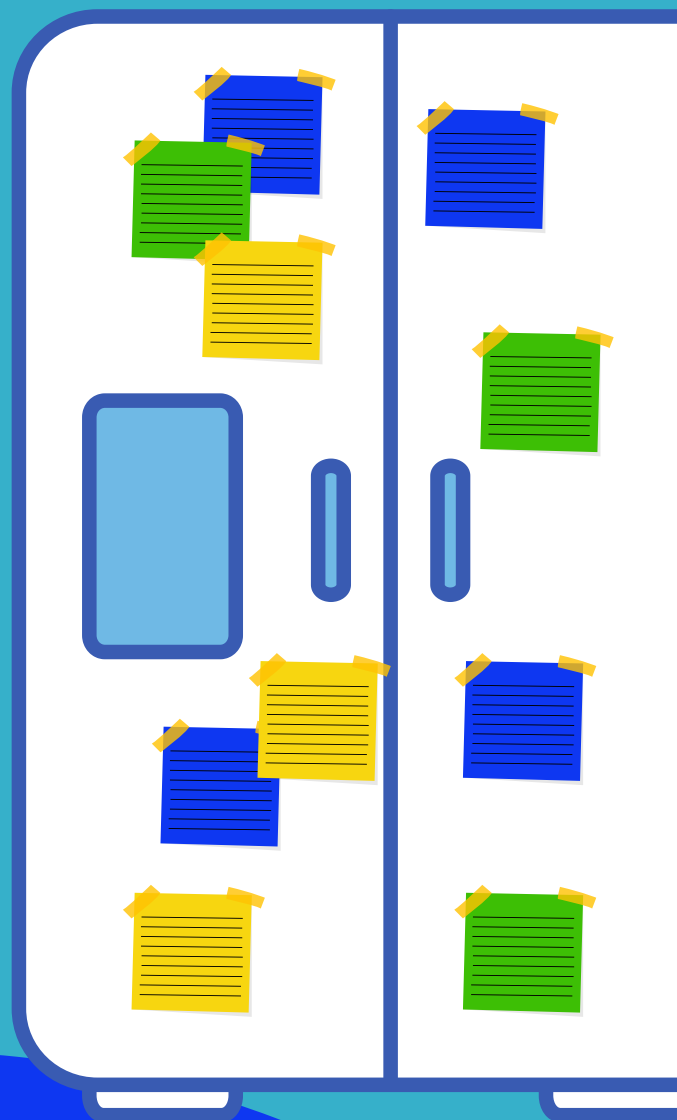


The Gratitude Fridge

Think of all the lovely, kind things that the people in your house have done for you. Write them down on post-it notes and stick them on your fridge. You can even use a different colour of post-it for each person in the house so everyone can see that the kind things they do are appreciated.

Mummy made
my favourite
dinner to
cheer me up
- Jack

Jack cleaned
his room so I
didn't have to!
- Mummy



I was challenged when...

"During a conversation when I had to set aside my own views and upbringing and be kind and listen without judgement"

"Forgiving others - Always seeing the good in others when sometimes it would be easier not to"

Be Active

60 Second Challenge

Back in the last lockdown we tried some 60 second challenges. Click on the link for issue 4 for a reminder.



Tennis Challenge

How many times can you tap up a tennis ball on a racket for 60 seconds? If you are at home be creative- what could you use for a bat and a ball? Rolled up socks?

Score Tracker



Dance workout



Click on this link and dance along with this routine- a great way to get some energy when you need a break from home learning.

This is one for the whole family- film yourselves doing this routine and send it to cheer up the staff in your school!



I was inspired when...

"When I worked with special needs children preparing them for the Sacraments"

"When I won a huge food hamper at Christmas time and decided to donate it to a homeless shelter instead of keeping it".

In the Community

Our schools and local communities have been working together to provide support for those who need it.



"As a newly appointed principal to Silverstream Primary School and Nursery Unit in August 2020, I was absolutely delighted when I was approached by members of the local football club to offer their support throughout the current pandemic situation.

As a direct response to the needs of our children when they returned to school, Greenisland Football Club provided P7 children with a weekly session aimed at addressing mental health issues. This has proved hugely beneficial to both pupils and staff as they worked together to develop strategies for coping with issues that can arise that are beyond our control.

The football club have also been working tirelessly to secure funding for our school to provide additional educational experiences for our children that are beyond the capabilities of our normal school budget.

However, the most significant support provided by the football club has been to secure funding to supply our families on free school meals with a breakfast hamper each month. The football club have been working alongside a local shop, The Candy, to put together these hampers and distribute them each month, which is making a significant difference to our families during these difficult times. A recent parent survey highlighted the positive impact these hampers are having on family life from both a financial and health and wellbeing perspective.

We are so grateful for all the support that Greenisland Football Club has shown us during these difficult times and are looking forward to working together in the future.

It has been so encouraging to see what can be achieved when schools and their local communities can work together for the benefit of our children and their families."

- Mrs Stewart

Mrs Crookshanks
Principal, Holywood PS
delivering 3 trolleys of
food donated by her
pupils to Storehouse
North Down.



Take on this kindness challenge and it will help you connect with someone you haven't seen for a while!

1.

Think about the people you would like to give a treat. A neighbour, a friend, a family member?



2.

Look at some recipes and decide what to make- we have an idea on the next page.



4.

Wash your hands and then get baking!



3.

Take photos of yourself delivering the treats to their doorstep and share them with your school and us at primarybsp.enquiries@eani.org.uk

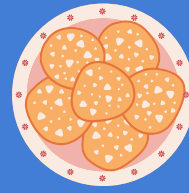


I was supported when...

"When life can be overwhelming at times and I'm not making progress words of wisdom from a teacher, work colleague can change my views totally through the strength of kindness"

"Being part of a close knit community has supported me to show kindness and generosity to others through things such as bag packing, clothes donations and getting involved in sponsored walks."

How to make Fifteens

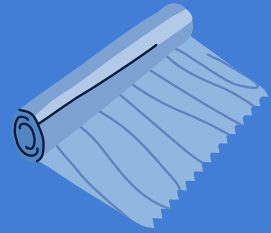


Ingredients:

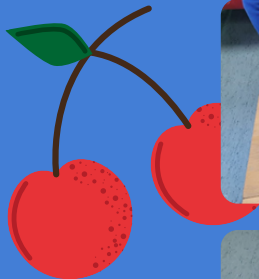
15 digestive biscuits
15 marshmallows
15 glace cherries
200ml of condensed milk
Coconut

Equipment:

Rolling pin
Kitchen scissors
Tin foil
Greaseproof paper
Fridge



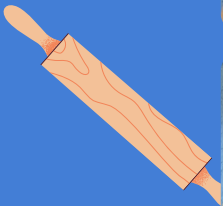
Crush the digestive biscuits- we used a rolling pin and a freezer bag. Snip the marshmallows (or just use lots of mini ones) and the glace cherries.



Mix the biscuits, marshmallows and cherries together in a bowl with the condensed milk until it is all combined.



Cut a square of tin foil and a square of greaseproof paper. Lay the greaseproof paper on top of the foil and then sprinkle with coconut.



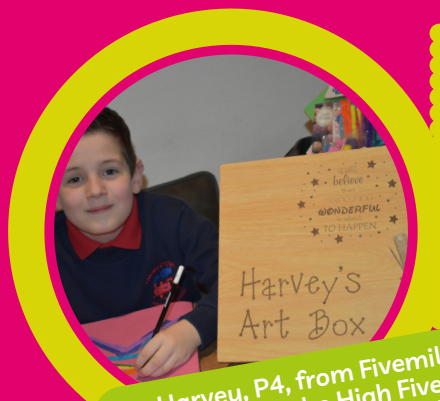
Tip the mixture from the bowl onto the greaseproof paper and roll into a big sausage. Wrap the foil around it.



Pop it in the fridge to set for at least 4 hours. Then cut into slices and enjoy with a cuppa!

Parents, see the Help Hub for more recipes to try with your children.

Have a go at being a TV chef! Film while you bake and explain each step as you go. Then share the film with your school.



Harvey, P4, from Fivemiletown Primary School won the High Five Art competition way back during the first lockdown. Here he is with his prize - a superb art box to keep all his art equipment in!



Sophia, P7, from Braniel P.S. made posies for her neighbours to say "hello and stay safe."



Jay from Ballyhenry P.S. has been looking after his baby bunny rabbits during lockdown



Aidan shows some of the work he has been doing remotely for Mrs Taylor



Sisters Rachel and Charlotte did their bit for the environment by picking up litter whilst out for a walk.



Little Oaks EOTAS pupils were making masks with Mrs McBride's sewing machine



Knockevin School spent some time last week focusing on the importance of expressing who you are and how you are feeling. Watch their brilliant video, which shows them doing lots of art activities, including art, mindfulness, yoga and singing.



My Daily Journal



Over our next few issues we are continuing to look at our 'Daily Journal'. Thinking of things that we have learnt during our time at home, plus things that make us feel happy and have made you smile.



We can be kind in so many ways. Here are a few ideas of things you could try. You could...

Feed the birds in your garden



Walk the dog



Listen to your teacher



Help to tidy up



Send your Auntie a picture



Wave at your neighbour



Read a story to your sister



How have you been kind recently either at home or in school?



Why don't you try to spread a little kindness with the people you are spending time with? You could take up the 'Kindness Challenge'. Make a list of ways to be kind then see how many you can tick off the list.



My Daily Journal



Have a look at this learning journal at the end of every day. Think of one moment you were kind and one wow moment!

I was kind today when...



WOW!

I am proud of...



Special Dates

One thing about being part of a school is you rarely miss out on special dates in the year. While things are different here are two special dates to celebrate at home!

Chinese New Year

Our readers in Taiwan are celebrating Chinese New Year on the day this newsletter comes out- Fri 12 Feb! They have been getting ready with lots of craft and sent us this picture of firecrackers made with used red envelopes and toilet paper rolls. This is the year of the Ox. Happy Chinese New Year!



Pancake Tuesday

This is one of the best days of the year to be a visitor in schools. PBSP staff love walking through the front door of the schools we visit only to be met with the smell of freshly made pancakes! This year Pancake Tuesday is 16 Feb.

Mrs Galbraith loves
bacon and maple
syrup on her
pancakes

Ms Curran loves
maple syrup on her
pancakes

Mrs Garvin loves
nutella on her
pancakes

Mrs Hendron loves
strawberry jam on
her pancakes

Mrs Jones loves
lemon and sugar on
her pancakes



Click here



For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. 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



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!

S is for Safety

All children can feel overwhelmed at times and offering them an escape to a quiet place will give them the time needed to gather themselves. For example, allowing a few minutes in a quiet place of the house may be the solution if a family gathering becomes too much, though this must be suggested in a positive way without judgement.



T is for Transition

Some children may need extra preparations and explanations when there are going to be changes to routine. Using calendars can help anxious children count down how many days until a return to school, and coming up with a plan for holiday events are useful ideas.



Taking time for yourself



As grown-ups, we are all doing everything we can to manage the changes that lockdown has brought to our lives; from home schooling to financial worries, to working from home, to missing our friends and family. Self care is more important than ever, so trying to find a bit of time to do something for ourselves is vital.



Blissful Baking

Kathleen loves to bake when she feels a little overwhelmed.

"I get totally focused on what I am doing and the end result is a pure satisfaction for everyone!"

Looking at some of your bakes, Kathleen, we couldn't agree more!

Cake in a Cup



35g plain flour
2 tbsp sugar
1/4 tsp baking powder
2 tbsp cocoa powder
2 tbsp vegetable oil
60ml milk
1 tbsp chocolate chips

Why don't you give baking a go?
Try this easy recipe to get you started!

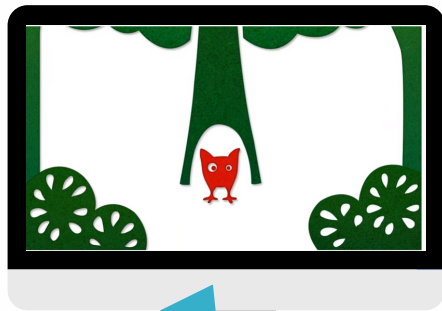
1. Mix all the dry ingredients in a large mug (the bigger the better!)
2. Add the wet ingredients and mix until smooth
3. Drop the chocolate chips on top of your mixture
4. Microwave for 70 seconds.
5. Stick a fork into your "cup cake". If it comes out clean, it's ready. If not, put it back in the microwave for a few more seconds.

When Somebody Has Died



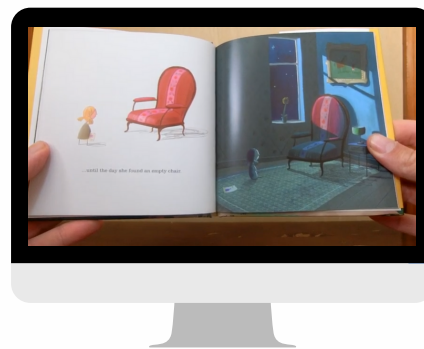
Many of our children have heard stories about how many deaths have occurred due to Coronavirus, or may even have lost a loved one during this time.

On this page, you will find some ideas for reassuring children who may be worried about their loved ones, or helping children who have suffered a bereavement.



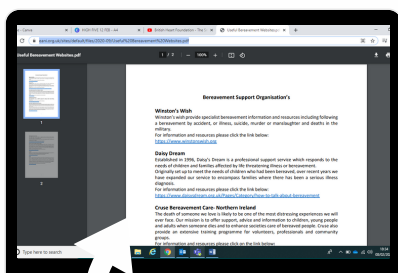
The British Heart Foundation produced an animated story called The Small Creature

Click here for the British Heart Foundation's story on YouTube

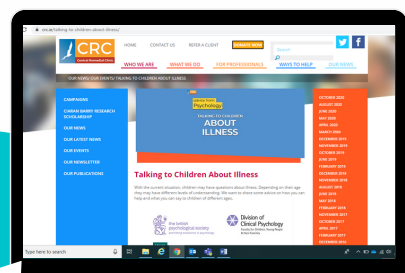


The story of The Heart and The Bottle, by Oliver Jeffers is a lovely story about loss and hope.

Click here for a reading of The Heart and The Bottle



Click here to find out about some charities and support groups for children and families who have suffered bereavement



Click here for information about talking to a child who is anxious about illness

Literacy Service Newsletter

Our friends in the Literacy Service have created an online and interactive newsletter for parents to share with their children. It has lots of great ideas to help with all things literacy! Click on the phone for more.

George, Teddy and Florence enjoyed playing the Nerf sight words game during their home learning.



What should the Literacy Service call their newsletter?

Send your ideas for names to primarybsp.enquiries@eani.org.uk and we will pass them on to the literacy service.



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

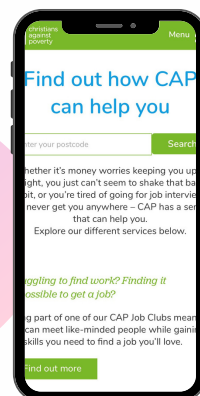
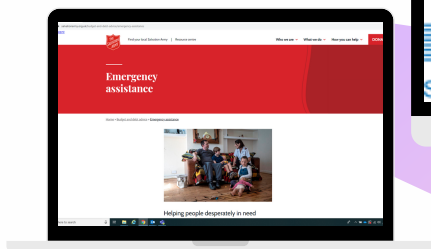
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

The Salvation Army, St Vincent de Paul and Christian Aid Project are all locally run charities that can provide assistance to families who are in financial difficulty.



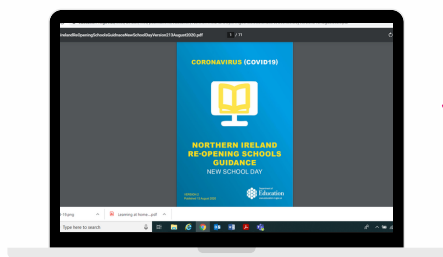
Lifeline

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.



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 help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

[Click here to keep up to date with the Public Health agency.](#)

