

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

Issue 9: Friday 25 September 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 have lots of ideas to help us be brave! The lion is often a symbol of bravery so as you face new challenges in the next two weeks picture the lion inside to help you overcome them.

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>

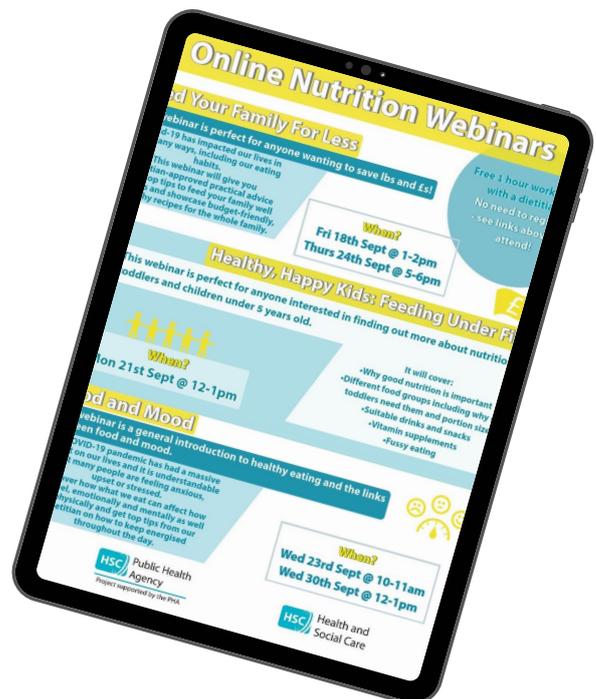
We hope you have fun trying out these good ideas - let us know how you get on at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

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.**

## Food and Mood

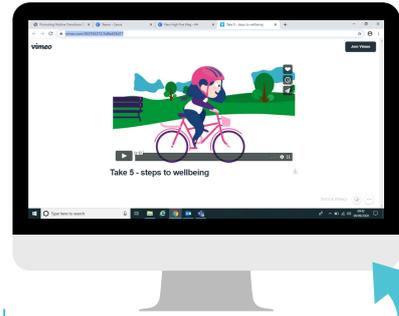
This new and exciting nutrition webinar is run by dietitians throughout Northern Ireland. Open to all! No need to sign up but be sure to put the date in your diary – you don't want to miss it!

Food and Mood:  
Wed 30th Sept @ 12-1pm:  
<https://tinyurl.com/y53sxncy>



# 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!

St Joseph's Primary in Antrim are a brave bunch!



I felt brave in St Joseph's when I was in a running race on sport's day. I trained a lot and I felt so confident on the day of the race. I showed my bravery by just going for it and taking part! I felt courageous as I ran!

Amelia Pietras P7B



I was brave when I got hit by a golf club and had to get stitches.

Max Young P4B



I was brave when I supported a child in the playground who had a different opinion than the others. I told the others it was ok to have a different point of view as long as it did not hurt others.

Karina Zdan P6B

I was brave when I was learning to ride on roller skates. I kept trying!

Jagoda Ziolkowska P4B

# Guide to being brave

By St Joseph's PS, Antrim



## We use our motto to help us be brave: Faith, Friendship and Learning for Life!

### Faith

Sometimes being brave means believing in yourself and having faith in your own talents and abilities.

Sometimes being brave means doing the right thing, standing up for what you believe in and speaking up for others who can't do it for themselves.

### Friendship

Sometimes being brave means asking for help and trusting that your important people will be there to lend a hand when you need it.

Sometimes being brave means following your heart, standing out from the crowd and choosing to do things differently from your friends.

### Learning for Life

Sometimes being brave means taking a risk with your learning and giving something your best shot, even when you're not quite sure how to do it.

Sometimes being brave means having another go, picking yourself up again when things don't go quite to plan and saying "I will try again tomorrow".

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)

**Faith, Friendship and Learning for Life**

# Be brave!

More examples of bravery from St Joseph's PS! Think about a time you were brave- tell someone about it.



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

A dog bit me on the face. It was very sore. I was brave when my doctor had to pull my cut open to clean it. I got toys for being brave. I have a scar on my lip.

Beth McKirgan P2B



A time when I was brave... my new puppy Ivy had to get her injections and I was really scared, but because she only did a little squeal and wasn't sad I felt really brave!

Kaelan Murphy



I felt brave in school when I was practicing for the transfer test. I didn't feel confident in a question but I gave it a go and it turned out to be right! I showed my bravery by taking a risk and being proud in myself.

Prisha Thakur P7A



I was really brave when I was 4 years old and I got lost in Portrush. I cycled the wrong way and couldn't find my mummy and daddy. I screamed for help and someone came and helped me. It was a very kind lady. Mummy and daddy had started looking for me and I found them. It makes me sad when I think about it. I have learnt that I should always stay close to my mummy and daddy and always tell them where I am going.

Emme Balmer P3A

# Take Notice

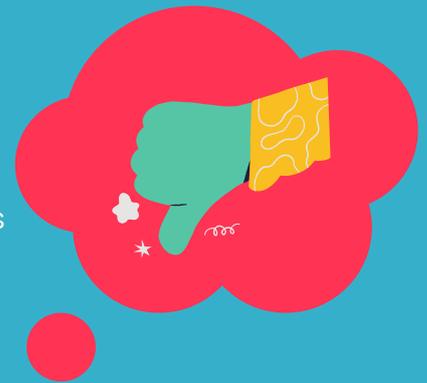
When we bravely face a challenge it is a really good skill to take notice of what is helping and what is not helping.



Make a list of three times you were brave and faced a challenge. Look at the examples from St Joseph's to help you think.



As you remember these challenges take notice of the things that were helpful and the things that were unhelpful.



## Use the learning

Take what you have learned and apply it to a challenge you are facing right now. Take notice of what is helpful and what is unhelpful!

Is this unhelpful?

What else can I try?

Is this helpful?

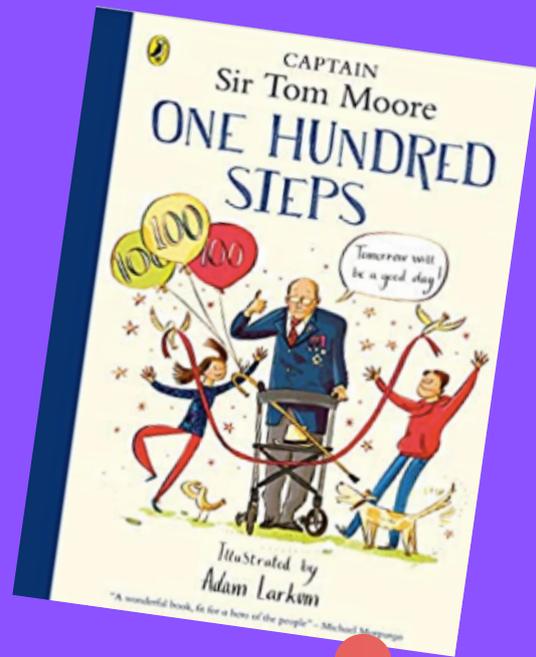


Ask a grown up at home to tell you about a challenge they have have faced- what helped?



Mr McGinley was challenged to move from being a grumpy P6/7 teacher for 10 years to teaching booster groups and P1. The challenge brought out a set of skills he didn't believe he had and he loved every minute.

# Be brave and see where that idea might take you!



Captain Tom Moore was inspired by the bravery of the NHS staff going out to work during the lockdown in March. As a result he decided to bravely have a go at walking one hundred laps of his garden before his 100th birthday to raise £1000 for the NHS. He then inspired more than one and a half million people to support him as he bravely continued his challenge. In the end he managed to raise over £32m!

Since then people have shown their appreciation! He received more than 25,000 birthday cards and the Queen knighted him so he is now Sir Tom Moore!



Archie from Meadowbridge PS sent Captain Tom a card on his birthday

The NHS staff going out to work each day probably didn't realise that they were going to inspire a 99yr old man to take on a life changing challenge!

Sir Tom probably didn't realise that he was going to inspire so many people to give money to the NHS! Or that he was going to end up meeting the Queen!

Next time you bravely take on a challenge remember that you might be inspiring someone else!

# Keep Learning

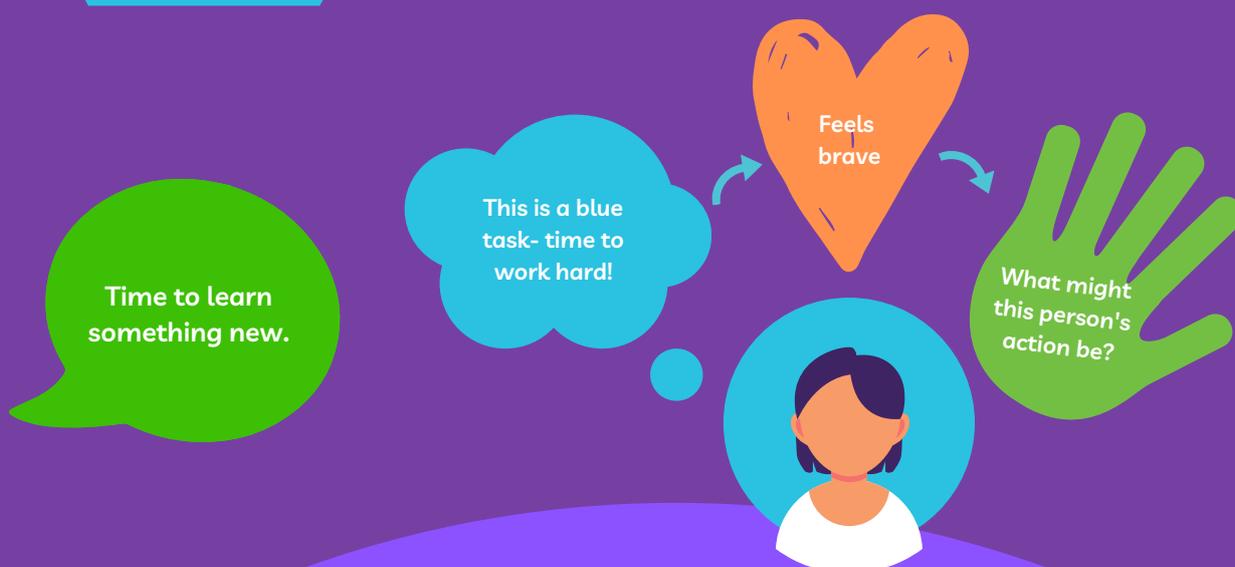
You probably already know that your actions are influenced by your feelings but did you know that how you feel about things comes from the thoughts that pop into your head? Try to remember:

Think Feel Act



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

The trick is to capture your unhelpful thought and change it to a helpful one! Over the next few issues we are going to share some helpful thoughts to help you be brave as you keep learning. First we'll start with blue tasks which are new tasks. These are great because you learn something new. The truth is learning something new is always tricky! So it's really ok to make mistakes- that's just part of it! Choose to be brave. Learn the helpful thought for the blue task and practice using it for the next two weeks!



Teach the people in your home how to capture unhelpful thoughts. Can you all come up with ideas for helpful thoughts to use at home?



Mrs Kearney returned to work after maternity leave and was challenged by the juggling of home and school life. She felt supported by her colleagues in finding the right balance. It's good to talk!

## Starting a Conversation

Meeting new people or talking to somebody we haven't seen for a while can be daunting and sometimes it's difficult to think of what to say to somebody! We have put together some useful conversation starters. Can your class think of any more?



Have you just moved here?

I wonder what's for lunch today.

Ask them a question about themselves

Comment on what you are doing or what's happening

My family went walking every day during lockdown!

Tell them something about yourself

I have a new puppy. Do you have any pets?

Do you like football?

I think this question is hard. How did you do it?

## Staying Connected, Keeping Apart

Now that we are back at school again we have to think of new ways to say hello and keep connected with all of our friends in school. This allows us all to stay safe. Can you think of some ways to stay connected or give a secret greeting when you see your friends from another class?



Do a whole-class virtual 'catch up' between classes using Zoom or another App on the class whiteboard.

Design a table quiz for another class to do.

Have an inter-class art competition

Record a 'Show & tell' to share new skills that you have learnt during your time at home



Every day Miss Keenan is inspired by the children in her class. Throughout lockdown, she was so impressed by their enthusiasm. They flourished in a difficult situation and their voice messages and videos brightened up her day.

Try to stay connected with your friends & family by drawing them a picture, sending them a photo of you doing something new or giving them a call. Staying connected makes us all feel happy.



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 from 7 September to 10 October 2020. This week the focus is Be Active.

## Be Active

To promote good physical and mental and emotional wellbeing, we should aim to BE ACTIVE every day. Regular physical activity can help to improve mood and self-esteem and reduce stress. Find an activity you enjoy that suits your level of mobility and fitness and make this part of your routine.

You do not need to be as active as a professional sportsperson, all you need to do is to introduce some increased movement to your daily routine in a way that you enjoy.

There are lots of ways to BE ACTIVE and increase movement in your daily routine, this could be in the form of: walking or jogging, playing a ball game in the garden or yoga.



## Take Notice

Take Notice is about taking a little bit of time each day to stop, pause, be still and focus on the present moment. This can help us to connect and understand ourselves and the world and people around us and appreciate things we may normally take for granted. Being aware in the present moment – of your own thoughts and feelings and the world around – can help us to feel calm and relaxed and to think more positively.



Click here to go to the WalkNI website and find out about places to walk near you.



This week we are challenging you to take notice and show appreciation for all the acts of kindness others show to you. Sometimes we can be so busy it's easy to miss it!

## STEP 1

Make a large tree trunk and display somewhere everyone can see and reach it. Be creative- use paint, collage, or anything else you can think of!

## STEP 2

Print / draw and cut out loads of leaves with enough room to write thankyou messages.

## STEP 3

Take notice when people are kind to you through the week- don't miss the small things! Write a thankyou note on one of the leaves and stick it on the tree.

## STEP 4

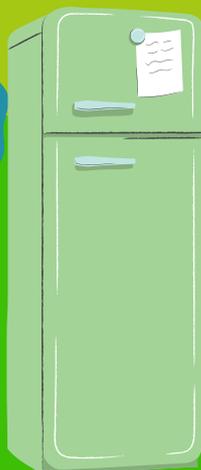
Once the tree is full, take the leaves that were written to you and keep them. Then start to fill the empty tree again!



Send us photos of your class gratitude trees or gratitude fridges at [Primarybsp.enquiries@eani.org.uk](mailto:Primarybsp.enquiries@eani.org.uk)



Why not have a gratitude fridge at home? Leave notes on the fridge to thank each other for acts of kindness.



Mrs Balmer was challenged when she taught a class with lots of needs, with which she was not familiar. But with the help and support of her colleagues, developing a genuine love for each child and recognising her own strengths as a teacher she was able to support the class as a whole and the individual children who needed her. By the end of the year she felt she had done the best for every child and was ready to face her next challenge.

## Even Superheroes need to train!

Here are some training ideas that you can do at or beside your desk.

Sit on the ground with your legs stretched out in front of you. Try not to bend your knees. Stretch your hands down towards your toes. Hold it for 10 seconds



Stretch your arms up as high as you can. Hold for 10 seconds



Balance on one foot for 15 seconds. Now switch to the other foot.



Sit down and stand up 8 times

Keep your feet facing forward. Twist your body to the left. Hold for 5 seconds. Now twist to the right. Hold for 5 seconds.

Lay on your back and curl your knees up to your tummy. Hold it for 10 seconds.



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.



Mr Murphy felt challenged when he took over the coordination of I.C.T. in his first year teaching at St. Joseph's. This forced him to broaden his understanding of technology by networking with others in order to advance the opportunities for children in his school.

# Be the best you can be!

Click here to  
learn more



## Be brave!

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



When Mrs Carlin was about eight years old, she loved to play 'Schools'. She'd set out her gel pens and mini chalk board, and take on the role of 'the teacher'. She was constantly inspired by the happy, caring teachers who taught her. As she stands in her own classroom today, she is inspired by the children she meets and hopes to create the same fun-loving memories that she holds from her own school days. The children will always inspire her to be the best teacher she can be.



Mrs Treacy felt challenged when her school had to close due to an emergency in the lead up to Christmas. Having her leadership team and staff team all pull together helped her to remain calm under pressure and they got there in the end!



# 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!

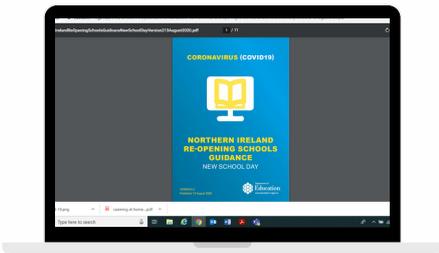
## A is for Attunement

Attunement is about being in sync with your child. Watch closely, listen, then respond with positive words and body language. This will strengthen your bond, but will also demonstrate the important rules of two way interaction. Turn taking games will also teach your child how to successfully play and work with others.

## B is for Belonging

Encourage your child to tell you their stories, chat about their interests, and show you their skills. Providing opportunities for them to share their views or contribute to decisions will help make them feel they are truly valued and belong.





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.](#)

