

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

Issue 8: Friday 11 September 2020

High Five

Primary
Behaviour
Support &
Provisions 



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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. A lot has changed since our last issue in June! For one thing you are back to school with your friends. In this issue we will be thinking about what it means to reconnect with people we haven't seen for a while.

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.**

Click here 

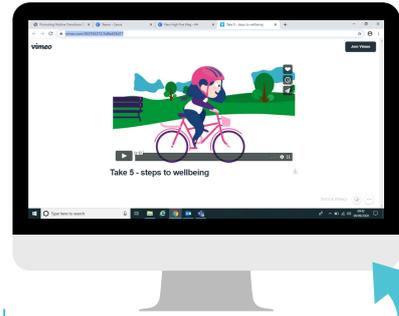
Back to School Resource Pack

You will find a back to school resource pack on the EA website. The pack includes a pupil book, powerpoint and guidance notes. The resource offers pupils the opportunity to reflect on their time at home and process their thoughts and feelings about coming back to school



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!

In our last issue we started thinking about being the best we can be- even when life gets tricky!

In this issue we have invited Bangor Central PS to inspire, support and challenge us to be the best we can be as we learn to do school a little differently!

Bangor Central IPS



Bangor Central IPS staff have been coming up with lovely ways to inspire, support and challenge their pupils as they prepare to return to school after such a long break.

They have shared lovely cartoon strips and a friendly welcoming video explaining and demonstrating some of the changes pupils and parents could come to expect.

We are all feeling challenged at the idea of re-opening schools and doing our best to keep ourselves and each other safe. Sharon Dowie, a teacher at Bangor Central IPS shares her thoughts about returning to school:

"I think in these times of uncertainty it's really natural for everyone to feel a bit anxious and, as excited as I was to see our children back, I definitely had a few worries about the return to school. When we returned, we could see the amount of time, thought and care that had gone into our new school day to keep everyone as safe as possible. Seeing the children return so happily and breathing life back into school has been a real pleasure."



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



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

Staff at Bangor Central IPS are being the best they can be by planning carefully to make sure everyone in their school knows how to Be Safe

Primary One pupils were supported in preparing for starting school, with their very own Bangor Bear who moved in with them before the summer! Bear showed the children around the school and explained how things would work in a super friendly video. And finally, to settle any last minute nerves the night before school, P1's were given some magical 'Ready Confetti' to sprinkle under their pillow to promote a great sleep and inspire sweet dreams!



Pupils are challenged to develop good hand hygiene at the brightly labelled 'Snuffle Station' inside each entrance. Here, pupils are encouraged and supported to follow the new hand sanitising routines.



Bangor Central IPS staff have inspired us with their imaginatively decorated visors. Here is Mrs O'Kane, whose creative ideas have helped to brighten up the whole school.

Holly in P7 talks about how the pupils have felt supported in returning to school:

"We've been having chats with our teacher and with our classmates to get to know each other again. We've been learning about mindfulness and setting goals for things we want to achieve, and dealing with everything in a nice way."

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

Top tips

- Make designated entrances and exits clear to see using displays of coloured banners.
- Use a 1-way system marked on the playground which pupils follow to a number of different entry doors to the building, depending on their class and year group.
- All pupils have been given individual resource boxes, which they have been busy personalising, to store their own books and equipment.

Being connected helps us to feel special.

Now that we are all back at school it is exciting to see our friends again. We can reconnect by chatting to them, playing in the playground and finding out about the fun things they did at home. It is important to remember to be kind to our friends in school. We can do this by listening, having kind hands and using kind words.



If our friends are in a different bubble, it's important that we remember to keep a safe distance.
How can we greet our friends without coming in close contact?
Can your class come up with any good ideas for connecting from a distance?

Over the last few months we have all spent more time at home than usual when school was closed. Now we are back in school we might miss the people at home. If we are missing them we could...

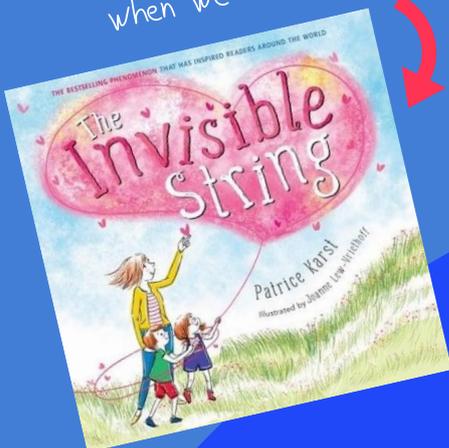
Share with the people at home something you have achieved in school today.

Each draw a love heart or a dot on your wrist and press it if you miss each other

Write a note or draw a picture for the person you are missing. Leave it somewhere that they will find it whilst you're away.

Think of something nice we did with them

Click here to hear Patrice Karst's wonderful book about being together even when we are apart.



Take time to catch up with each other and find out about everybody's day.

Play *Quick Tell*

"Quick, tell me two good things that happened today!"

Working Together to Promote Mental Wellbeing

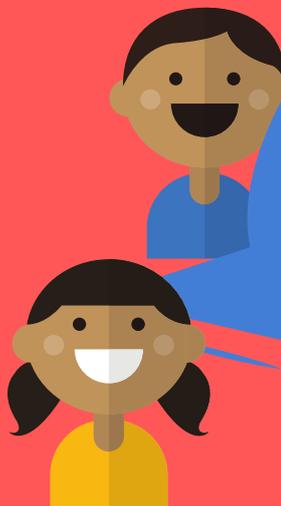
The Public Health Agency (PHA), five Health and Social Care (HSC) Trusts and Northern Ireland Ambulance Service (NIAS) have developed the 'Working Together to Promote Mental Wellbeing' social media campaign to promote positive mental and emotional wellbeing of people across Northern Ireland from 7 September to 10 October 2020. Each week of the campaign will focus on one of the Take 5 Steps to Wellbeing beginning with Connect.

Connect

Building connections with others can:

- Provide emotional support and allow you to support others;
- Give you an opportunity to share positive experience; and
- Help to build a sense of belonging and self-worth

Sometimes the best way to check on a loved one is simply by asking, "How are you?"



Send us your photos of how you're getting involved with #MentalWellbeingNI2020 at Primarybsp.enquiries@eani.org.uk

The Minding Your Head website has lots of information and resources on how to look after your own mental and emotional wellbeing, along with tips on how to look out for others.

The website provides information on ways to access help and support when needed, this will be updated on a weekly basis.



www.mindingyourhead.info
#MentalWellbeingNI2020

 Health and Social Care

Click here to go to the Minding Your Head website for more information 

Take Notice

It is important to take notice of how we are feeling, now that we are back at school. Sometimes at school we might need some help...

I miss my Mummy and spending time with my family.

Everything in school is different! I'm not sure what to do!



Try a happy memory!
If we are feeling sad or worried, we can think of a happy memory to make ourselves feel better.
Close your eyes.
Think of a happy time or event.
What can you see?
What do you hear?
How do you feel?

There are so many people in school who can help you, but they won't know you need help unless you ask. It's ok to ask for help, we all need help sometimes and this is how we learn.



Make a helping hand

Draw around your hand.
On each finger, draw or write somebody who can help you in school if you have a problem.



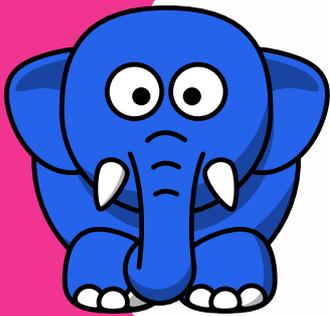
Make a helping hand at home as well. Are the people on your home and school hands different? When we have a problem, we can always tell somebody we trust.



Mr Galvin was inspired by seeing his neighbour who works in Health Service Management leaving at 6.30am every morning and returning often after 7pm 6 days a week. He inspired him to do his bit for the greater good.

5 Minute Classroom Workout

Set a timer and do each animal for 45 seconds, followed by 15 seconds of rest.



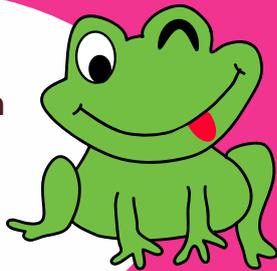
March on the spot, stomping your feet as hard as you can



Sit down on the floor. Put your hands on the ground behind you. Lift your hips up and crawl around. Look out for furniture and other crabs!

Remember to keep your animals safe! Stay behind your desk or space well out on the playground.

Hop, hop, hop on the spot! Crouch down like a frog and jump up stretching high!



Walk on your hands and feet, hips high in the air. Try to make the hand and foot on the same side move at the same time.

Star jumps
When you jump, spread your arms and legs out like a star. Jump again and bring them together.
In-out-in-out!



Can you think of any more animals you could use in your workout at home?



At the start of Lockdown Mrs Forster was feeling really worried. She was supported by her friend and work colleague, Kelly. They started having daily video calls and it really helped her get through!

Looking Back on Lockdown

The staff in PBS&P looked over the pics they took during lockdown- here are a few we want to share with you.



Sometimes you will never know the value of a moment until it becomes a memory.

- Dr Seuss

Lock-
down Through My Eyes

Coming back to school has been a worrying time for lots of people. When the people around us are worried or anxious, it's important to remember to **be kind**. Sometimes the smallest gestures can make all the difference to somebody who is having a difficult day.

What kind things do you do...in school and at home?

- Helping with the dishes
- Taking turns in your game
- Using kind words

Can you think of anymore?

As Dolly Parton said,
"If you see someone without a smile, give them one of yours"

See if you can pass a smile around everyone in your classroom



Three little thoughts:

At the end of your school day think about...

Something kind that someone else did for you

How you were kind to someone else.

Something that made you smile.



Smiles are infectious. Usually when we smile at somebody, they will smile back. See if you can pass a smile on to everybody in your house.

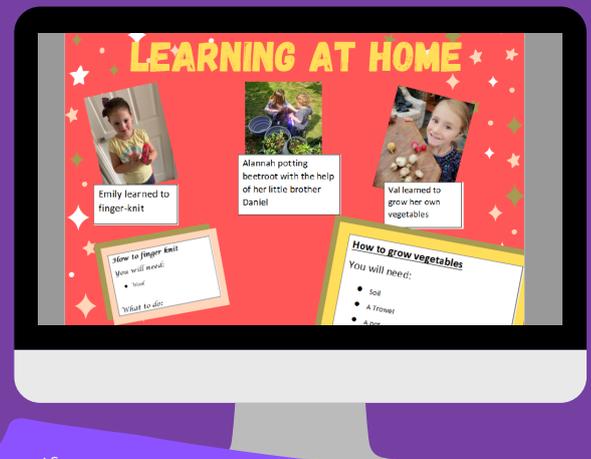


Mrs Elliott is currently on maternity leave and has been inspired by all her colleagues' work in these challenging times. She has even written a poem in appreciation!

Keep Learning

Learning new things makes us feel proud of ourselves, as well as being fun to do. It's good to learn how to do something new. There have been some changes in all our lives recently. Schools have been closed and we have all had to stay at home. We did this to keep everyone safe. We have all been learning new things and skills at home.

Have you learned anything new whilst schools were closed? Perhaps you learned to ride your bike or how to make tasty cupcakes! Make a "learning at home" display in your classroom - you could include photos, drawings or "how to" instructions to pass your learning to someone else!



If your class has made a lovely display, send us a photo at Primarybsp.enquiries@eani.org.uk



Set yourself a challenge to try something new this term.

Try to make it something that you will enjoy doing or will make you feel proud of yourself for achieving.

At the end of term, you can look back and see how well you have done!



Everyone in the family can set themselves a challenge. Talk about it together so that everyone can help each other with their challenges. In a few months, look at the challenges again and see how you've done!

Most of our children have returned to school and for many parents and carers this has brought a mixed bag of feelings, it's important to remember that all of these feelings are OK!

It's important that as our children get back to normal routines, we invest a bit of time in looking after ourselves. As the saying goes 'You can't pour from an empty cup!'.



Remember that self-care isn't selfish, it's essential!

Connect



Reach out to someone you want to re-connect with. Just as our children are re-connecting with their peers, it is important to re-build connections with the people around you. We all became too comfortable with lockdown in some ways and reaching out to someone may seem like a difficult task but the benefits are very much worth it.

Be Active



Get outside! Go for a walk /run /cycle. Exercising makes you feel good and it gives your mind and body a natural boost. It will also help relieve some of the back to school stress.

Take Notice



Focus on the basics- eat well, exercise and get plenty of rest. Take note of how you are feeling. Some parents are thrilled about their children returning to school. Others are extremely anxious about it and that's OK. Your feelings are valid too. Connect with other parents- be willing to share how you feel and ask for help if you need it!

Give



We know that in today's world, your time is precious but giving some time to others can be so rewarding. Volunteering or a simple act of kindness to a neighbour or friend helps you to connect with others.

Keep Learning



Now that the pressure of home learning has lifted, take time to develop a new skill / hobby that you may enjoy. Learning new things opens up possibilities and will increase your confidence.



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.](#)

