

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

Issue 10: Friday 06 November 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. Sometimes we like to have time and space to be by ourselves and enjoy our own company, but Take 5 tells us that connecting with others is important too. Sometimes it is easy to connect with others and other times it takes a bit of work to join in. This week, our focus is being included. We will find out lots of ideas for how to be the best we can be to Be Included.

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.

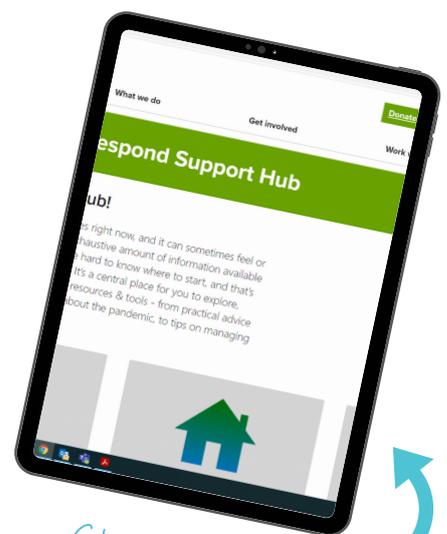
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>

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.**

See, Hear, Respond Support Hub

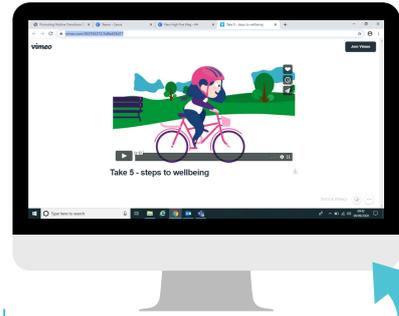
Barnardos have created a support hub where you can find information, resources & tools - from practical advice on how to talk to your children about the pandemic, to tips on managing anxiety and much more.



Click here to find out more

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.



Guide to being included

By Tamnamore EOTAS

We talked with Den Class about being included, here is what Lindin, Pawel and Ricardo had to say...

It's when you're asked to join in.

It's about being a part of something – like someone else's game.

Being appreciated.

What does it mean to be included?

Working as a team.

Sharing and taking turns together.

By being thoughtful.

How can we include others?

Giving people a smile.

By understanding that we are all different and that's OK.

Asking if they want to play with you or join in a game.

"Being Included makes you feel really good...really happy!"

Be Included!

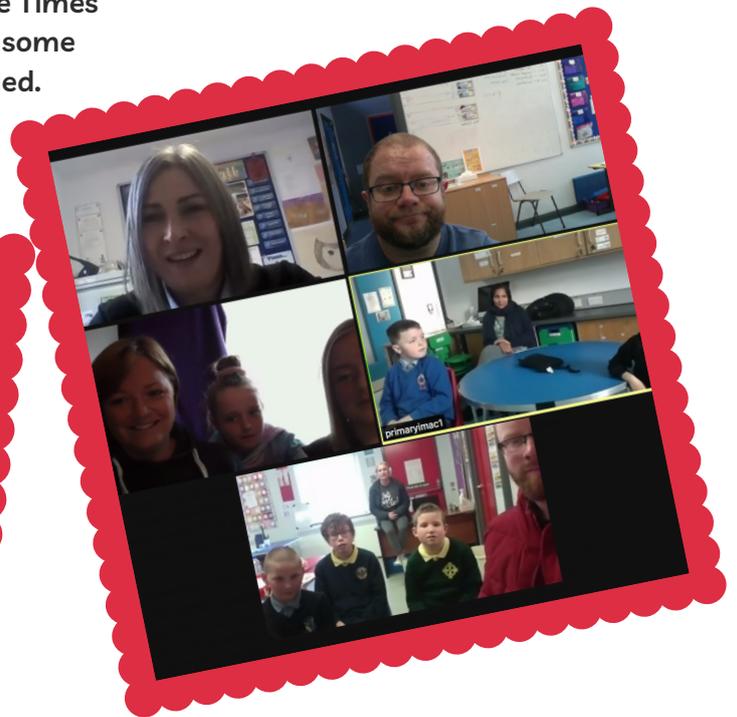
School is a place where we spend a lot of our time, so it's important to be included in our classes and in our school community.

Because schools are working within class bubbles now, it is sometimes difficult to feel connected and included in your whole school community.



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

Tamnamore EOTAS are staying connected and making sure everyone feels included by doing some of their Circle Times via Zoom so the whole building can join in! Here are some photos from their recent Circle Time on Being Included. It looks like they've been having lots of fun!



Let us know what your school have been doing to enable everyone to Connect and Be Included at Primarybsp.enquiries@eani.org.uk

Anti-Bullying Week

Be Included in Anti-Bullying Week 2020 which will take place from Monday 16th November – Friday 20th November 2020!



The Northern Ireland Anti-Bullying Forum (NIABF) coordinates Anti-Bullying Week in Northern Ireland and we are very pleased to announce that the theme for Anti-Bullying Week 2020 is United Against Bullying.

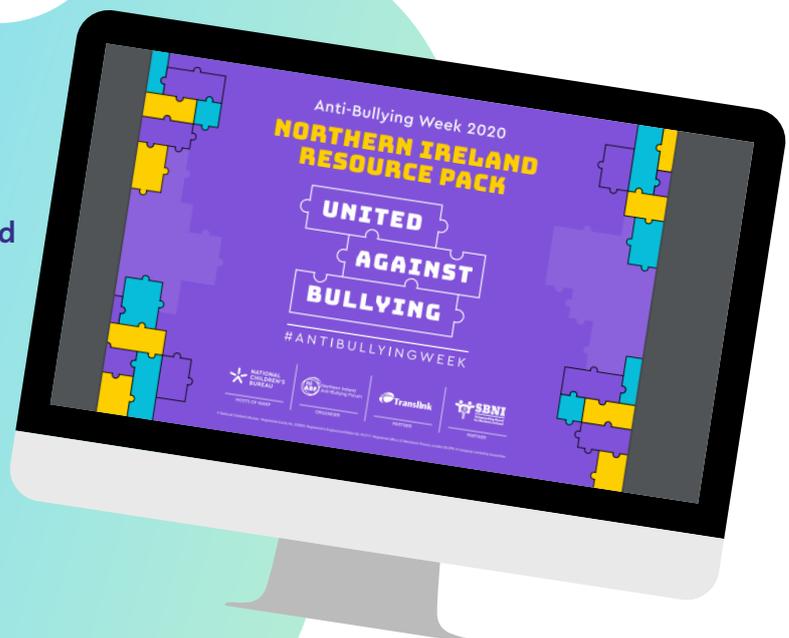
This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.

Anti-Bullying Week is no different. Bullying has a long-lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference.

We're all a piece in a puzzle, and together, we're united against bullying.



The United Against Bullying Resource Pack is packed full of ideas, information, activities and resources to help you and your whole school unite during Anti-Bullying Week.





What's happening?

As part of Anti-Bullying Week 2020, the Northern Ireland Anti-Bullying Forum are excited to bring Odd Socks Day to Northern Ireland for the first time! Odd Socks Day is an opportunity to encourage people to express their individuality and what makes us all unique! There is no pressure to wear the latest fashion or for parents to buy expensive costumes. All you have to do to take part is to wear odd socks to your school or workplace, it couldn't be simpler! We'd love to see photos of your school participating in Odd Socks Day!



This year's Creative Competition will open for entries on 16th November 2020, with a closing date of 16th December 2020.



Click here to find out more about Odd Socks Day



The Social Media Toolkit explores ways to get involved online with resources and ideas about how to play your part on social media.



End Bullying Now!

The NI Anti Bullying Forum website has lots of information and resources that can be accessed by young people, parents, carers and schools.

Click here to visit the NI Anti Bullying Forum website for details of what's happening

Take Notice

With Anti-Bullying Week coming up, we'd like to think about what each of us can do to beat bullying. Bullying causes a lot of loneliness and feelings of isolation - for everyone involved.

When we are included and feel like part of a team, we feel more able to be assertive. When we include everyone, we make it less likely that someone will feel the loneliness that often leads to bullying behaviour.

Make a class poster entitled "United Against Bullying". Make sure everybody in your class, including adults have a chance to join in and Be Included.



Fir Trees EOTAS staff and pupils used everybody's handprints to make their poster. Look at the different sizes and colours of prints - everybody is included!

Sometimes including everyone means thinking of ways to help people join in. Mrs Murrock doesn't like the feeling of paint on her hands, so she wore a glove to do her handprint.



Bring home one of the handprints you made in school or make your own at home. On each finger, write the name of somebody you can talk to if you are feeling lonely. This is your "Helping Hand"!

Keep Learning

It's time for the final step of the learning journey and our fourth helpful thought! Green tasks are the ones we find easy- they are just something we can do well. When tasks change from blue to red to yellow and finally green we think YES! Then we keep doing them to keep them green- that's why your teacher keeps making you practice your handwriting or your times tables.

I usually find these tasks ok!

I usually find these tasks challenging but I keep going!

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!

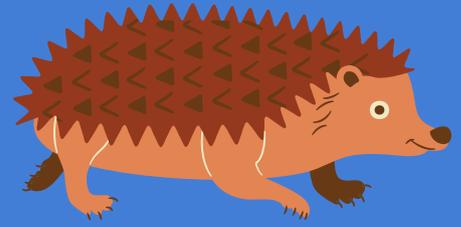
Tell your teacher or your friend all of the tasks that are green for you- remember it's not just about school work! It could be riding a bike, being a friend, helping people.

Yes!



Mrs Jones - Music would be my inspiration - I find when I listen to lyrics in songs they either cheer me up by reminding me of happy and unfortunately sad things which have happened in my life.

Sometimes when we are in the playground we feel like we aren't included in all the fun. Playing by yourself is great if you feel happy while you are doing it. We hope you enjoy our story about Henry the Hedgehog, who wanted to be included but just wasn't sure how!



Henry was a prickly little fella who lived in a nest with his Mum and his brothers Max and George. His brothers were much older than he was and they were sometimes mean and did not want him to play in their games. This made Henry feel annoyed and sad and the other hedgehogs his age thought he was a grumpy boy.

While Henry was out in the garden one evening (Hedgehogs are nocturnal so they are out mostly at night) lots of the other hedgehogs were playing happily together. They were always watching out for the ginger cat Garfield who lived in the house next door. He looked so scary and angry!

Henry sadly watched while the others played and he thought, I'd really like to play but I'm not sure how to be part of their game. Just then, Garfield the cat slinked up beside Henry. He took him by surprise and Henry gasped with fear. Garfield had noticed Henry looking sad and lonely.

He said, "Don't worry young hog, I don't quite like the taste of your species and I'm not hungry right now. I've noticed you watching the others play happily, why don't you ask if you can join in?"

Henry looked longingly across the garden, listening to the snorts and giggles of the others.

"I'm scared they will tell me no and that will hurt my feelings. My brothers always tell me no."

Garfield tried to reassure him, "Why would they say no? They are just having fun. You need to try to be included and not wait for an invite little one, we all have different interests and like different things but you have to make the first move sometimes."

"But, what would I say?" asked Henry.

"Why don't you try saying hey, can I join in?" said Garfield.

Henry pondered for a moment and then he remembered that his Mummy had once told him he had to be brave and try new things. He walked over to the group of young hoglets and plucked up the courage to ask to join the game. Henry was surprised when they said yes, he was used to his brothers saying no. One of the young hogs said, "Yes, you can be in my team!" and they waddled off together.

Garfield purred with pride while watching Henry roll around with the prickle of pups.

Another purrfect job done he thought. He slinked back onto the garden fence and happily watched the fun unfold.

- Lynsey Garvin



Have the courage to try to be included.

Don't be afraid to be yourself.

Start by telling someone your name and asking them what game they are playing.



Share Henry's story at home. Henry's brothers sometimes didn't allow him to join in. Who can you include in your games at home?

This has been a difficult time for lots of people - children haven't been able to go to school and see their friends or go to their clubs as usual and lots of adults haven't been able to work. When times are hard, there are always people and charities who can offer support. In school we can work together to support these charities. Here are two examples:



Cash for Kids

Cash for Kids supports children and young people facing a range of challenges, including poverty. Their Mission Christmas appeal endeavours to make sure that every child will have a gift to open at Christmas. The appeal will launch on **16th Nov**.

Whitehead Primary

The parents and pupils of Whitehead PS worked together to support the Whitehead Storehouse, a local foodbank. Click on the picture for more info!



If your school are working together to support people this Christmas let us know at Primarybsp.enquiries@eani.org.uk

Olivia Edwards finds people inspirational. Here's an inspirational quote from Stephen Hawking that she loves:



"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be Curious. However difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up."

- Stephen Hawking

Be Active



Find a Friend BINGO!

Just like Henry the Hedgehog, we sometimes find it difficult to approach people our age who we aren't already friends with. Having things in common with people helps us to Be Included. You can try playing this game in your class and see if it helps you to different people. Did you find out anything you have in common with somebody?

Add some challenge:
You can add rules like "you can only speak to others with a whisper voice" or "you can only answer yes or no"

Find a different person to write their name in each box. When you fill all the boxes call out BINGO!

Has a pet dog	Has a brother	Likes swimming	Has broken a bone	Walks to school
Has s in their name	Plays X Box	Has brown hair	Had cereal for breakfast	Has blue eyes
Owens a bicycle	Likes bananas	Enjoys Maths	Plays an instrument	Is afraid of spiders



You can use this Bingo card at home to find out more about your family. Play it as a game of "jump up and down if..." Did anybody surprise you with their answers?



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!

G is for Guide

Many children find it difficult to get started on tasks, especially if they are feeling stressed. Setting clear goals, helping them get organized or even using written prompts and pictures will help your child feel ready for homework or daily chores.

H is for Humour

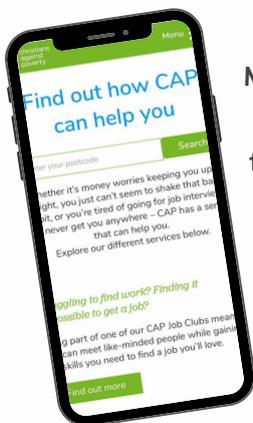
Laughing, telling jokes and generally being silly together will reassure your child that you actually like them! This is important for all children, regardless of age, and will cement your bonds.



When we need support



This year has brought many challenges and we have all found ourselves supporting one another in different ways. In this section of the Help Hub we want to provide links to organisations who are keen to support you, particularly as we approach Christmas.



Martin Lewis, the money saving expert, recommends contacting Christians Against Poverty (CAP) if you find yourself worrying about debt or simply making ends meet. [Click here](#) for more info.

Locally based charities like Saint Vincent de Paul also offer assistance to families who are struggling financially. [Click here](#) to find out how to request their help online.

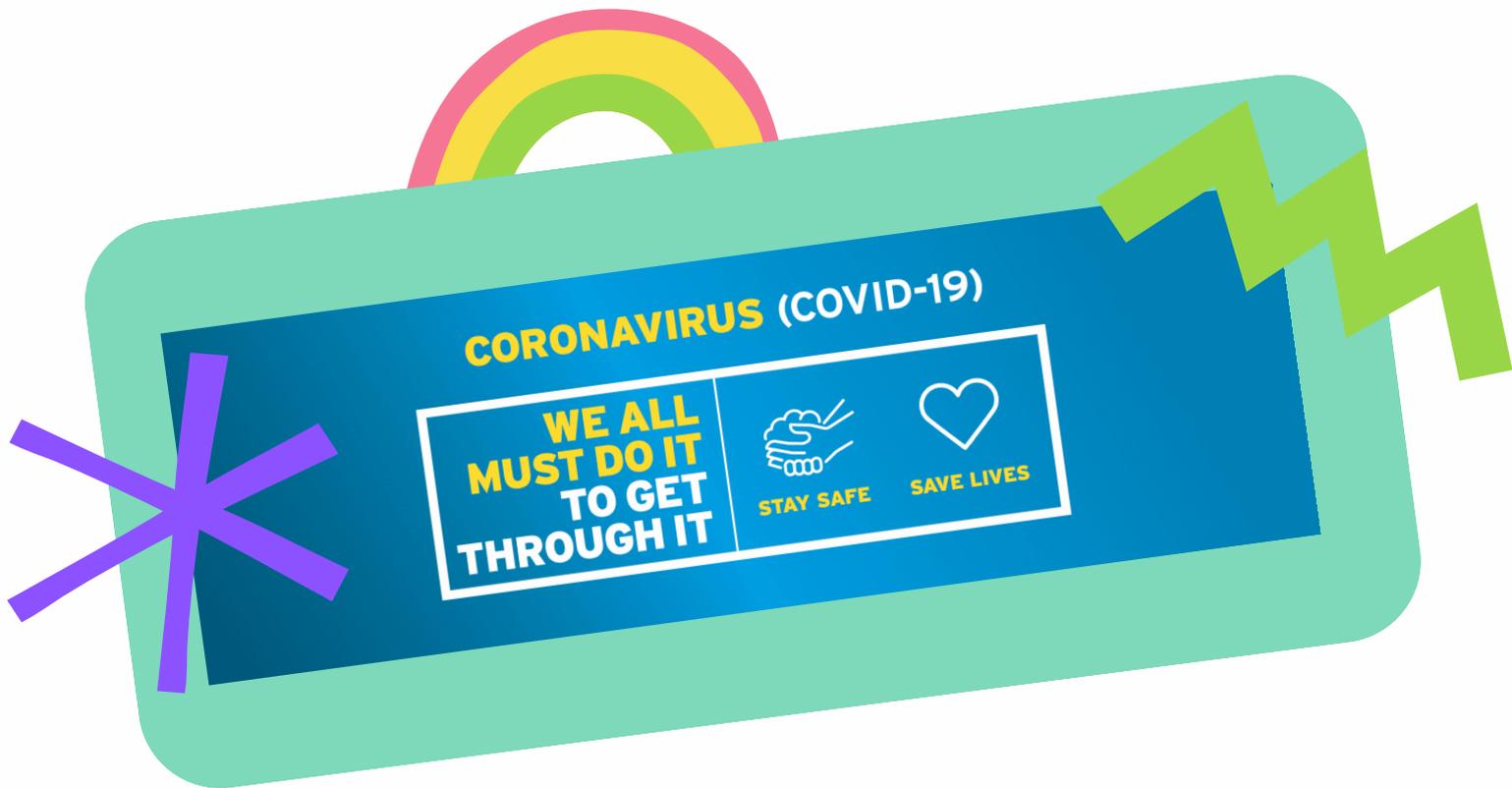


Parenting NI offers a range of workshops and support courses dealing with a range of difficulties, many of which are free to attend and some of which are online. [Click here](#) to go to their Events page to see what sessions are coming up in your area.



Mrs Jones - A time I felt challenged was when I climbed Ben Nevis in aid of breast cancer as one of my best friends had beaten it and wanted to raise money for the cancer unit in CAH. 14 girls did this challenge and raised over £15,000 - our target was £3,000!! The song that inspired us all at the time was Black-Eyed Peas - 'I've Got a Feeling'.





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.](#)

