

Issue 67: Friday 27th Oct 2023

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

# High Five



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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. Our theme in this issue is to Be Responsible. When we are very young we often look forward to having increased responsibility and then when we are older we often look forward to the time we can slow down and rest. Take time as you work through the activities to consider how your responsibilities have changed over your life.

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.**

## New Ways November 2023

This month, 'Action for Happiness' are encouraging you to try something new!

Don't forget to wrap up in warm clothes if you are doing an activity outside.



New Ways November 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	
27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times				

ACTION FOR HAPPINESS

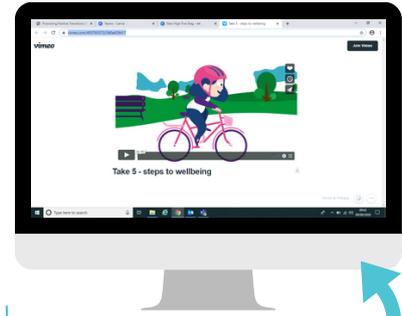
Happier · Kinder · Together





# 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 Responsible

This week our High Five challenge is to Be Responsible. Let's start off by thinking about what this word can mean.



**It's your job!**  
If you have been given a job to do then you are responsible for doing it.

What jobs are you responsible for in school and at home?  
What jobs are the adults in your class responsible for?



**It's your fault! (or) It's thanks to you!**  
You are responsible when something good or bad happens as a result of something you have done.

For example- I'm responsible if someone trips over the toy I was supposed to put away! OR I'm responsible for my friend being able to finish their work because I loaned them a pencil!



**You are a bit older and wiser!**  
You have been given more responsibilities because you have shown you can make good choices on your own and know when to ask for help.

Think about the choices a baby or toddler gets to make for themselves. Why so few?  
Now think about the choices you get to make for yourself. Why are you allowed to make those choices now?  
What choices are you looking forward to making for yourself in the future?



Write or draw in your High Five Journal as you think through what it means to Be Responsible.

## Pumpkin Workout

It is important to remember to be active to look after our own wellbeing, try the 'Pumpkin Workout'!

What exercise can you invent for 'I'?



**P is for 10 push ups**



**U is for up and down 10 squats**



**M is for marching in place for 30 seconds**



**P is for plank position for 10 seconds**



**K is for kick your legs for 30 seconds**



**I is for invent an exercise**



**N is for 90 seconds of running on the spot**



Click here to access more ideas to Be Active (C2ken sign-in required)



## Halloween Safety

Halloween is a fun and exciting time for many people, but it's important to prioritise safety during this holiday. Here are some tips to help ensure a safe and enjoyable Halloween experience for everyone:



**Plan your route:** If you're going trick-or-treating, plan your route ahead of time. Stick to well-lit areas, and bring an adult with you to join in all the fun!



**Dress appropriately:** Choose costumes that are comfortable and easy to move in, and make sure they're visible in the dark. Consider adding reflective tape or carrying a torch to increase your visibility. Remember... 'Be safe Be Seen!'



**Be careful on the roads:** Always remember to...

STOP



LOOK



LISTEN



By following these tips, you can help ensure a safe and enjoyable Halloween for everyone involved!



Click here to access more ideas to Connect (C2ken sign-in required)



## Nature Walk

Take a nature walk, take notice of all the beautiful things that surround can you. Tick each one you can find...



Think of ways we are responsible for looking after nature?  
Here are a few things that we can do:

- Reduce Plastic Use
- Recycle
- Upcycle
- Walk or Cycle
- Grow Some Plants
- Encourage Wildlife.



Can you think of more ways to look after nature?

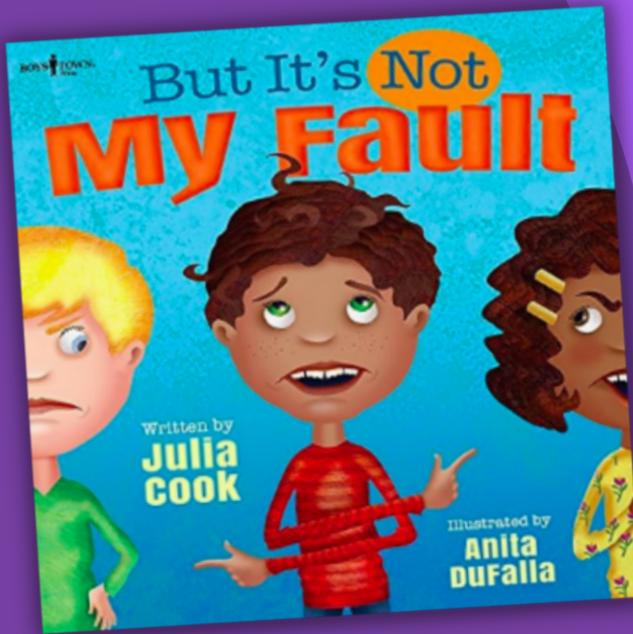


Click here to access more ideas to Take Notice (C2ken sign-in required)

## Being Responsible

Responsibility means being dependable, making good choices, and taking accountability for your actions. Being a responsible person means looking out for the wellbeing of ourselves and others and understanding we all play apart in making the world a better place.

Sometimes it can be hard to be responsible and accept accountability for our actions, watch the story below and see how Norman sometimes struggles.



“But It’s Not My Fault”  
by Julia Cook

Think of some ways you can become more responsible and make your days better!



At Home



At School



Click here to access more ideas to Keep Learning (C2ken sign-in required)

## HOW I CAN GIVE MY TIME TO HELP

**SPEND TIME READING  
A STORY FOR A  
SIBLING OR FRIEND**



**DRAW A PICTURE OR  
WRITE A NOTE FOR  
SOMEONE SPECIAL**



**TAKE TIME TO LOOK  
AFTER YOURSELF.  
DO SOMETHING  
RELAXING**

**HELP SOMEONE WITH  
JOBS AROUND THE  
HOUSE OR IN THE  
GARDEN**



*Can you  
think of an  
idea?*



**Click here to access  
more ideas to Give  
(C2ken sign-in required)**



# Inbox



**Northern  
Ireland  
Children's  
Hospice**

## Northern Ireland Children's Hospice

**“Celebrate World Kindness Day with us on 13th November 2023, and help us create a Kindness Movement across NI! Whether it is a kind word, a warm hug, or joining likeminded people in a movement for change, children want something that is empowering, positive and uplifting, that shows them simple ways in which they can make a difference.**

That's where Kindness Counts comes in! We created Kindness Counts during lockdown in 2020 when we saw how little acts of kindness in the community made a big difference and now we want your school to get involved too.

Simply, sign your school up and we'll send you FREE bespoke educational resources tailored to your class needs. These resources allow you and your pupils to explore the values of kindness and compassion in the classroom and in their own community.

They have been specially designed to help develop the areas of Personal Development and Mutual Understanding and The Thinking Skills and Capabilities Framework outlined in the curriculum.

In return, all we ask is that your school host a fundraising activity on or around World Kindness Day - to help support local babies, children and adults who depend on our specialist care.”

Sign your school up today and help us continue to be there for our patients and their families when they need it most.





The Parent Hub is a section especially for the grown ups at home. 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](mailto:primarybsp.enquiries@eani.org.uk)



'If you're in search of budget-friendly family activities, explore our map featuring 40 fun options created in collaboration with Discover Northern Ireland! The map includes a variety of choices, ranging from free activities (with nominal parking charges in certain locations) to other options suitable for different budget levels.

Autumn is a great season to explore the great outdoors, but even on rainy days there are some indoor activities that will keep the whole family entertained. Where will you visit? What other local places make for great family days out?'



Explore what is available locally



# National Autistic Society NI

The National Autistic Society NI provide local specialist help, information and care across Northern Ireland for autistic children and adults, and their families. They offer health and social services including support in your home, short breaks and respite, social groups, relationship and health education, and parent groups.



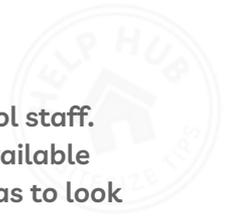
'A Dads 'Stay and Play' session is taking place at our Autism Centre in Carryduff. This is a 2 hour shared play group for fathers of autistic children of primary school age, where dads can bring their autistic children with high and complex support needs to our centre to engage in activities and sensory play. The group will take place every 2 weeks on Fridays 6-8pm, and fathers will be supported by NAS staff. We are hoping this will lead to a dads social group, so please forward the attached poster to anyone who you think may be interested in either shared play sessions or a dads-only social group.'

National Autistic Society NI are gathering interest for an online social group for autistic parents across Northern Ireland. If you would like to complete the survey click on the image or by scan the QR code



For further advice and support click here





The Staff Hub is especially for school staff.  
Check this section each issue for available  
training, new resources and good ideas to look  
after our own wellbeing!





# Powerful Responsibility

The SEN Resource File notes that research (Bellis 2017) has shown that supporting resilience in children can help mitigate the impact of Adverse Childhood Experiences (ACEs), identifying 4 essential factors for resilience. One of these is- **Being involved and connected.**

Allowing pupils responsibility for meaningful jobs in school directly mitigates the impact of ACE's and allows them to feel a belonging with value.

Click on the images below to explore more ideas to help your children feel more involved and connected in your school.

**Give**

All ethics of giving means that our first response to seeing need will be support rather than judgement. Helping, giving and sharing are associated with increased feelings of self-worth and positivity. It stimulates the reward system in the brain making the person feel good and increasing cognitive and social functioning particularly in early life. It's important that we give all our pupils the opportunity to belong with value with opportunities to contribute to the school community.

Mitigating ACEs  
- **Being involved and connected**

**Whole School/ Class Giving**

- Set up mentor and/or buddy systems- within classes/playground/younger & older pupils
- Encourage and notice random acts of kindness
- Highlight kindness in others
- Give compliments
- Volunteering day - Give back to the local community by volunteering e.g. litter picking, clearing flowerbeds, clearing weeds, writing cards/ drawing pictures for the residents of local care homes etc.
- Nominate a charity - Ask pupils to research, make suggestions, contact by email/letter, organise and practice fundraising events.
- Hold a 'Give' themed afternoon - Encourage pupils to think about a skill they could teach another pupil in their class within 45mins, e.g. teach them a skill like how to dribble a football, use a shopping rope, play chess, use a computer program, create a video clip etc.
- Participation in school and community activities (show ice appeal, school council, BCOG clubs, form class activities, etc)
- Sharing acquired knowledge and supportive behaviour strategies with parents
- Offer each student an equal chance to participate, learn, grow and succeed.
- 'Bucket Fills and Bucket Dippers' adopted as a whole school. Range of resources- posters, leaflets for parents, books available to support this
- 'Gratitude Tree' - displayed in entrance where anyone can thank people in school for acts of kindness
- Giving to animals - bird tables, insect shelters
- Giving to community - invites to break, lunch, assemblies,
- School/class/year group commitment to a charity or community group - Raising money, volunteering time
- Adult modelling manners and kindness

**Give**

Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you. Highlight the real life impact on the people your young people help. Give them opportunities to contribute to school life. Be kind to the young person- this will lift your mood and strengthen your connection.

Mitigating ACEs  
- **Being involved and connected**  
- **Feel you can overcome hardship and guide your destiny**

**From the pupil**

- Give yourself a compliment
- Value strengths and positives
- Notice and highlight small achievements/progress
- Draw a picture/write a card/plan a treat for your Principal/Classroom Asst./Teacher to let them know they are appreciated.
- Nominate a 'secret buddy' for each pupil to do nice things for on a daily basis.
- Give the pupil specific real jobs that contribute to school life, e.g. emptying the bins with the caretaker, sweeping up, shredding paper, etc.

**From the adult**

- **Random acts of kindness** - The key adult going the extra mile and engineering opportunities to express kindness.
- **Show recognition and appreciation of the young person** - share news with the adult in their life, send a card home stating what they have accomplished, create moments of joy for the young person.
- **Meet and greet** - Pleasure in seeing the child should be expressed. Be mindful of proximity, eye contact, facial expressions, posture, tone and pace of voice. Once a relationship has been built up, a brief touch to connect with the pupil can be helpful. Concentrate on giving pupil full attention, sit alongside the pupil (preferably with back against wall), invite child to talk about last night, journey to school. Give eye contact and summarise back what is shared, including what is inferred. Objects from home have important value. Prepare the pupil for day ahead by looking at visual planner/diary. Use sequencing connectives such as before, after, next. Encourage self-reflection by asking the pupil to 'look' the effort levels they anticipate. If there is any change to the routine, map this out carefully. Social stories can be used for this. If there is a breakfast club, ensure it is served in a small, quiet and calm setting. Ending the meet and greet, remind the pupil they will continue to be 'kept in mind' and when you will meet next.
- **Thinking doodles** - the pupil is permitted to draw/write/diagram while listening and the key worker can do the same. Allowing the pupil to engage in tasks frees up another part of the brain to listen well.
- **Choices** - pupils can feel 'cornered' by a rigid approach which can exacerbate their stress. Flexibility is imperative. Offering positive choices, meets the pupils legitimate need to retain a degree of control whilst reinforcing the teacher's authority.
- **Puppets** - Use of puppets to model and practice empathy, kindness in a safe and controlled environment where kindness is not always reciprocated by peers



The child you trust the least is the child who most needs to be trusted with responsibility

# High Five Friday



High Five Friday is an ongoing whole school emotional health and wellbeing programme. Participating schools dedicate every second Friday to focus on embedding nurture principles, complete activities featured in the High Five magazine and use the Take 5 framework to deliver the day's learning.

It is time and space for every member of the school community to step back and focus on enjoying each others company.

The next information session is on 16 November at 2:15pm.

Click this image to find out how to register as a High Five Friday school, register for an information session or request support getting set up C2ken sign in required.



If your school is already taking part in High Five Friday let us know by completing the form at this link:  
<https://forms.office.com/e/HdKMikCTqb>



# Upcoming PBS&P Training

Click the images below to register for these training sessions available to school staff



**Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs**  
**15 November, 22 November & 29th November 2023**

**2:00pm - 3:30pm**

**(Participants must attend all sessions)**



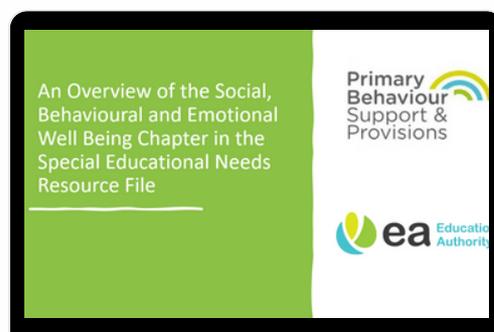
**Developing a Calm Plan**  
**13 November 2023 2:30pm - 4:15pm**



**Development and Implementation of a SBEW Plan Incorporating the Pupil's Voice**

**21 November & 28 November 2023**

**2:30pm - 3:45pm (Participants must attend both sessions)**



**An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File**

**23 November & 30 November 2023 - 2:15pm - 3:45pm**

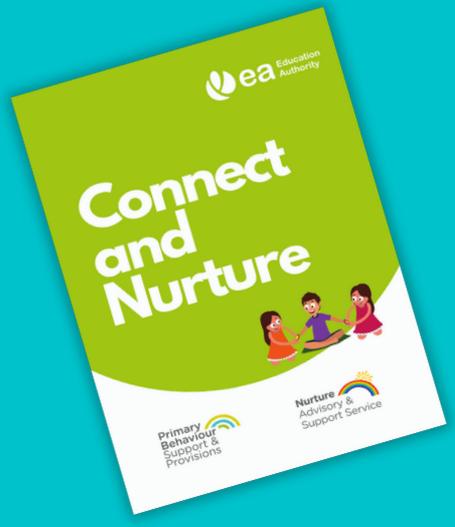
**Participants must attend both sessions**

**[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)**



# Upcoming NASS Training

Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.



[Connect and Nurture \(CAN\)](#)  
[21 November 2023](#)  
[2:30pm - 3:30pm](#)



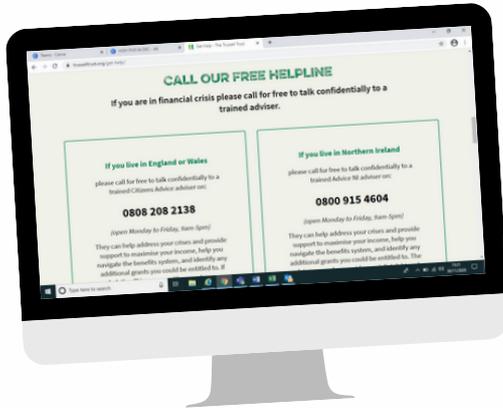
[Theraplay Informed Practice - activities to build attachment](#)  
[28 November 2023](#)  
[2:30pm - 3:30pm](#)

[Click the Nurture Advisory & Support Service logo to see all training available this year](#)



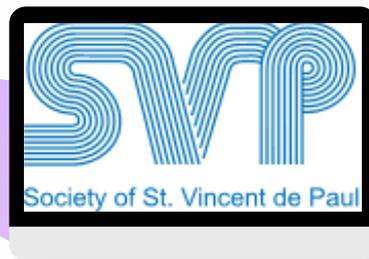
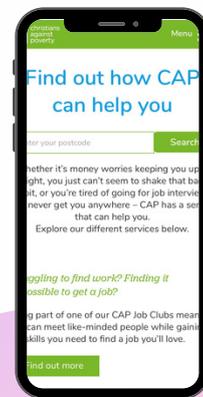
# When We Need Support

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.

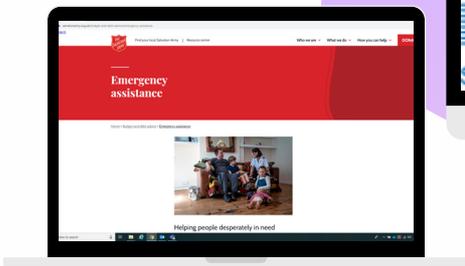


Click here

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 Salvation Army, St Vincent de Paul and Christian Against Poverty 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.