

Cúig in Airde

Tacaíocht & Soláthairtí i leith Iompraíochta i mBunscoileanna

EAGRÁN 78: DÉ HAOINE 31 BEALTAINÉ 2024

Tá an iris seo lán smaointe maithe a spreagfaidh thú, a thacóidh leat agus a thabharfaidh do dhúshlán, le cuidiú leat do dhícheall a dhéanamh i gcónaí!

03 Glac 5

04 Déan do Dhícheall - Bí Cothaitheach

06 Bí Gníomhach - Cruthaigh Ciorcad Céadfach amuigh fán Spéir

07 Bí i dTeagmháil - Am leis an Teaghlach agus le Cairde

08 Tabhair Aird - Tóraíocht Aireach Taisce

09 Lean den Fhoghlaim - Cothaigh Bua le Sir James Galway

10 Bí fial - Glac Sos

11 T&SIB Bosca Isteach - Rith Datha Parkview School

13 T&SIB Bosca Isteach - Gradam Pieta Amber Flag

15 Parent Hub - Theraplay Informed Activities

16 Staff Hub - The Classroom is a Safe Base

17 Staff Hub - Primary 7 Transition

18 Staff Hub - High Five Resource Hub Inside

Spreagadh, Tacaíocht, Dúshlán

Spreagadh - Ar dtús, déanaimid iarracht bealaí a aimsiú le cuidiú leat a bheith ag iarraidh do dhícheall a dhéanamh.

Tacaíocht - Nuair a bhíonn tú ag iarraidh do dhícheall a dhéanamh, déanaimid iarracht tacú leat agus tú ag foghlaim agus ag fás.

Dúshlán - Ba mhian leat do dhícheall a dhéanamh agus tá a fhios agat go bhfuil muidne anseo le bheith ag cuidiú leat. Mar sin, iarraimid ort dul sa tseans agus triail a bhaint as rudaí nua dúshlánacha.

Fáilte go Cúig in Airde!

Fáilte ar ais go Cúig in Airde. An téama atá againn san eagrán seo: Bí Cothaitheach. Gheobhaidh tú amach go bhfuil cuid mhór rudaí ar féidir linn iad a chothú agus aire a thabhairt dóibh, ár mbuanna fiú! Glac roinnt ama sa dornán seachtainí deireanacha sa téarma le haire a thabhairt duit féin agus dá chéile.

Ná déan dearmad go mbíonn ár gcuid gníomhaíochtaí ar fad bunaithe ar an mhúnla 'Glac 5' a rinne an Ghníomhaireacht Sláinte Poiblí (PHA). Tá a fhios agat go bhfuil sé tábhachtach ar a laghad 5 sciar de thorthaí agus de ghlasraí a ithe achan lá, le cúram a dhéanamh den tsláinte cholanda. Tugann 'Glac 5' 5 smaoineamh mhaithe dúinn le cuidiú linn cúram a dhéanamh dár sláinte mhothúchánach mheabhrach.

Is féidir níos mó eolais a fháil ar Glac 5 ar an tsuíomh gréasáin seo: [Take 5 Steps to Wellbeing information on the MindingYourHead](#)

Tá súil againn go mbeidh spraoi agat agus tú ag baint triail as na smaointe maithe seo - inis dúinn cad é mar a éiríonn leat ag primarybsp.enquiries@eani.org.uk

Cuir Cúig in Airde isteach ar líne an ábhair agus déan cinnte go bhfuil cead agat ó dhuine fásta sula seolfaidh tú an ríomhphost - caithfidh siadsan cead a thabhairt dúinn na pictiúir agus na scéalta s'agat a roinnt ar ár suíomh idirlín agus ar ár meáin shóisialta.

An Plean Suaimhnis

Leis an tseisiún pleanála ar líne, tugtar achoimre ghinearálta ar chur chuige an Phlean Suaimhnis atá á fhorbairt thar 10 mbliana i gcomhar le scoileanna agus le daltaí ar fud an ÚO.

Tá an creatlach phraiticiúil bunaithe ar an teoiric agus an chleachtas is déanaí i réimse Cothaithe, Cleachtas bunaithe ar Thráma agus an Mhúnla Néarasheichamhaigh.

Sa tseisiún seo, déantar achoimre ar an dóigh ar féidir cur chuige comhchúraim a ghlacadh le tacú le folláine achan duine sa phobal scoile.

Tá dáta amháin fágtha don bhliain acadúil seo – [Developing a Calm Plan Training](#)

Glac 5: Chéim i dtreo na Folláine

Amharc ar fhíseán gairid maidir le [Glac 5](#) ar shuíomh idirlín vimeo.

Bí Gníomhach - Bí ag imirt, bí mar chuid d'fhoireann spóirt, bí ag siúl, ag rothaíocht, ag rith thart. Nuair a bhíonn muid gníomhach, bíonn muid aclaí agus motháíonn muid go maith fosta.

Bí i dTeagmháil - Bíodh spraoi agat le cairde, labhair le do theaghlach, bí ag cuidiú sa bhaile, agus roinn do chuid mothúchán. Nuair a bhíonn teagmháil againn le daoine eile inár saol, motháíonn muid go bhfuil grá ag daoine dúinn.

Tabhair Aird - Amharc agus éist le hachan rud atá ar siúl thart timpeall ort – athrú na séasúr, feithidí, éin, bláthanna agus tuartha ceatha. Tabhair aird ar do chuid mothúchán.

Bí Fial - Déan rud deas do chara leat nó do dhuine sa teaghlach s'agat, bí ag roinnt, déan miongháire. Bí fial leat féin – bí ag súgradh, bí cruthaitheach, bain úsáid as do shamhlaíocht, tarraing pictiúr, déan péinteáil, déan damhsa, bí ag brionglóideach. Nuair a bhíonn muid fial linn féin nó le daoine eile, cuireann sin áthas orainn.

Lean den Fhoghlaim - Bí ag léamh ar mhaithe le spraoi, foghlaim an dóigh le rud úr a dhéanamh, déan do dhícheall. Leag síos dúshlán duit féin, rud sultmhar. Bíonn muid bródúil nuair a fhoghlaimíonn muid rud nua, agus baineann muid sult as.

Bí Cothaitheach

Is é an dúshlán atá romhainn an tseachtain seo ná Bí Cothaitheach. Is é an chiall atá le cothú ná cúram a dhéanamh de dhuine éigin nó rud éigin agus bia a thabhairt dó agus é/í a chosaint, go háirithe páistí óga nó plandaí, agus cuidiú leo forbairt.

Cuir tús le do dhúshlán ach lus na gréine a chothú. Déan taighde ar na rudaí uilig a bheas le déanamh agat lena chothú agus le cuidiú lena fhorbairt agus déan liosta de na rudaí seo. Agus ansin, tosaigh ar an chur!

[Dialann Cúig in Airde \(google.com\)](https://www.google.com)

Bí Cothaithe:

Anois, smaoinigh ar na daoine a chothaigh thú. Cé a dhéanann cúram díot, a thugann bia duit, a choinníonn sábháilte thú agus a chuidíonn leat foghlaim agus fás? Tá na daoine seo sa chuachadh Cúig In Airde s'agat - an fhoireann thart timpeall ort! Déan nóta i do dhialann de na daoine uilig atá i gcuachadh Cúig In Airde s'agat agus an dóigh a gcothaíonn siad thú.

- Tugann Mrs McNeice fá deara nuair a bhím suaite.
- Cuireann cara liom Peter dúshlán romham triail a bhaint as rudaí nua.
- Déanann mamó na bonnóga is fearr - tá a fhios aici an ceann is fearr liom.

[Dialann Cúig in Airde \(google.com\)](https://www.google.com)

Bí Gníomhach

Cuir Ciorcad Céadfach faoin spéir STAD le chéile. Agus na laethanta ag éirí níos grianmhaire, thiocfadh libh, mar rang, ciorcad céadfach faoin spéir a chur le chéile. Smaoinigh ar na rudaí spráíúla ar fad is féidir leat a chur san áireamh ach cailc nó roinnt trealamh corpoideachais a úsáid. Ná déan dearmad ar an bhealach thart le cuidiú le daoine eile i do rang agus tacú leo.

Tosaigh le cleas na bacóide

10 Seac Léimní

Cothromú ar théad rite

Caith liathróid isteach i bhfonsa

Staidiúirí Simplí Lóga

Séid boilgeoga

Idir achan ‘stad’ tarraing roinnt ciorcal, agus ansin roghnaigh an dóigh lena n-úsáid. Thiocfadh leat léim, preabadh nó siúl ar bharr na ladhracha le dul trasna orthu.

[Le tuilleadh smaointe ar an dóigh le Bheith Gníomhach, amharc ar an Mhol Acmhainní Cúig In Airde anseo](#)

Bí i dTeagmháil

Tá sé tábhachtach nach ndéanann muid dearmad am a sceidealú le cairde agus teaghlach, le bheith ar ár suaimhneas agus spraoi a bheith againn! Ní de dhíth ort ach díslé agus roinnt licíní le himirt!

[Le tuilleadh smaointe ar an dóigh le Bheith i dTeagmháil, amharc ar an Mhol Acmhainní Cúig In Airde anseo](#)

Tabhair Aird

Aireach

Tóraíocht Taisce

Is féidir linn aireachas a chleachtadh ach an méid a fheiceann, a chluineann, a bhlaíonn, a bhlaiseann agus a mhothaíonn muid a thabhairt fá deara. Cad mhéad de na rudaí seo a leanas is féidir leat a dhéanamh nó a aimsiú?

1. Tabhair an aimsir fá deara. An bhfuil sé grianmhar nó scamallach? Cad é mar a mhothaíonn an t-aer duit..... te, fuar, gaofar?
2. Faigh crann agus cuir do lámh ar an choirt agus na duilleoga. Cad lena bhfuil siad cosúil?
3. Bolaigh bláth nó planda. Cad é mar a dhéanfa cur síos ar an bholadh?
4. Breathnaigh ar fheithid gan cur isteach uirthi.
5. Tabhair fá dear an méid a chluineann tú taobh amuigh. An gcluineann tú an ghaoth, éin, nó feithidí?
6. Luigh ar an talamh. Cad lena bhfuil an ithir fút cosúil? Cad é a fheiceann tú sa spéir?

[Le tuilleadh smaointe a fháil ar an dóigh le hAird a Thabhairt, amharc ar an Mhol Acmhainní Cúig In Airde anseo](#)

Lean den Fhoghlaim

An raibh a fhios agat gur féidir leat bua a chothú fosta? Is feidir leat aire a thabhairt dó, bia a thabhairt dó agus amharc air agus é a fhorbairt. Seans nach mothaíonn tú gur bua é nuair a thosaíonn tú, ach le hobair chrua á déanamh agat, is féidir é a bheith ina bhua!

Is ceoltóir é Sir James Galway a bhfuil clú agus cáil air ar fud an domhain, agus is é a thugtar air ná an fear a bhfuil an fheadóg óir mhór aige. [Cliceáil anseo le hamharc air agus é ag seinm](#)

D'fhiafraigh CÚIG IN AIRDE de Sir James cé hé an duine a spreag é leis an fheadóg mhór a sheinm agus cad é mar a chothaíonn sé an bua seo. [Cliceáil anseo lena bhfuil a dúirt sé linn a fháil amach!](#)

Bí spreagtha ag Sir James Galway! Cén bua ba mhaith leat a chothú? Thiocfadh rud ar bith a bheith ann agus ní gá gur rud éigin é atá éasca duit tús a chur leis.

Cuir Sir James ar an eolas fán bhua ar spreag sé thú le nurture-info@jamesgalway.com

[Le tuilleadh smaointe a fháil ar an dóigh le Leanúint den Fhoghlaim, amharc ar Mhol Acmhainní Cúig In Airde anseo](#)

Bí Fial

Glac Sos

Bíodh bomaite agat féin, bí i do shuí ar feadh bomaite nó dhó. Más mian leat, druid do shúile agus déan domhainanálú. Seo roinnt ceisteanna ar féidir leat smaoineamh orthu...

Samhlaigh go bhfuil tú ar an trá. Cad é a dhéanfa don lá?

Samhlaigh go bhfuil tú chomh beag le feithid. Cad é mar a bheadh an saol duit?

Cad é an séasúr is fearr leat, agus cad chuige?

Cad é a déarfá le hainmhithe dá mba rud é gur féidir leo labhairt linn?

Cad é an rud is fearr faoi bheith d'aois féin?

Cén tsárchumhacht a bheadh agat?

Dá dtiocfadh leat a bheith in d'ainmhí don lá, cén t-ainmhí a roghnófa?

Cad é a chuidíonn leat do shuaimhneas a dhéanamh agus tú suaite?

Cuir in iúl rud spráúil a dhéanann tú le linn an tsamhraidh?

[Le tuilleadh smaointe a fháil ar an dóigh le Bheith Fial, amharc ar an Mhol Acmhainní Cúig In Airde anseo](#)

Bosca Isteach

An Aoine do Chúig In Airde

Parkview School, Lios na gCearrbhach

Roinn Parkview School grianghraif den 'Rith Datha' a réachtáil siad le gairid. De réir cosúlachta, bhí lá iontach ag na daltaí agus ag an fhoireann!

Bosca Isteach

Parkview School, Lios na gCearrbhach, Rith Datha

Bosca Isteach

Gradam Pieta Amber Flag

Déanann Tionscnaimh Pieta Amber Flag ceiliúradh ar phobail a chruthaíonn timpeallachtaí sláintiúla, tacúla agus ionchuimsitheacha ach folláine mheabhrach a chur chun cinn.

Comhghairdeas leis an fhoireann agus leis na daltaí ar fad a bhaineann, sna hIonaid EOTAS T&SIB, a bhfuil an gradam bainte amach acu!

Tá tiomantas iontach léirithe ag do Choiste Amber Flag maidir le meabhairshláinte a chur chun cinn trí obair foirne agus rannpháirteachas ó phiaraí a spreagadh. Tá sult bainte ag ár bhfoireann agus iad torthaí d'iarrachtaí a fheiceáil mar gheall ar na tionscnaimh iontacha a d'éagraigh tú."

High Five Parent Hub

The Parent Hub is a section especially for the grown up sat 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

Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.

Structure Activity

The idea is to relieve the child of the burden of maintaining control of interactions. The child set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.

Simon Says

This is similar to "Mother, May I?" but with the added challenge that the child must watch out for commands that do not have "Simon Says" as part of the phrase. Thus, when the game is going rapidly, the leader can suddenly omit to say, "Simon Says," and the unwary participant may do the action without thinking. If a player makes this mistake, it is their turn to be leader.

Drawing Around Hands, Feet or Bodies

Make a picture of the child's hand or foot by drawing it on a piece of paper. Full body drawings require the child to lie still for some time and are therefore more challenging. Be sure to maintain verbal contact as you draw.

Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.

Row, Row, Row Your Boat

Sing the familiar song, adding the child's name at the end ("Erin's such a dream"). Small children can be held in your lap. Older children can sit facing you. Clasp forearms rather than hands makes this feel more secure and connected. If another adult is available, child can be seated between you as if in a boat as you row back and forth. The tempo can be varied from fast to slow and back again to practice regulation. You also can rock from side to side. The second, more exciting verse concludes, "If you see a crocodile, don't forget to scream." Then both scream loudly.

Mirroring

Face the child, move your arms, face or other body parts and ask the child to move in the same way. For a very active child you can use slow motion or vary the tempo. Take turns being the leader.

Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.

Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.

Slippery Slippery Slip

This is a lotioning activity with an added element of surprise (as well as giving an opportunity to apply firm pressure to the child's body). First rub lotion on the child's hands/arms. Then holding firmly, 'Slippery, slippery, slip', and pull towards you, falling backwards with an exaggerated motion as the slippery arm or hand escapes.

Cotton Ball Touch

Have child close eyes. Touch child gently with the cotton ball. Have child open eyes and indicate where she was touched.

Challenge Activity

The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.

Magic Carpet Ride

Have child sit on a large pillow or small blanket, holding firmly to the edge. When the child looks at you, pull him around the room. When he breaks eye contact, stop. This works well on a slippery surface, such as a wood or vinyl floor.

Balancing Activities

The child lies on back on the floor with feet up in the air. Place one pillow on child's feet and help balance it. Add additional pillows one at a time as long as the child is successful. Balance books, pillows, or hats on the child's head and have them walk across the room.

High Five Staff Hub

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!

The Classroom is a Safe Base

The second principal of nurture is that the classroom offers a safe base. Take time to consider how you can follow this principal for the group of pupils in your classroom.

Creative Meet and Greet every morning

Try these ideas to make sure every child feels seen and welcomed at the start of each day:

- Have a secret class handshake- let the children design it and change it each week, month or term
- Play welcome music as the class arrive- keep it to a limited number of songs for familiarity and match to the energy you want to start the day with.

Calming Effects

Try these sensory ideas to make your classroom feel safe and calm:

- Consider using fairy lights or lamps rather than the “big” light
- Choose times of day to play background music- use a bit of trial and error to find out which playlist is best for your current class
- Have access to cushions and soft seats- not many of us would manage on those hard chairs all day!

The Classroom is a Safe Base

Plan Nurturing Experiences

Try sharing food or doing a job together:

- Have toast time
- Make milkshakes together
- Clean out the paint pots together
- Time working in the school garden

Move and Stretch

Try to avoid sitting in one place for long sessions

Daily Mile could become “twice” daily mile

Even if a child chooses not to join in, they can still benefit from watching / listening to the calming music. Visit [Moovlee](#) or [Go Noodle](#) here.

Remember - every year your group is different so take time to plan how to make your classroom a safe base for the group of pupils in front of you. This will probably look slightly different year on year.

Primary 7 Transition

Primary Behaviour Support & Provisions have developed transition resources to offer pupils the opportunity to reflect on their time at school and support them to get ready to transition to a new school setting, using strategies to promote and support positive wellbeing.

‘My Book of Memories’ booklet for Primary 7 pupils to reflect on their time in Primary School

‘My New School’ booklet for transition to Post Primary

‘Next Step’ booklet for home for parents/guardians and Primary 7 pupils to work through together

All of the PBS&P Transition acmhainní can be accessed ar na [Mol Foinse Cúig In Airde](#)

High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. The Hub allows access to over 200 resources including:

The fortnightly PBS&P High Five Magazine

- High Five Friday information and activities
- Staff Hub
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting

Visit the [EA High Five Resource Hub](#)

Telephone Advice & Support Helpline

The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm on: 028 3831 4461. Teachers or school managers requiring advice about a primary or nursery aged pupil not currently known to Primary Behaviour Support and Provisions can call and speak to one of our officers who will share strategies and guidance to help with the situation being described.

There were 1733 calls to the helpline between Sept 2023 & April 2024.

TASH Closure

The helpline will be closed on the following dates:

- Mon 1 July to Fri 6 September (inclusive)

If you need to contact us when the helpline is closed you can email: primarybsp.enquiries@eani.org.uk

EA Special Educational Needs

Behaviour Support - Primary

Support for children who have social, behavioural, emotional and wellbeing needs.

The Primary Behaviour Support & Provisions (PBS&P) Service supports the personal, social and educational development of pupils with a Special Educational Need (SEN) arising from social, behavioural, emotional and wellbeing needs.

We do so by working together in partnership with children, educational staff, parents and carers and other professionals.

We provide support for children in pre-school settings, primary schools, learning support centres and special schools, as well as information, advice, training and guidance to families, carers and educational setting staff.

To access further information on the following areas visit the [SEND](#) website.

- **How to access Primary Behaviour Support**
How to get support for a child or young person
- **Behaviour Support for a child**
Find out about the support available for your child or young person.
- **Information for Schools Primary Behaviour Support**
Find out about support available to educational settings.
- **About the Primary Behaviour Support and Provisions Service**
General Information about the Primary Behaviour Support and Provisions Service and who they work with.
- **Useful Resources and Links – Primary Behaviour Support**
Information and resources for school staff and parents in support children and young people
- **Contact Primary Behaviour Support and Provisions Services**
If you have queries or need advice, guidance or support contact us.

When We Need Support

Help Hub Bitesize Tips

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.

[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 [Christians Against Poverty](#) are all locally run charities that can provide assistance to families who are in financial difficulty.

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 [Lifeline](#) [Childline](#) and [ParentLine NI](#)