# High Five

Primary Behaviour Support and Provisions

# Issue 31: Friday 22 Oct 2021

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

## Inside this issue


03 Take 5

04 Be Confident

05 Connect - Kind Compliments

06 Take Notice - Joyful Jar

07 Give - Top Tips to Manage Your Feelings

08 Keep Learning - It's Good to be Me

09 Be Active - Follow My Call

10 PBSP Inbox - Ballysillan P.S.

12 Help Hub - Be Confident


## Inspire, Support, Challenge

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.

# Welcome to High Five!

Welcome back to High Five. Our theme this week is to ‘Be Confident’. We find it easier to Be Confident when we are doing something familiar or something we find easy. This week, let's challenge ourselves to be confident when doing something new or difficult. Lots of our schools have been challenging, inspiring and supporting their pupils to Be Confident during their High Five Fridays. Read on to find out how!

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 Take 5 Steps to Wellbeing information on the MindingYourHead website

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.

## Neuronimo

‘Reverse The Trend’ are working with the EA to deliver Neuronimo - a 12-week mental and physical health programme that is available to all the schools in Northern Ireland.

You can register for this on the N.Ireland Schools website.

Watch the short video about ReverseTheTrend & Neuronimo.

# Take 5

## Steps to wellbeing

Link to Health and Wellbeing Website

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, and 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, and 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.

Watch a short video about Take 5 here

# Be Confident

Try this whole class activity to inspire, support and challenge each other to be confident- you can do it over a couple of days if you like.

1. On a whiteboard or a big sheet of paper write the question: What does it mean to be confident?
2. Leave this up while you go about your usual class tasks. When you think of an answer to this question, go and write it on the board (there is no wrong answer and we're not worried about spelling)
3. Once the page is looking pretty full take time together to look at what confidence means to your class.
4. Repeat steps 1, 2 and 3 but this time the question is - what helps you to be confident?

The answers you collect can be turned into a class plan to inspire, support and challenge each other to be confident!

# Connect

## Kind Compliments

A compliment is when you tell other people what you like about them and what they are good at. Hearing positive comments from others helps us to feel good about ourselves. Find some friends and take turns giving each other some compliments.

You have the best laugh!

You are good at drawing

You are really kind

You work hard

We make a great team

You are fun to spend time with!

How would it make you feel if you heard your friends give you kind compliments?

# Take Notice

## Joyful Jar

Fill a jar with lots of things that make you feel happy. You can put anything you like into your 'Joyful Jar'. It could be things that happen in school, when you are spending time with your family and friends or when taking part in a club. Post some positive messages to yourself like...

- Happy memories
- Things you are grateful for
- Things you love
- Compliments to yourself
- Things that make you smile

Once you have filled your 'Joyful Jar', put it somewhere you can see every day and whenever you need a sprinkle of joy open it up and read what’s inside.

You could create a 'Joyful Jar' with the people at home.

# Give

Top tips to help you manage your feelings when trying something new.

If you are finding something difficult, try using this star to help...

S- S is for Stop...When you are faced with a difficulty, stop

T - T is for Take a Breath...Usually taking a few slow deep breaths relaxes your body and mind

A - A is for Accept...Accept that you are finding something difficult or need some help

R - R is for Restart... When you are ready you can try again or move on to something else

Talking to someone about how you are feeling can help you problem solve and come up with other ways to find a solution. Talking about our feelings can also help to reduce any stress and worries you may have. You can ask for help from the adults in school or the people at home.

## Keep Learning

Name 3 of your best qualities...

What are you grateful for?

What are your favourite things to do?

What are you good at in school?

Have you helped anyone recently?

Are you proud of something you achieved recently?

You could put your ideas in your 'Joyful Jar'

# Be Active

## Follow My Call

How to play:

Start by walking around the edge of the playground. All the players are invited to follow, keeping a distance between themselves and the player in front of them, giving everyone plenty of space. On commands from the leader the rest of the group must perform certain actions. Some of the commands and actions could include:

Clap – Clap hands to side

Turn – Turn quickly and walk in the opposite direction

Jump – Jump from two feet

Touch – Touch ground with both hands bending at the knee

Skip – Skip forwards

In skip – Face inward and skip

Out skip – Face outward and skip

Jog – Jog slowly

The Active Kids Do Better has some great playground games ideas.

# PBSP Inbox

Ballysillan Primary School were chosen to plant Belfast's first tree to mark HM Queen Elizabeth's Platinum Jubilee in 2022. Her Majesty is gifting a tree to one school in every UK city. The trees will form part of The Queen's Green Canopy initiative - a unique project created for HM's Platinum Jubilee. All schools are encouraged to actively engage with the Queen's Green Canopy.

Dawson Stelfox MBE DL joins Ballysillan P.S. P4 pupils Carson and Jennifer, Acting Principal Catherine Davidson, P1 teacher Courtney McWhirter and William Humphrey MBE MLA to plant the Ornamental Pear Tree marking the Queen's Platinum Jubilee next year.

The Queen's Green Canopy Plaque, which will be erected beside the tree.

P7 pupil Mason helped William Humphrey MBE MLA officially open the new MUGA pitch and other playground enhancements at Ballysillan Primary School, alongside Acting Principal Catherine Davidson.

In North Ireland free tree packs are available through The Conservation Volunteers

# HELP HUB BITESIZE TIPS.

## For the grown-ups.

The help hub is a section especially for the grown-ups, whether at home or in school. 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

## Be Confident

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.

### Inspire…

Lead by example – show our children how we can be confident in ourselves

Share – share a time when you were anxious or worried and needed to build your confidence to be brave

Don't over praise – praise their efforts not the outcome

### Support…

Preparation is key – work with your children to prepare them for difficult or new situations when they will need to show their confidence

Focus on their strengths – talk with them about how their confidence shines through when they are doing an activity they are interested in

Ban harsh criticism – don't allow your child to engage in negative self-talk and notice how other adults speak with them

### Challenge…

Provide opportunities for our children to use their confidence – such as ordering for themselves in a restaurant

Allow children to fail – this is how they develop their resilience

Encourage practice to build their competence at whatever they are interested in

Click here to access campaign resources on the Minding Your Head website

"The enemies of confidence are discouragement and fear," Carl Pickhardt, Physchologist.

## 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.

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 Whitehead Storehouse Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.

The Salvation Army, St Vincent de Paul and Christian Aid Project 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 Helpline website

Childline website

ParentLine NI website

Click here for a link to the Department of Education's Re-Opening Schools Guidance

The End Bullying now

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 PublicHealth agency

Public Health HSCNI website