



Issue 15: Friday 18 December 2020

Primary Behaviour Support & Provisions 

High Five



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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



Welcome to High Five!

Welcome back to High Five. We are just about to start our Christmas holidays, so it's a really good time to be loving to ourselves and others. It has been such an unusual autumn term in school but you have made it! Now it's a good chance for you and all the adults in your school to have a rest. The ideas in this issue should help you with this!

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.

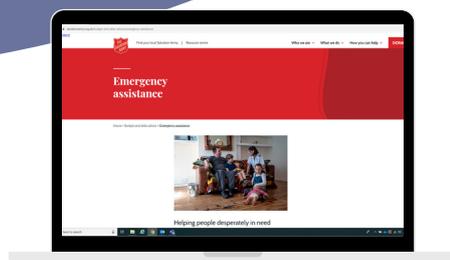
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>

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.**

Be Loving to Yourself

Being loving to yourself means knowing that it's ok to not be ok and it's ok to ask for help when you need it. There are lots of people ready to help - just click on the links for more info!



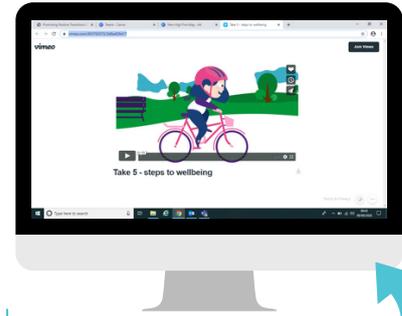
Take5

steps to wellbeing



Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Watch a short video about Take5 here



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 Loving to Yourself and Others

By Portadown Integrated P.S.

Do things that make you feel good, like watching a film, reading a book, helping at home, baking some buns or looking at photographs.



If you're feeling sad or worried, talk to an adult about it. It's ok to feel sad, worried or upset. Talking to an adult can help a lot.

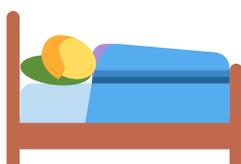
Think about things you could do to help around the house to help.



Think good things about yourself.

It's so important to keep talking, letting people know how you're feeling.

Have fun conversations with your family and friends.



Get enough sleep and eat food that is good for you.



Staff Reflections

The staff in Portadown Integrated Primary have stopped to take notice and reflect on how they have been inspired, supported and challenged over this last term.

Lisa Carmichael P2 Teacher

January is traditionally a time for reflections and new beginnings. Personally, I try not to make myself any promises, such as cutting out certain treats, as I feel we all need a little something to look forward to! I am sure, like me, your 'new year' begins every August when we return to the classroom. This school year we have all returned under challenging circumstances. For that reason, I have extended my use of wellbeing and mindfulness activities to ensure the children have daily, timetabled sessions in the classroom. This has challenged me to call into focus my own wellbeing. I don't have any 'magic formula', but I do set aside a little extra time each morning for a 'cuppa' or a 5-minute glance at my book; bliss, despite the earlier alarm call! Working daily with five year-olds is, as with every year, an inspiration. The children have an ability to make things feel 'normal' for those few hours in the classroom each day, despite obvious differences in the daily routine. This, combined with working in a team of people who genuinely look out for each other's mental health and wellbeing, cannot have a high enough value placed on it. So, as we begin 2021, I wish you all a safe, healthy, yet inspiring year both in the classroom and out of it.

Ask the adults in your class what they do to help them relax



Primary 2 and Primary 4 in Portadown Integrated Primary answered two questions and you will find their answers as you read through this issue of High Five. But first- talk to the other people in your home or class and answer the questions yourself.



Make a note of your answers and see if anybody in Portadown Integrated Primary had the same idea!



What do they sing at a snowman's birthday party?

Freeze a jolly good fellow!

Wow Moments



This has been about the strangest term ever for you all in school (apart from the one where you learned at home), and school Principals have had to do so many new things as part of their job.

When you look back after facing a challenge it's good to be loving to yourself. This means allowing yourself to enjoy the things you did well- these are called "wow moments" and they help you remember the good things even when life has been trickier than usual!

Look out for our "wow moments" star on the next page and find out what made two school Principals proud last term!

Collect wow moments in your school and in your home- ask lots of people what they were proud of since the summer. Don't forget to think of your own wow moment.



Share your wow moment with us at primarybsp.enquiries@eani.org.uk



wow!

Sharon Cassidy
Principal of Knockavoe School and Resource Centre

I stop and say wow nearly everyday at Knockavoe. The staff have gone above and beyond to make Christmas so special for the children and in supporting the local community. The collection of hampers with donations from pupils, parents and staff made me stop and say wow and is a gesture of thanks to the community that supports our school so much!!

Mrs C Thompson
Principal of Strabane Controlled PS

In spite of a class having to isolate for 14 days, bubbled classes and bubbled staff, rigorous new routines and procedures, the staff and pupils of Strabane Controlled PS have put on a fabulous singalong DVD. The DVD consists of two songs per class sung by our nine classes, chosen by the pupils and their teachers. As I watched them perform today, my heart melted to think of what they have come through and continue to go through. They sang with vigour, sweetness and happiness. I couldn't be more proud of everyone.

I am very conscious that this will be viewed in years to come as a very momentous time. A time when our world changed entirely in so many ways. At this time we would normally present our annual pantomime and I would be directing the audience to our nearest exits in front of a packed hall. Our hope is that this DVD will go some way towards joining us all together in digital form. We think especially of all the families we represent here at Strabane PS – mums, dads, brothers and sisters, grannies and grandads, uncles, aunts and cousins, friends and extended family members.

It is our hope and prayer that we will look back at this time in years to come, almost like a time capsule, and realise how resilient our children and our families have been and continue to be. We have journeyed this time together and now wish to share the next instalment of our unprecedented journey.



wow!

Take Notice

It's time for our take notice on a walk. This time we are going to take notice of what happens to our bodies when we go for a walk on a cold or windy day.

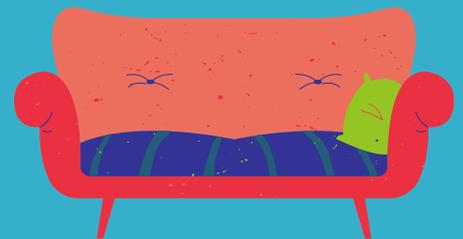


See if you notice any of these things happening...

- Nose turns red
- Cheeks turn red
- Fingers move slowly
- You can see your breath
- Arms hold tight to your sides
- Shoulders move higher



One of the best parts of a walk on a cold day is coming back home and getting cosy. Talk to a friend or someone in your home about your favourite ways to feel cosy.



Do some research in school and find out why these things happen to your body when you are cold.





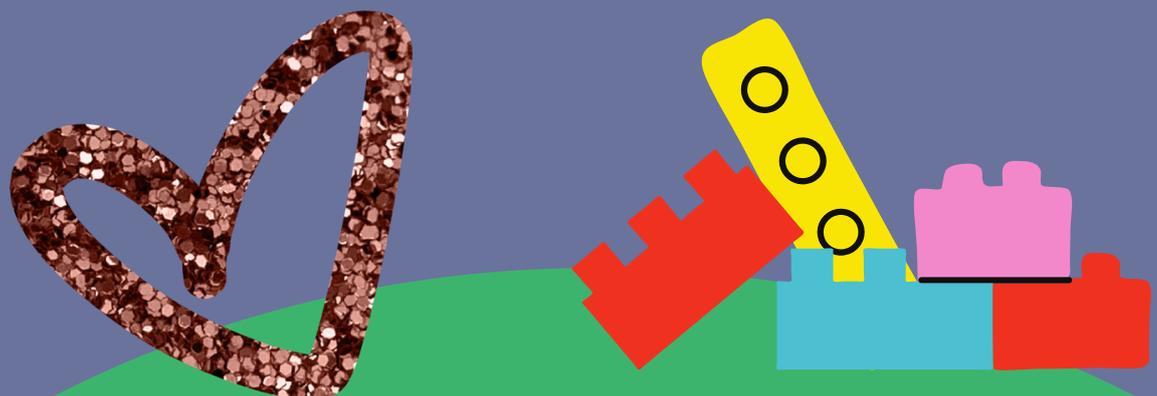
Staff Reflections

The staff in Portadown Integrated Primary have stopped to take notice and reflect on how they have been inspired, supported and challenged over this last term.

Mrs Henry (teacher) and Miss Mc Evoy (classroom assistant) reflect on the support they have found in their working relationship.

Our Foundation Stage classroom is a fast-paced, high intensity and energetic working environment. The to-do list never ends, the topics change and we haven't even mentioned the copious amounts of glitter and lego! For these reasons, our working relationship is at the heart of everything we do. We feel supported as we share the load, whether it's the simple day-to-day running of the classroom or tapping into each other's strengths and exploring potential. Miss McEvoy had previously trained in reading support, and now leads guided reading sessions in the classroom with passion and enjoyment. We present as a team to the children when pursuing our goals and ethos; other times we are more like Laurel and Hardy, play-acting to exaggerate a social skills lesson or just to incite fun and laughter. Supporting each other has meant recognising those days when a team-member needs a moment to themselves as well as celebrating the milestones together – even if the “big birthday” signs were unnecessary! Yes, our classroom can be demanding and tenacious but when you can rely on your co-pilot to bring their best every day, everything runs a little smoother.

Ask the adults in your class what has inspired, supported and challenged them this term



Primary 4DH
Portadown Integrated Primary

Washing hands
Eating Chilli makes Abbie happy
Watch a movie with popcorn
Eating fruit
Hugging my Teddy
Hibernating
Watch Shawn the sheep
Play games
Go for a walk
Riding a bicycle
Walk my dog



Having Christmas dinner with my family
Opening presents and giving presents
Playing with my brothers and sisters
Dressing up
Christmas Eve Church then on the way home looking for Rudolph
Drive through movie
Making cookies and eating treats with my family



What goes ho ho whoosh, ho ho whoosh?

Santa caught in a revolving door!

Active Advent Calendar

There are only two weeks left on our Active Advent Calendar! The final weeks before Christmas can be very hectic for many grownups. Let's use our daily activities to help out at home as well as keeping ourselves active!



What a great way to Be Loving to yourself and to others at the same time!



<p>16</p> <p>Offer to set the table for dinner. How many steps do you take to complete this activity?</p>	<p>17</p> <p>As soon as you get out of bed, do 10 jumping jacks and then make your bed.</p>	<p>18</p> <p>Be the House Fetcher for the day! Exercise your legs by going to fetch anything that an adult in your house needs from another room</p>	<p>19</p> <p>Unload the dishwasher or put away the dishes. Count your steps as you do so.</p>	<p>20</p> <p>Hoover or brush the floor. Count how many rooms you manage to do!</p>
<p>21</p> <p>Make way for your new presents! Tidy your room and make sure it is ready for Christmas!</p>	<p>22</p> <p>Take notice of a job somebody else is doing and offer to help.</p>	<p>23</p> <p>Take your plate and cutlery to the sink after eating. Do the same for everyone else who has eaten. How many trips to the table did you make?</p>	<p>24</p> <p>It's Christmas Eve! See how long it takes you to go around your house and give everyone in your family a big hug or High 5!</p>	<p>25</p> <p>Christmas Day! Relax and have fun!</p>



In your house, you might not be able to do all of the activities in the Active Advent Calendar. If one of the activities isn't possible for you, choose one that you did before and see if you can beat your score - take more steps, do more rooms.



Christmas in a Bubble

Lots of schools have filmed Christmas videos this year but for Loanends Primary this is nothing new- their Christmas videos are so good they have featured in the news! We've linked to their most recent film and three favourites from previous years.



Fresh from the studio-
Dominick the Donkey!
Christmas 2020

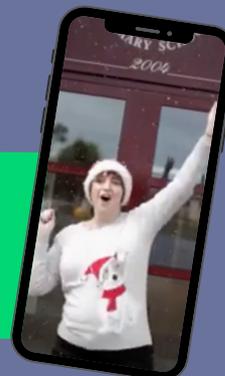


This video was such a hit that
it ended up in the news! It's a
real favourite- could watch it
over and over again!
Christmas 2019



A Pupil Said To Me- a
live performance from
the school staff
Christmas 2018

An epic version of
Jingle Bells with
everyone included
Christmas 2015



Who hides in the
bakery at Christmas?

A Mince spy!

Be Loving to Others

PBS&P staff love working with children in schools. Last week our staff asked the children they were with what it means to be a good friend. Here is what they think!

Someone who listens, is kind and plays with you.

Logan Age 6 St Patrick's Primary

A good friend is someone who is funny and we can play Pokémon Battles together

Peter Age 10 Termoncanice Primary

Being kind and sharing a lolly after Covid

Samuel Age 8 Whitehouse Primary

Be nice, play and share

Michael Age 5 St James' Primary

A good friend makes you smile

Maddie Age 5 Belmont Primary

A good friend is sharing and kind and we look after each other.

Ethan Age 8 Chapel Road Primary

A good friend plays games with you and does not interrupt when you're talking.

Conor Age 8 Strabane Primary

A good friend doesn't forget anybody and protects them.

Lucas Age 7 St Therese Primary

Someone who helps you, shares their toys and is fun to play with.

AJ Age 6 Omagh Integrated Primary



What do you get if you cross Santa with a duck?

A Christmas quacker!

Primary 2JH
Portadown Integrated Primary

Drink water
Choose healthy foods.
Eat breakfast for a good start to your day.
Use safety equipment such as knee pads
Brush your teeth
Exercise every day
Get a good nights' sleep
Do mindful breathing everyday
Get outside for a walk
Yoga



Go for a walk with family
Help out at home with Christmas decorations and preparations
Eat Christmas dinner
Thank our family members and give them hugs
Relax
Be with your family



What happens if you eat Christmas decorations?

You get Tinisilitis!



Staff Reflections

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Mrs Newell Learning Support Teacher

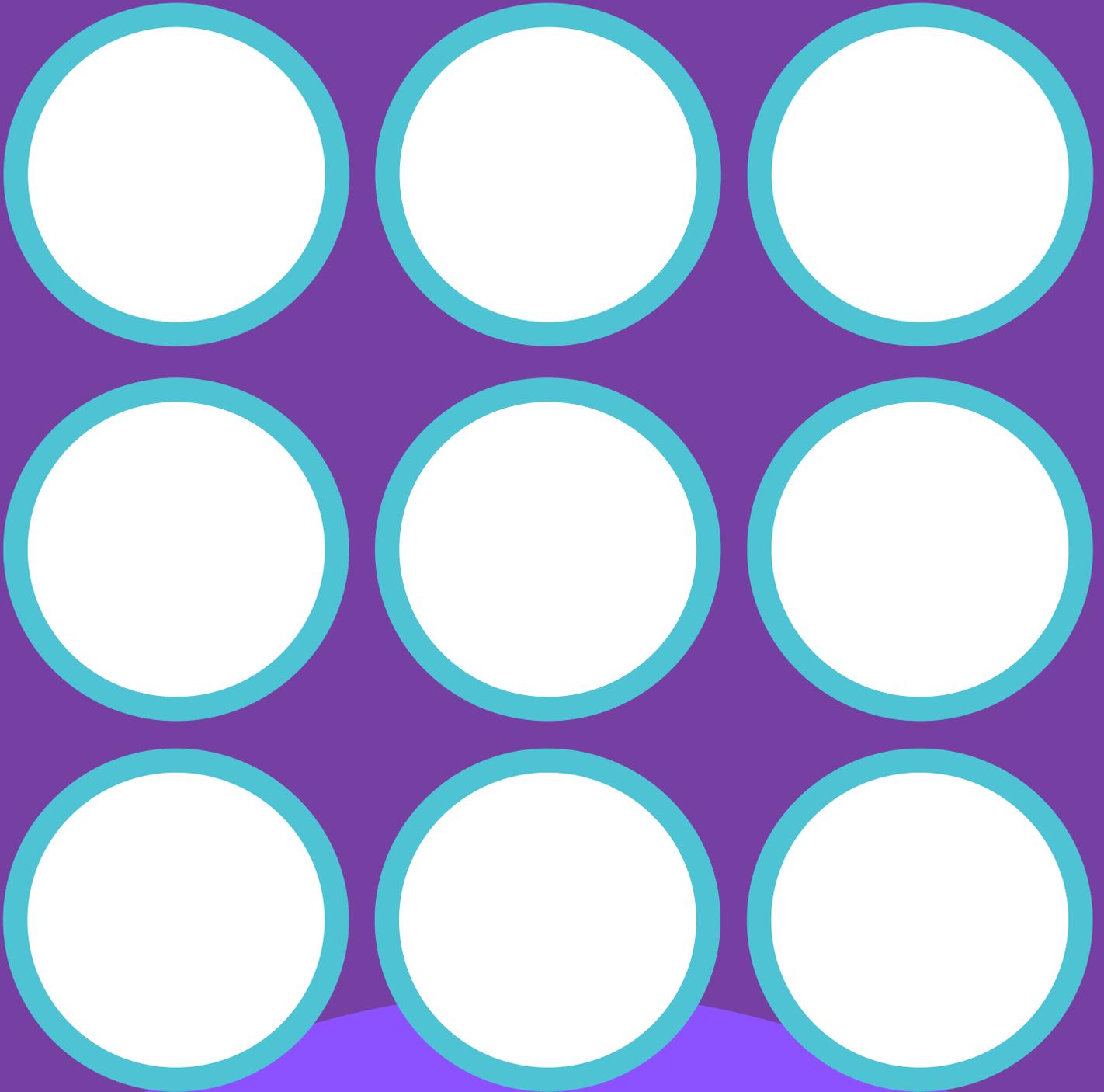
I am inspired by the children I teach on a daily basis. At our school we encourage children to 'have a go' and become resilient learners. This attitude is particularly apparent in some children who come to mind. When faced with ill health or a chronic condition, that would prove difficult for an adult to deal with, they have shown great courage and a positive mind-set. One pupil, with diabetes, copes with his condition in an inspirational manner. He is always smiling, has a great sense of humour and a positive work ethic. Challenges arise if he feels unwell but I am supported by his own knowledge of his condition, a strong partnership with his parents and a wonderful team of skilled, compassionate staff who put the children and their needs at the centre of our school life.



Ask the adults in your class about a child they taught in the past who inspired them.

Keep Learning

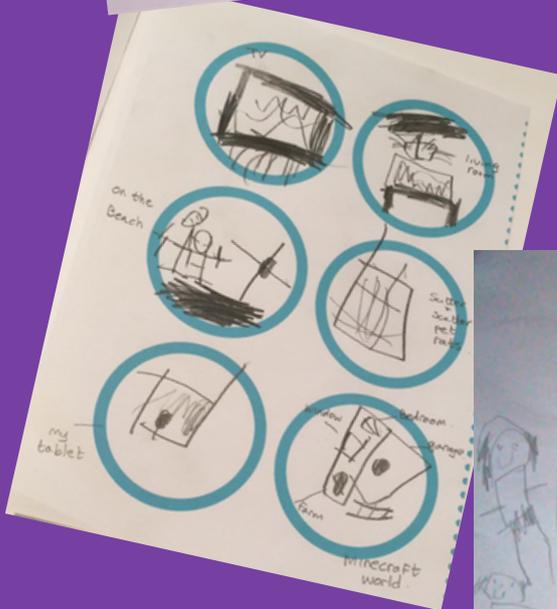
Being able to focus on a challenging task is a great skill. But the brain is a muscle and just like any other muscle it needs to take a break and rest. This happens when we do something that lets our mind wander. We don't have a plan, there are no right or wrong answers. Sometimes we have our best ideas when we let this happen. Doodling is a great way to do this. Use the page below to doodle! Don't start with a plan- just make a mark and see where it takes you!



On the next page you'll see what happened when some children let their mind wander while doodling...

Keep Learning

PBS&P staff from Rathmore and Lea Green EOTAS centres let their minds wander when they were working with pupils in school last week- a fun activity to do together!



Mrs McVeigh joined in too!

Brandon in Hollybank Primary let his mind wander while he worked on this beautiful line drawing- a real work of art!

Primary 4LMcF
Portadown Integrated Primary



Exercise – football, gymnastics, mountain biking, swimming, cricket
Relax – take a break from busy life, read, watch a movie
Eat healthy
Spend some time outdoors – keeping active
Keep your teeth healthy
Yoga and stretching exercises for the mind
Play and chat with friends
Try new things
Spend time with the people we love and care for
Get enough sleep/rest
Reduce time on devices



Seeing and spending time with family and friends
Seeing all the decorations
Having Christmas dinner
Celebrating Jesus' Birthday
Giving gifts to people we love
Opening some presents
Playing games
Singing carols
The yummy food and treats

What are you going to do during the Christmas break?



What do you get if you cross a Christmas bell with a skunk?

Jingle smells!

EXPRESS YOURSELF

An initiative by **AWARE**
OVERCOMING DEPRESSION
CHANGING LIVES

AWARE, the depression charity for Northern Ireland will be launching an exciting project as part of their initiative to make mental health part of the conversation with our children and young people after a difficult year.

Express yourself – a children’s mental health poetry competition will officially launch on 1st February for Children’s Mental Health Week.

The competition will allow pupils to express their thoughts and feelings about the past year through creative writing. It will also encourage them to think engagingly and creatively about their experiences.

The competition will be open to all Primary 6 and Primary 7 pupils in Northern Ireland and there will be prizes for the winning school and student! The winning poem will be selected by Tik Tok famous local magician and entertainer, Joel M who will be the face of the competition. The winning school may even be in for a personal visit from the star magician... and a few tricks!

If your school is interested in taking part in the competition, please register your interest via email to poems@aware-ni.org and Team AWARE will be in touch.

Competition Time!

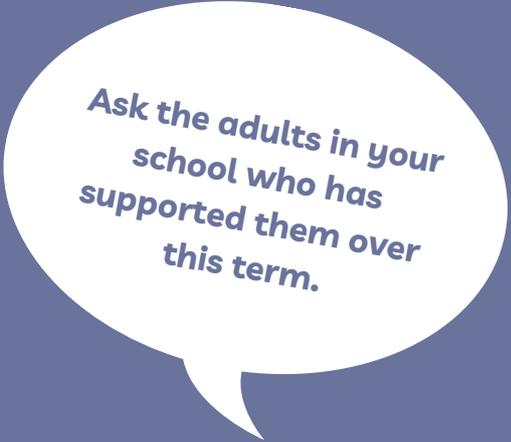


Staff Reflections

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Mrs McMahon School Secretary

The 2020 year has been a really strange unpredictable kind of year and I, like many others, have often found it difficult to remain positive with the dramatic changes to daily life, adjusting to the 'new normal' and the uncertainty the current pandemic has presented. At the start of September, I was feeling sorry for myself when my youngest daughter left home to study at university in Liverpool. However, I have been inspired and have found strength from the character of one member of staff who was experiencing the same emotions as me as his children also left home to study across the water. Unfortunately, he received some bad news about the health of a very close family member around the same time. Despite everything that has been thrown in his path in recent months, he has continued come to work each day and demonstrate professionalism, dedication and strength of character. He has taught me the importance of making the most out of every moment, to cherish loved ones, to keep positive and be thankful for all the blessings that we do have such as good health and happiness.



Ask the adults in your school who has supported them over this term.



Christmas in a Bubble

Christmas in school is such a busy, exciting time! Obviously things have had to change a bit this year but we have loved seeing all of your ideas for celebrating Christmas in a bubble! Here are some of the things Rathore school have been up to.

Enjoying "snow" safely outdoors!



Enjoying selfies and distanced photoshoots!



Making decorations



A green screen nativity!



PBS&P staff across NI have managed to connect during December through our online advent calendar



Part of looking forward to a holiday and a rest is planning what you will do - even if it's just staying in bed later and watching movies on the sofa! PBS&P staff working in Silverwood, Lurgan have some great plans to be loving to themselves over the Christmas break!



Relax with family who I haven't seen for a few months due to lockdown and especially my 10-year-old nephew Lucas who lives in Belfast and is coming to spend Christmas Day with us. I plan to talk good walks and hopefully if the weather is dry to walk a couple of mountains in the Mournes.

Alison Jones

Take my dog Archie on some longer walks and hopefully have some time to watch some Christmas movies with my sister.

Alison Curran

I am most looking forward to Christmas walks in the grounds of the Argory, spending time with my extended bubble and watching Christmas movies.

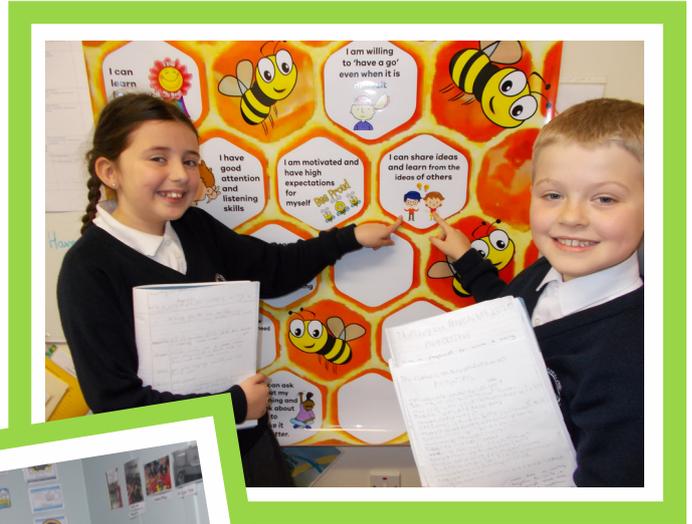
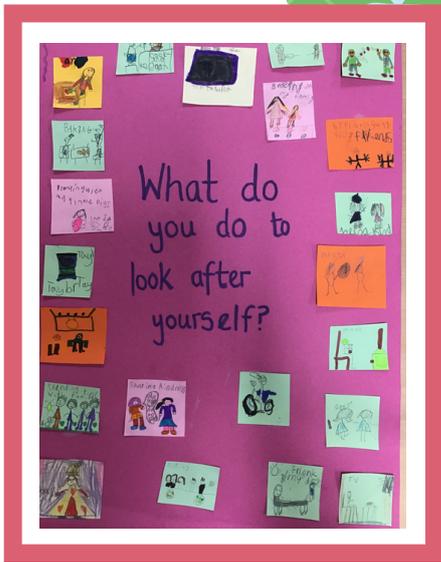
Michaela Cullen



Make a "be loving to yourself and others" plan with the people in your home. Write your ideas onto a page, decorate it with Christmas pictures and then put it up on the fridge!

Be Loving to Yourself and Others

Portadown Integrated Primary shared loads of photos of the children being loving to themselves. Here are a few of our favourites- we love the snow indoors!





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!

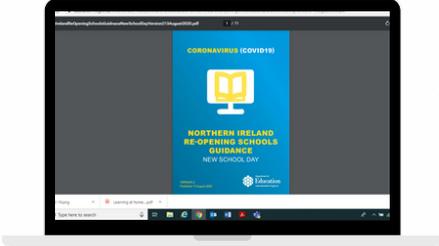
M is for Modify

Breaking tasks into smaller steps and offering support may be all your child needs to experience more success more often. Doing this may make homework and daily chores run more smoothly for everyone.

N is for Nearby

Co-regulating, guiding and letting them know you are keeping them in mind are all ways in which you can teach your child to become confident and independent enough to cope when they're on their own.





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.](#)

