

Issue 72: Friday 09th Feb 2024

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

**High
Five**



Inside this issue

03 Take 5

04 Be The Best You Can Be - Be Loving

06 Be Active - Create a Love Dance

07 Connect - Loving Qualities

09 Take Notice - Show Your Love for the Earth

10 Keep Learning - Love Actions

11 Give - Love List

12 PBS&P Inbox - PBS&P Take 5

14 Parent Hub - Be Loved

15 Parent Hub - D.O.S.E. Winter Happiness Workbook

17 Staff Hub - Do You Love Children?

18 Staff Hub - EA Health Well

19 Staff Hub - Upcoming PBS&P Training

20 Staff Hub - Upcoming NASS Training



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 Loving. As we move closer to Valentine's day we are sharing ideas to help you explore what it means to be loving within your class setting. As you adapt and work through these activities we hope everyone in your school community will feel a greater sense of belonging.

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.**

ACTION FOR HAPPINESS

Friendly February

Daily actions to help you connect with others and spread kindness. Join Action for Happiness for 'Friendly February' and take actions to boost your relationships and be a good friend to others.



Friendly February 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Send a message to let someone know you're thinking of them	2	Ask a friend how they have been feeling recently	3	Do an act of kindness to make life easier for someone	4	Invite a friend over for a 'tea break' (in person or virtual)
5	Make time to have a friendly chat with a neighbour	6	Get back in touch with an old friend you've not seen for a while	7	Show an active interest by asking questions when talking to others	8	Share what you're feeling with someone you really trust
9	Think someone and tell them how they made a difference for you	10	Look for good in others, particularly when you feel frustrated with them	11	Send an encouraging note to someone who needs a boost	12	Focus on being kind rather than being right
13	Smile at the people you see and brighten their day	14	Tell a loved one or friend why they are special to you	15	Support a local business with a positive online review or friendly message	16	Check in on someone who may be struggling and offer to help
17	Appreciate the good qualities of someone in your life	18	Respond kindly to everyone you talk to today, including yourself	19	Share something you find inspiring, helpful or amusing	20	Make a plan to connect with others and do something fun
21	Really listen to what people say, without judging them	22	Give sincere compliments to people you talk to today	23	Be gentle with someone who you feel inclined to criticise	24	Tell a loved one about the strengths that you see in them
25	Thank three people you feel grateful to and tell them why	26	Make uninterrupted time for your loved ones	27	Call a friend to catch up and really listen to them	28	Give positive comments to as many people as possible today
29	Acknowledge someone's problem or pain rather than trying to fix it						

ACTION FOR HAPPINESS Happier · Kinder · Together



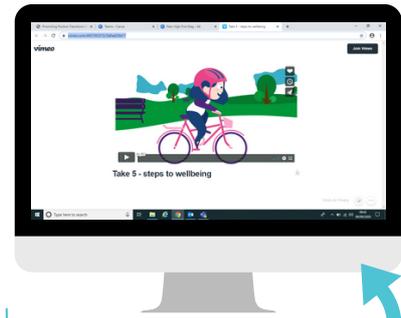
Take5

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

Our High Five challenge in this issue is to Be Loving. Love is a word we use often without even really thinking about it. Talk with a friend then make notes / draw in your High Five journal to show how you use these words.



Be Loving

When we think about being loving it means noticing another person and showing that someone cares about them. Follow the steps below to get started with the challenge.



1

Step 1- Make a list of two people you are going to Be Loving to. Perhaps one at school and one at home.



2

Step 2- Plan two things you will do intentionally to Be Loving. Perhaps enjoy some time with them. Perhaps doing a job for them or giving them a gift.

3

Step 3- Notice them throughout the week. Smile when you see them. Include them in games. Take notice of opportunities to be kind.



4

Step 4- Reflect- at the end of the week and make a note in your High Five Journal about how the challenge has gone.

Click on this image to learn more about how being loving helps us feel good .



Create a 'Love Dance'

Love feels so good that we often smile, laugh, sing and dance when we are with those we love.

With your friends choose a song you all like and make up actions or dance moves that you can all do together. Spend some time together getting your dance right and then show it to the rest of your class in school. This helps us show and accept love.



Spot the Hearts Scavenger Hunt

All you need to play this fun game is some stickers or hearts made from red card. Place the cards around the playground and get your friends to search for the hearts. To make it more of a challenge you can place the hearts at different heights or time how fast they can find them.

You can write kind words or affirmations to tell your friends why they are loved and appreciated, or you can add questions for your friends to solve.



[Click here to access more ideas to Be Active \(C2ken sign-in required\)](#)

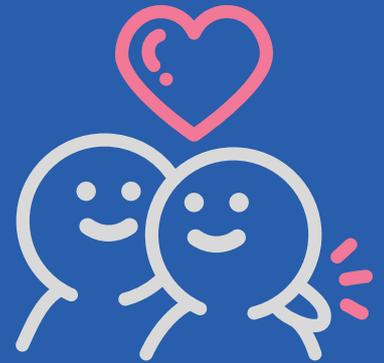


Connect

Talk about people you have met and the loving qualities they have showed.

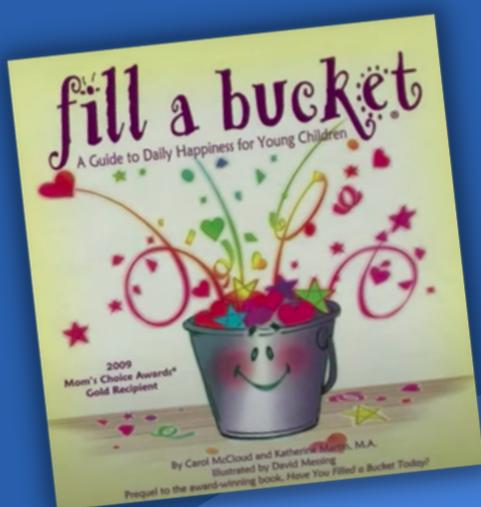
Think of a time when you met someone new.

- What did you notice about this person?
- Did you feel comfortable with them?
- How did you become friends?



Now take turns pretending you are each a new person meeting for the first time and role play how you can show love and kindness to new friends.

Now think of different ways to show how we can love every person because we are all different and special. Write or draw in your daily journal how you can show this for different people.



Click here to see a book about helping others realise how special they are

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



Make a big 'Love Heart'

Fact...

Did you know that your heart is often used as a description of love because as love supplies energy to people, the heart supplies blood to the body allowing us to live happily?

Our heart is also full of different feelings. Sometimes our heart can feel sad as well as happy. Can you think of any times when you had different feelings in your heart? What made you have these feelings?

Use some masking tape or stones to make the outline of a heart on the ground. You could also do this inside with wool or ribbons.

Think of different ways to use the heart...

It could be a collection area for favourite objects or things you love, a place to sit in to sing songs, or somewhere you can sit and think about the different feelings of love you have in your heart.



Click here for some more ideas about your different feelings in your heart



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



Take Notice

Show Your Love for the Earth.

When we care about the environment, we care for it as best we can.

Things we can do to show our love for our environment....

- Collect rubbish from around your school or around where you live
- Gather up recyclable items in your home and in school
- Do some gardening outside
- Plant a tree or flowers
- Spend more time outside.



By doing these small actions, we are showing our love for our environment. We can show love to everything around us by taking notice of our world and helping to keep it happy and healthy. Can you think of any other ways in which you could help to keep our world around us happy and healthy?

Remember to Reduce, Reuse and Recycle!

Click here for further information



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

Play 'Loving Actions'

Take turns coming up with creative ways to show love. Some examples could be greeting someone, opening the door for someone, hugging someone, helping someone, enjoying a game together.

You could then make these actions into a game of charades.

Learn a sign that means 'I love you'

To sign 'I love you' in British Sign Language, you are going to sign every single word, as you would in a natural conversation with someone. You could learn some other signs in school such as please & thank you, types of food, colours or even types of animals.



Click here to see
the signs for
'I love you'

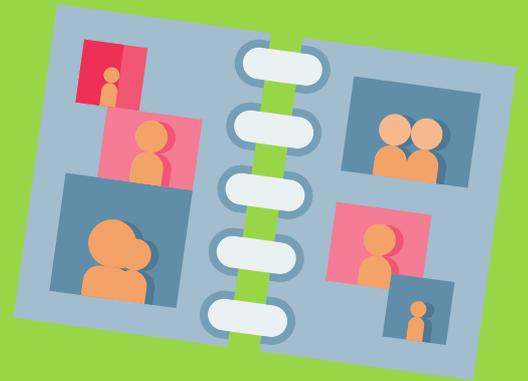


Click here to access more
ideas to Keep Learning
(C2ken sign-in required)



Make a list of people we love and people who love us.

Make a list or create a photo album of family members or friends. Use the list or album to remind us that there are lots of people who care for us. Every week try to add someone new onto your list or into your album.



Remember that no matter how many people we love, there is always more love in our hearts. Love is endless to receive and endless to give.

Make a card for someone you love.



Can you think of someone special that you would like to make a card for? Why did you chose that person – is that person kind to you? Do you enjoy spending time with that person? Think about how that person makes you feel and how we can display those same qualities to other people around us. Make a card for the person and arrange to get it to them by post or by giving it to the person.



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



Inbox



PBS&P Take 5

Primary Behaviour Support & Provisions attended a staff wellbeing session led by 'Wee Paddy - The Art of Brilliance'.

'The session was informative, practical and inspiring. During the workshop Paddy gave us practical ways of improving our wellbeing, he gave us food for thought and a different perspective on our mindset. In what can be a stressful work environment at times it was a breath of fresh air to have someone deliver ideas on how we can manage the day-to-day stresses.

Wellbeing is everyone's responsibility, if we look after ourselves in the same way we do for others we will no doubt be more productive and happier in our work (and life).

We hope some of the messages delivered in the workshop plant seeds for our valuable work force who continue to support our schools, families and children.'





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



Be Loved

Some ideas for Valentine's Day to help you show your child that you love them and love being with them:

- Join in their play
- Ask about their day
- Send a joke in their lunchbox
- Frame a picture of you both and put it in their bedroom
- Bake buns together
- Stick post it hearts on their bedroom door with all their positive qualities
- Create a scrap book together of photos
- Share a picnic on the floor with a blanket



Click the link to watch a short clip on 'How to Help Your Kids Feel Loved'



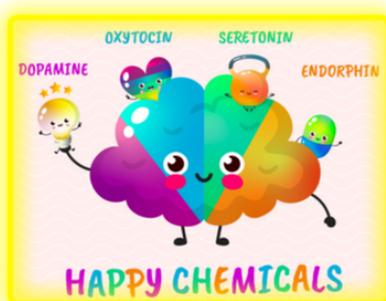


Winter Happiness Workbook

During the winter months we are exposed to less sunlight this can affect our mood as the levels of our Serotonin drops.

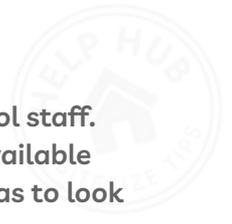
This workbook gives you a few different activities to help manage your winter happiness.

- Create a Hygge (Hoo-gah) Den
- Brighten your day
- Happiness vision board
- Winter happiness foods
- Winter breath



Click the link to register for free access the 'Winter Happiness Workbook' and many more resources.





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!





Do you love children?

If you have ever attended training delivered by Sean Irving or the Nurture Advisory Support Service you will recognise this question. A fundamental aspect of nurture is ensuring the children in your class know that **here with you is the best place for them**. Take some time to reflect- do I love children? Do the children I work with know this? How can I help them to feel loved?

Sometimes if there has been a rupture to the adult child relationship or the child is not used to relying on a caregiver it can take time to build up a positive trusting relationship. The DE SEN Resource File makes sense of this process using Dan Hughes and Jon Baylin's mistrust to trust scale. Click on the image to view.



Click on this image to find out more about moving from a behavioural to a relational response 





EA Health Well

EA Health Well is an interactive website which provides EA employees with support, education and information on a wide range of topics as a way of improving their overall health and wellbeing. Take some time to explore the range of health resources and health topics available.

COMPANY POLICIES AND SUPPORT SERVICES

EXTERNAL SUPPORT SERVICES

HEALTH APPS AND TOOLS

VOLUNTEERING OPPORTUNITIES

HELPLINES AND WEB CHATS

A-Z ENCYCLOPEDIA

Click here to access the EA Health Well



Inspire Workplaces provides a confidential and independent counselling support service for all staff that is available at any time (24/7, 365 days a year) on 0808 800 0002.

Click here to access the Inspire information leaflet





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

05 March, 12th March & 19th March 2:00pm -

3:30pm

(Participants must attend all sessions)



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

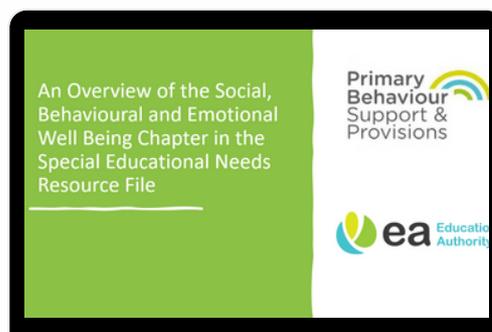
14 March & 21 March 2024 2:30pm -

3:45pm (Participants must attend both sessions)



Developing a Calm Plan

12 February 2024 2:30pm - 4:15pm



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

06 March & 13 March 2024 2:15pm - 3:45pm

Participants must attend both sessions



Introduction to Understanding & Supporting Social, Behavioural, Emotional & Wellbeing (SBEW)

07 February 2024 - Omagh Technology Education

Centre - 9:30am - 3:30pm

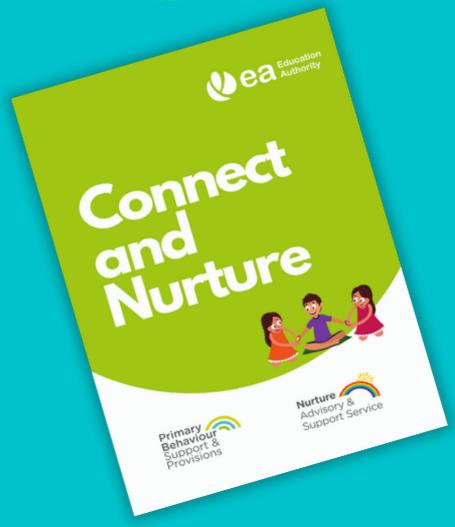
[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



Upcoming NASS Training Available



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 \(CAN\)](#)
[07 May 2024](#)
[2:30pm - 3:30pm](#)



[Theraplay Informed Practice - activities to build attachment](#)
[20 February 2024](#)
[2:30pm - 3:30pm](#)

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



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 405 calls to the helpline in November / December 2023



TASH Closure

The helpline will be closed on the following dates:

- Thur 15 & Fri 16 Feb 2024

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



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.

Scan the QR Code for information on the following areas



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 the 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 supporting children and young people.

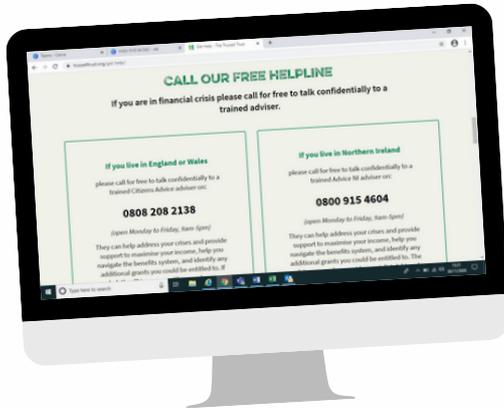


Contact Primary Behaviour Support & Provisions Service

If you have queries or need advice, guidance or support contact us.

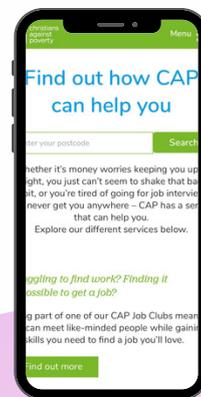
When We Need Support

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.

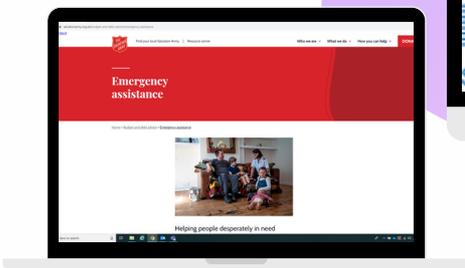
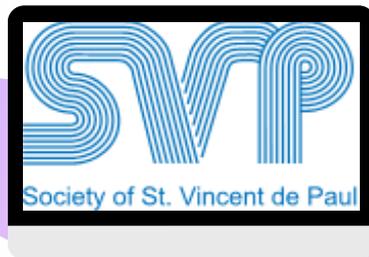


Click here

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.