

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

Issue 13: Friday 20 November 2020

High Five

Primary Behaviour Support & Provisions 



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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

HIGH FIVE in school



Our main activities are ideas for use in school. Open the magazine on your computer and view in full screen mode (Ctrl + L) to look at this as a whole class.

HIGH FIVE at home



When you see this symbol we will suggest ways to change the activities so that you can try them out at home!

Welcome to High Five!

Welcome back to High Five. As we come to the end of anti bullying week we are going to take some time to think about how we can be aware of others. The pupils and staff in Grange Primary have shared some top tips to help us with this and you will find lots of good ideas throughout this issue to inspire, support and challenge you to be the best you can be.

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.**

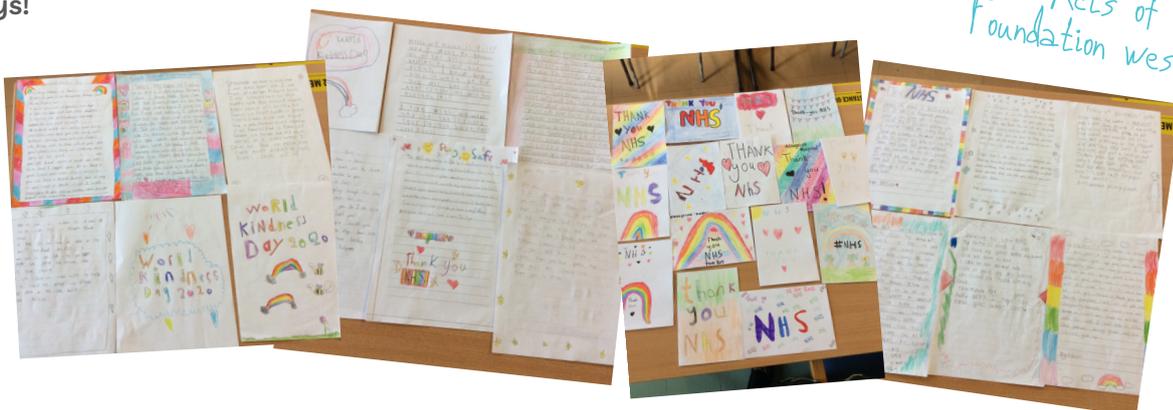
World Kindness Day

Did you know that **Friday 13th Nov** was World Kindness Day?

Artigarvan Primary School prepared for World Kindness Day by writing letters and drawing pictures for NHS staff in their local hospital and residents in their local Care Home. Their beautiful creations will certainly brighten up some staff and residents' days!



Click here to visit the Random Acts of Kindness Foundation website



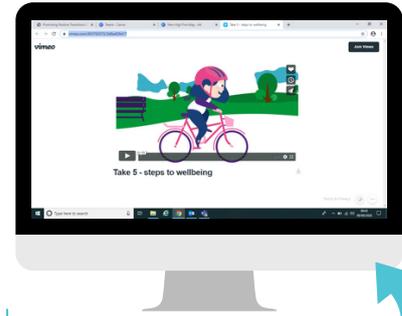
Take5

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 aware of others!

There are lots of opportunities to be aware of others when we are in school. It can be noticing when someone needs help and offering it and it can be working together to support a charity. Grange Primary have been doing this for a while!



When you see these symbols, you'll find an example of when a member of Grange Primary staff was inspired, supported or challenged to be the best they can be!



All pupils took part in 'Woolly Hat Day' on 6/11/20 in which children wore their woolly hats to school, - a fundraising event for Mourne Stimulus, a local community based day centre which provides services to people with learning disabilities. Pupils were encouraged to think about acts of kindness for individuals less fortunate than themselves.

Let us know how your school are working together to be aware of others at primarybsp.enquiries@eani.org.uk

Every year the pupils make Christmas cards to give to St Vincent de Paul in the local parish. These cards are delivered, along with the food hampers that the local Grammar school make, to elderly people in the local community just ahead of Christmas. School has had stories back from SVP of people being very touched, brought to tears even, that they've received a card from the children in our school.



Guide to being aware of others

By Grange Primary



Talk to others and have a conversation to ask if they are alright

Don't leave people out of your games or when you are doing exciting things

Listen to others and to what they have to say

Don't always choose the same captains when you're playing team sports, give others a chance

Look after people when they're hurt

Play fairly

Help others when they need it by supporting charities and putting your loose change in a charity box

If you see someone being treated unfairly, talk to them and give them advice

Ask your parents to check on elderly neighbours to see if they need anything, like groceries or a wee chat

Read the local newspapers and watch the news to find out about how we can help others in our community and in the world

Text/phone/Facetime or Zoom your grandparents to make sure they are OK and know that you're thinking about them

Secret Buddies

Secret buddies is a great game! There is a mystery to solve and everyone feels better just by playing! Here's how to play-

1. Everybody in your class bubble writes their name on a note and puts it in a box (or use photos if it's easier)



2. Take turns to pick out a name or a photo - don't tell anyone who you picked (unless you picked yourself). You are now this person's secret buddy.



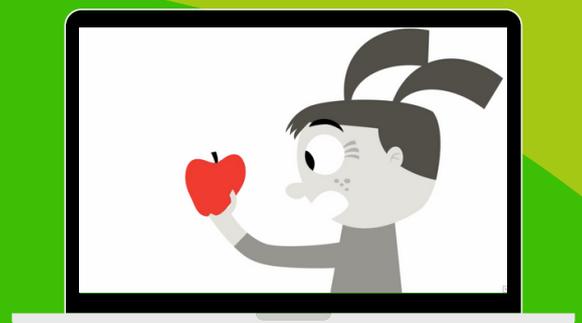
3. Do some acts of kindness for this person for the next two days.



4. Come back together and see if you can guess who your secret buddy was!



Mrs Thompson is inspired on a daily basis by the children and how they have adapted to our 'new normal'. They come to school with a positive attitude regardless of changes.



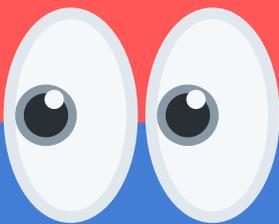
[Click here to see our new favourite film- color your world with kindness](#)

To become aware of others it helps for us to have something called empathy. Having empathy means you are able to understand how someone else is thinking or feeling. Some people say that empathy is like 'putting yourself in their shoes' and trying your best to imagine what they might be going through. When you have an idea of how someone is feeling, you have a better chance of knowing what to do or say to try to help him or her feel better.

How to have empathy

Look

How does the person look like they are feeling?



Think

"How would I feel if that was me?"



Ask

"How do you feel?"
"Are you okay?"
"Can I help you?"



Practice having empathy with the people at home-look, think and ask!



Mrs Sloan is supported by her friends and colleagues in school as together they face any challenges that come their way.

Put yourself in their shoes



1.

Make a list of all the people who work in or visit your school- it will be a long list!



2.

Choose one person to start with. Think of some questions to find out about their lives- things they like, things they worry about.

3.

Check the questions. Will they give us yes or no answers or will they give the person an opportunity to tell us things? Will the questions make the person feel comfortable or uncomfortable?



4.

Invite the person to a video chat with your class and use your questions to find out what a day in their shoes is like.



Ms Hughes is challenged to find new ways to do things like new school routines and assembly.

Click here for a song, take a walk in someone else's shoes



Charlie, Abella, Olivia, Peter and Finn from P3 in Meadowbridge Primary had great fun drawing their Odd Socks and talking about the day

Be Aware of Others When it Comes to Bullying Behaviour

The Northern Ireland Anti-Bullying Forum would like to say a big **T H A N K – Y O U** to everyone who participated in this year's Anti-Bullying Week. It was fantastic to see everyone getting involved and we just loved seeing all your Odd Socks pictures and pledges to unite against bullying! It has been heart-warming to see people looking out for themselves and others during this difficult year; we've seen how people have been supporting their friends and family and showing kindness to each other whether it is bullying or not. So, stay kind to yourself and others, think about the impact of our words and actions on each other and know that every smile we share makes a difference.

Anti Bullying Creative Arts Competition



Don't forget there's still time to get involved in our creative art competition! It's open to anyone under 25 years and you can submit a piece of art work, written work or video that reflects our 'United Against Bullying' theme. All entries need to be with us by 4pm on Wednesday 16 December 2020. For more information about how to enter check out our website:

<http://www.endbullying.org.uk/anti-bullying-week/competition/>



“United Against Bullying is a very apt theme for this year’s event and despite everything that’s going on around us, we feel it is more important than ever to be consistent with our efforts to erase bullying”

Gillian Cuthbert, Chair, Northern Ireland Anti-Bullying Forum (NIABF)

Anti-Bullying Week

Odd Socks Day!



Mrs Jones' dog Ollie joined in Odd Sock's day



The pupils in Tamnmore are united in their odd socks and united against bullying!



Florence from Strandown Primary celebrated Odd Socks day



Staff and students at Fir Trees EOTAS remembered their odd socks for Anti-Bullying Week.



Meadowbridge Primary made a display of their odd socks



P5 in Meadowbridge Primary showing off their odd socks!



Click here for the official anti bullying week song

The Daily Mile at Home

We know that lots of you do the daily mile at school but did you know that you can also do a daily mile with your family at home? Click on the pictures below for more information:



How to do The #DailyMileAtHome

GET GOING WITH THE DAILY MILE AT HOME
Your children may already do The Daily Mile at school – if so, they will probably miss it. Ask them about it – they can explain how it works at school and why they do it. Discuss with them the best way to do The Daily Mile at Home.

BE SAFE. ALWAYS FOLLOW THE GOVERNMENT'S ADVICE ON GOING OUTSIDE
At the moment, the advice is to take exercise outdoors, once a day. Every time you're going outside, keep 2 metres from other people. Getting outside for some exercise and fresh air is good for physical and mental health.

HOW LONG TO BE OUTSIDE FOR
So, the first time you do it, check how long you were actually outside. You may feel that 15–20 minutes is enough for you. 10 minutes from your front door and 10 minutes back may work well for you. You may find you can do more; if so, keep yourself and others safe.

STAYING AS LOCAL AS POSSIBLE
Before you go out, decide on a route you know, from your front door. You may choose to go around in a circle or straight out and back the same way. It's very likely there are a few different routes you could try and use.

HOW TO GET MOVING – WALKING AND RUNNING
Everybody's different so it's up to you how to do it in the way that suits you best. Jogging, walking briskly, strolling – you will decide on your own pace. It's not a race. Stay in your bubble if there are others around – close to your household and don't split up. Keep it all relaxed and enjoy what you're doing.

AND ALSO...
Some people will change clothes – but just wear what's most comfortable for you. You are going to be moving side by side – take the time to talk and listen. Try to notice nature, the weather and the changing season.

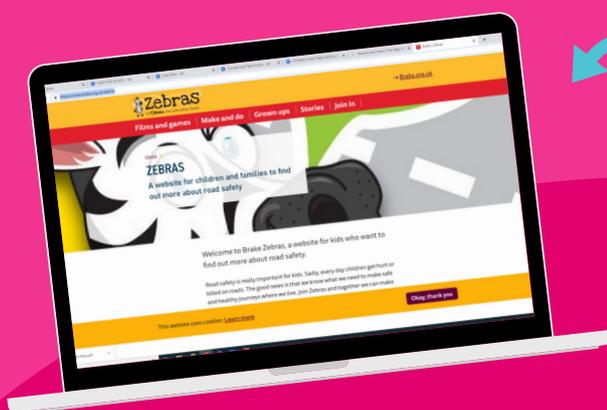
The #DailyMileAtHome

- Children in more than 7,000 schools across the UK do The Daily Mile as it keeps them healthy and it's fun, free and simple. Because it fits with the government's coronavirus guidelines, you might like to try it at home.
- The Daily Mile at Home is 15 minutes of walking, jogging or running at your own pace from your own front door. You should only do it alone or with members of your household, avoiding crowds. Keep local and don't drive.
- When doing The Daily Mile, schools follow our guidance in order to ensure that it works well. We've rewritten this guidance below so you can do it at home, while always following the government's advice.
- By the way, no-one ever has to do a mile! It's called The Daily Mile because, in the 15 minutes they take in school, most children will run and jog for a mile. But the distance really doesn't matter, and you can walk, jog or run at your own pace.

Our guidance reflects the government's advice and will be altered as and when required.

Doing The Daily Mile at Home

STAY SAFE At this time, always obey the government's guidelines about keeping your distance from people – at least 2 metres – who are not living at home with you.	FUN Enjoy an outdoor break with your children, every day, and feel better for it.	INCLUSIVE Anybody who is allowed to go outdoors can do The Daily Mile. Stay together in your household group/bubble.	WEATHER We all need to try and get outside each day so dress for the weather and enjoy the Spring.	WHERE TO DO IT Use routes directly from your front door avoiding crowded places such as parks. Or, if you have one, you may decide to stick to your garden.
QUICK It takes around 15 minutes. Depending on where you live, do it for the amount of time that suits you best while following government guidance.	WHEN TO GO Once a day. It's usually best to go when you or the children feel the need to be outside, but you can choose to make it part of a daily set routine if you and they prefer that.	CLOTHES No kit is required – unless you want to change – just wear your normal clothes. Everyone should wash their hands when they get home.	YOUR OWN PACE The Daily Mile is never a race – you just move in the way that suits you and your household best, whether that's running, walking or jogging.	SIMPLE No need to make it complicated – just enjoy being outdoors doing some physical activity with your children.



Click here for tips to stay safe when you are out with your family for a daily mile



Mrs Digney is supported in providing online learning and collaboration through her Shared Education partnership and training opportunities.

Take Notice

Over the next few issues we are going to challenge you to take notice while out for a walk. When lockdown started back at the end of March the weather was beautiful- summer came early and lots of us made the most of it by going for lovely walks in the sunshine.

Now it's autumn and moving toward winter it can be harder to motivate yourself to go for a walk, but it's really worth it. There are so many things to notice on an autumn walk whether it's during the day or in the evening.

Go for a walk in your class bubble - what do you notice on an autumn / winter daily mile?

1. Wrap up warm with coat, hat, scarf, gloves and comfortable shoes

2. Go out for a walk and take notice of what you can smell, hear, see and feel.



Go out for a walk with your family and talk about what you notice.



The pupil's in Meadowbridge Primary have been inspired by autumn walks in their learning!

Take Notice

Class 5 in Knockavoe School enjoyed a lovely autumn walk. They collected lots of leaves and talked about their size and colour. The boys and girls used skewer sticks to collect their leaves. When they returned to class, they counted their leaves and used them to make autumn wreaths and crowns.

PBS&P staff have shared their favourite things to notice on an autumn walk.



Mrs Galbraith loves the smell coming from the chimneys.

Mrs Murrock loves the crunching of newly fallen leaves under her feet.

Mrs McConnell loves the chill of the cold wind on her face.

Mrs McCloskey enjoys hearing the different calls of the birds, especially the geese who are calling to each other as they begin their long journey south.

Miss Cullen likes the leaves stuck to the ground making a slippery carpet. She noticed the smell- it was lovely.



Mrs Morgan is challenged to walk 10,000 steps every day to keep fit and healthy.

Keep Learning

Finally we now understand the learning journey! Your teachers understand this and it helps them plan the learning they set for you each week. Here's how it works...

Your teacher plans in some green tasks just to keep them green.

I usually find these tasks ok!

Mostly your teacher plans for you to work on yellow tasks- you should find these challenging but you can do them!

I usually find these tasks challenging but I keep going!

I usually need a bit of help with this- but I'll have a go first!

This is a new task for me- time to work hard!

Your teacher always plans something new to teach you - it could be a big thing or a small thing.

Your teacher expects you to need some help when you learn something new. It's a good skill to have a go first and it's a great skill to ask for help!



Ms Killen is challenged at home by not being able to socialise or visit family and friends due to lockdown.

Keep Learning

The learning journey isn't just useful for your teacher when they are planning. It's useful for you to understand why some tasks feel impossible, some tasks feel tricky and some tasks feel easy! Use the colours as a task rater. Note down what things are green for you, yellow for you, etc. Here is an example:



Ask someone at home about one of their learning journeys. Like when they learned to drive, when they learned to tie their shoe laces, etc.

Be aware of others!



Pupils in P1/2 at Grange Primary read the story 'The Kindness Quilt' in which Mrs Bloom challenges her pupils to carry out acts of kindness at home and school. This becomes a Kindness Project within the school and the pupils end up creating a quilt of kindness. The pupils at Grange Primary have created their own quilt with ideas of kind actions they can show to others. Click on the picture to hear the story!

Pupils have been showing awareness of others in school through acts of kindness and love by filling others' buckets to make others feel better - see the display in the picture. This could be anything, from giving someone a smile, saying a kind word to someone who looks sad or helping a friend in need. Click on this picture to hear 'Have You Filled a Bucket Today?'



Grown ups click here for a lesson idea - walking in someone else's moccasins



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!

I is for Integrated

It's important that all family members deal with situations in the same way. Likewise, school and home should be sharing information so that all efforts and decisions are supported and integrated.

J is for Joy

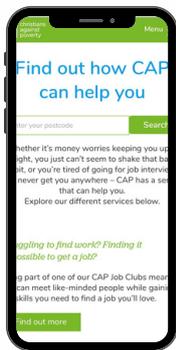
Play leads to pleasure and joy for all children! Playtimes will develop creativity, language and self-expression, but can also be used as teaching opportunities. Help your child practice social skills and think about more sensitive subjects through the safety of play. Playtime must be scheduled throughout the day, especially when arriving home from school, to allow children to unwind and change gear.



When we need support



This year has brought many challenges and we have all found ourselves supporting one another in different ways. In this section of the Help Hub we want to provide links to organisations who are keen to support you, particularly as we approach Christmas.



Martin Lewis, the money saving expert, recommends contacting Christians Against Poverty (CAP) if you find yourself worrying about debt or simply making ends meet.

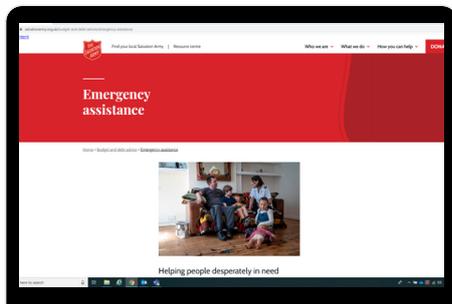
[Click here](#) for more info.



Society of St. Vincent de Paul

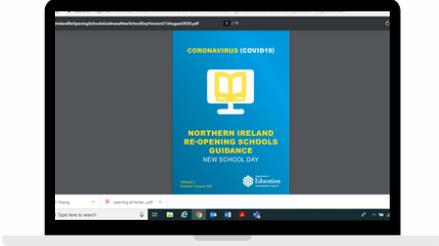
Locally based charities like Saint Vincent de Paul also offer assistance to families who are struggling financially.

[Click here](#) to find out how to request their help online.



The Salvation Army can link you to local support with emergency assistance, help with finding a job or support for debt and budgeting. [Click here](#) for more info.





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.](#)

