

# High Five

Primary  
Behaviour  
Support &  
Provisions



Issue 4: Friday 22 May 2020

When schools are open it's our job to help people when life is tricky. Our symbol is the rainbow because we know there is always hope that things will get better. Right now life is tricky for everybody so while schools are not open as normal we are going to send out this newsletter with ideas to help.

This is our virtual high five to help us all stay connected even while we are apart.

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# Welcome to High Five!



Welcome back to High Five. In this issue we are setting time apart to take notice of our memories before the lockdown. We will be helping you to understand what it means to be "held in mind" when we are apart. While you are reading look out for our art competition-entry form at the end of the newsletter!

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](mailto: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.**

## #KINDNESSMATTERS

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

This is Mental Health Awareness week and the theme is kindness. Click on the link above for more information and resources from the mental health foundation.

The Southern Health and Social Care Trust and the Education Authority, supported by the PHA developed a video for mental health awareness week reminding us about our Take 5!

Click here





## 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, share your feelings. Being connected makes us feel loved.



## 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.



## 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.



## 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.



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*



# Connect!

## Being Held in Mind

Think back to 10 weeks ago. You were still in school. Still going to clubs. Still going to see family and friends.

Think about the people you connected with. Think about the fun you had together.

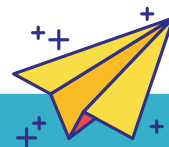
Right now you are holding these people in your mind. Even though you are not with them now, you think about them and look forward to seeing them again.

Think of a person you used to connect with before lockdown.

Remember your favourite thing to do with this person. What are you looking forward to doing when you connect with them again?



Make a picture of this memory or thought. It can be anything you enjoyed doing when you and this person were together. Or you can draw what you will do when you reconnect with this person.



Take a photo of your finished artwork and send it to the person you chose.

Show them you are holding them in mind!

## Competition!

Share a photo of your finished artwork with us and you will be entered into a competition! Let us know who you are holding in mind. Our friends in the Southern Health & Social Care Trust will help to judge. Arts and craft toolkits will be presented to winners in each category. You will find all you need to know to enter at the end of this newsletter. **The closing date is Wed 10 June 2020. Good luck!**



# Connect!

# You are being held in mind!



Grown ups click here for more ideas to show your children they are being held in mind!

There are so many people holding you in mind right now. Ask a grown up at home to help you think of who these people are. There are some people showing you they are holding you in mind and there are some who are doing it quietly. But you are being remembered!

Lots of Primary Schools have sent their pupils videos from staff to show that they are being held in mind. The HIGH FIVE team have loved watching these - too many favourites! Here are links to three...



[Knockavoe Special School](#)



[Whiteabbey PS](#)



[Grange Park PS](#)



A teacher born in Donaghcloney, Miss Lyons, showed her class she was holding them in mind by sending them a mini version of herself to have adventures with!



**Be Active!**

# 60 Second Challenge

Try these challenges everyday for at least a week. Take notice of how much your score increases after 7 days!

## Challenge 1

Use a sock to mark the throw line on the floor. How many times can you throw a rolled up piece of paper into a bin in 60 seconds? You have to collect the paper and come back to the throw line each time!

Score Tracker



## Challenge 2

How many times can you throw and catch a toilet roll in 60 seconds? It has to go above your head and you should clap once between throwing and catching. **Top Tip - only use a completely new toilet roll, otherwise it will unroll while you throw it!**

Score Tracker



## Challenge 3

How many star jumps can you do in 60 seconds? Make sure you have plenty of space before you start!

Score Tracker



Let us know how much your score increased at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



# Taking the Next Step

May and June are usually busy months for P7 pupils. There is lots of planning for leavers assemblies, going on trips, sharing memories with friends and school staff, visiting their new school and getting ready to say goodbye. Leaving primary school is a big moment and we know that with the lockdown it probably feels like many P7s probably feel like they have missed out. But remember....there is always hope! We are going to give all you P7s ideas in HIGH FIVE to help you take the next step, even in lockdown. Let's start...

## Reflect



First allow yourself to take time to reflect on your life in primary school. This just means remember what happened and think about how you felt. Take notice of how you feel when you think about these things. Seven years is a long time. Some memories will be happy and some will be sad. That's ok, they are all important.

## Look



Look at some photos of yourself when you were 4 years old. Take notice of how much you have changed since then.

Think about how much you have learned since you started primary school. You have achieved so much!

## Share



Tell people things you have learned from reflecting and looking back. Share memories from primary school and how you much you have changed over the last seven years.

Send a message to your school and tell staff what you will remember about being part of this school.

## Schools are coming up with creative ways to help their P7 class take the next step...



Mr O'Kane from Silverstream PS delivered leavers hoodies to his class. We love the socially distanced selfies!

Click here

Christ the King PS are producing an imovie of their P7s sharing a favourite memory of their time at school. They are also planning to hold an awards ceremony in school in August (if it is safe) where the children will be given their leavers hoodies, and have a little celebration.

Let us know how your school are helping P7 take the next step at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



Give!

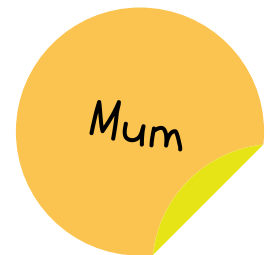
# Secret Buddies

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 home 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!



Give!

# Life in Lockdown

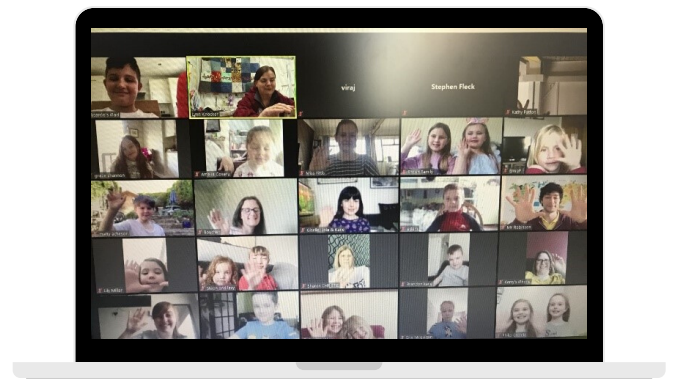
## In Ballyhenry Primary School

### Keeping in Contact

We are working together to make the best of our new normal. Every week starts with a whole-school wave-in on Zoom. Pupils, Classroom Assistants and teachers gather together to say "hello". We wave, smile and remember that we are still a school even if we can't be together.

During the week each class meets on Zoom to share stories, learn new languages, play chess or show off our learning. Our Zoom AQE classes have started as we overcome the challenges of learning digitally

On Thursday, we share an assembly including a short story, singing songs and Stars of the Week. Certificates are posted along with a little toy or a homework voucher good for a day off home learning. Our assemblies are open to our community (including grandparents, aunts, uncles and pets) to give us all a chance to see each other and spend some special time together.



### Helping Everyone Who Needs to be in School

In Ballyhenry PS we are doing our best to be brave. Key workers book their children in digitally on a weekly basis depending on their shift pattern. Our staff work on a rota doing one or two 2.5 hour shifts each week depending on the needs of the school. We begin our day at 7:30am with breakfast and then we plan the rest of our day together. We write down our ideas and include online learning. There is a routine but it changes daily depending on who is at school, how old they are and the weather. We always do arts and crafts, outdoor play, PE, Zoom, dance and hide and seek! It is wonderful to hear the children laughing even though there are only a few voices. We are doing our best to smile!

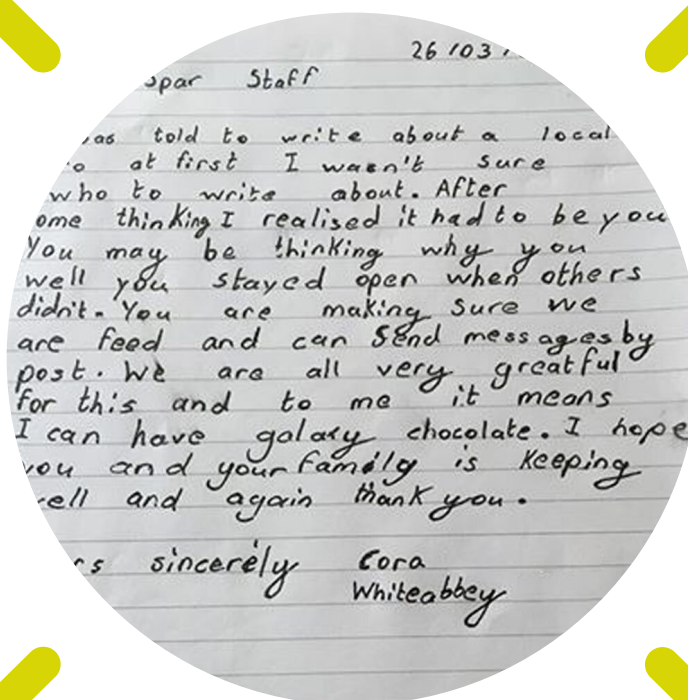
**Ballyhenry PS rocks Lockdown!**



Write a note, draw a picture or send an email and say thank you to all the staff helping everyone who needs to be in school right now.



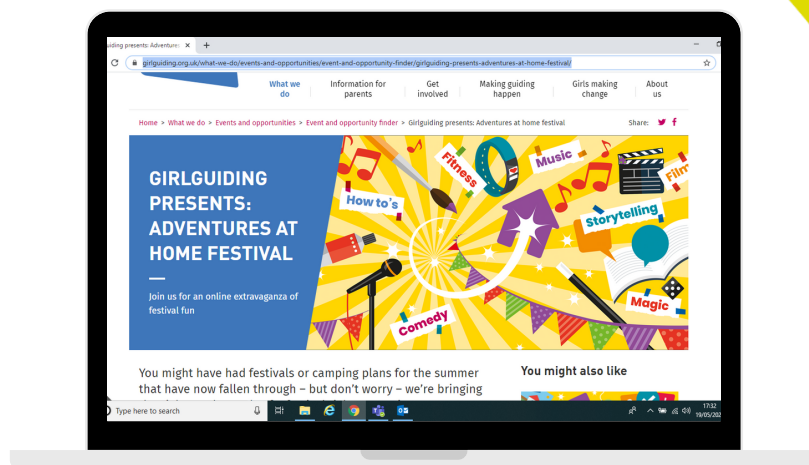
Cora Johnston  
brightened  
someone's day  
when she decided  
to send a letter  
thanking the staff  
in her local Spar!



# Adventures at home festival

GirlGuiding.org.uk are holding an all day festival this Saturday 23 May on YouTube. Families have to register and it is open to everyone, not just those involved in Guiding.

click here





# Take Notice!

## Taking Notice of Me

This week we are going to **take notice of ourselves**. It's a really important life skill to notice how we feel and the different things we find easier and trickier.

We are challenging you to play 10 different games. While you play **take notice of how you feel** and then write your thoughts in the boxes at the bottom of this page. Work out which type of games you enjoy playing and which type of games you don't enjoy.

| Ten Games I Played | On my Own             | Outside               | With 2 or more players | With an adult         | Chance                |
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I enjoy these types of games...

I don't enjoy these types of games so much...

# Keeping in Touch

The staff in Primary Behaviour Support & Provisions aren't visiting their pupils in school right now but we are still connecting, taking notice and supporting through lockdown. While we are apart we hold our pupils in mind and these photos help!



Dylan loves a project - when he finished making the whole world he said, "Next project please!"



Tiernan has been sorting his football cards! He entered a competition in a football magazine with this picture.



Jay painted fab garden ornaments



Logan answered his teacher's challenge and constructed a tall Lego tower



Ethan loves listening to and telling stories. He used his great imagination to make his very own book!



Jake made a delicious cake



Summer shared her self portrait on SeeSaw



Lindin and his Dad made wheaten bread



Keavy shared her fabulous Art skills when she worked with her sister to make a beautiful butterfly

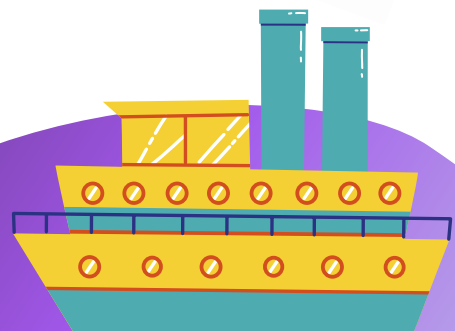


Keep Learning!

# Beautiful Oops!

Right now scientists around the world are working hard to develop treatments and a vaccine for Coronavirus. These scientists know that every mistake and every medicine that doesn't work is just an opportunity to learn more. They are looking for the beautiful oops! Here are two examples of discoveries we know and love that happened by accident or when someone made a mistake!

[Click here for more](#)



Richard James was trying to develop a spring to help support equipment on naval ships. One of the springs fell off a shelf - oops! But when Richard saw how it moved he invented the slinky - beautiful oops!

Alexander Fleming was growing bacteria in his messy lab. When he came back from holiday he found his bacteria contaminated by a green mould- oops! But when Alexander saw that the mould was killing the bacteria he realised this could stop infections.

So now we have anti-biotics - beautiful oops!

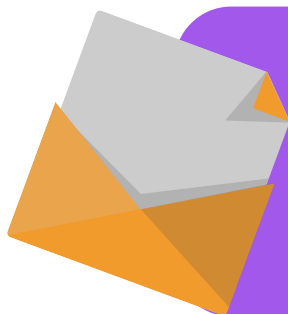
When you make mistakes this week (which is a great thing because it means you are learning something new) think like Alexander and Richard - see the beautiful oops!

# Happy Accidents!

Primary Behaviour Support & Provision staff have plenty of stories about mistakes they have made - enjoy these stories of the happy accidents and how their oops became beautiful!

I decided to bake scones with the pupils in Lea Green. They looked delicious when we were making them. Some had cherries, some had cheese and some had chocolate. We had a great time making them but when we started to bake them, they stayed flat. In fact they became more flat the longer they were in the oven. By the time they came out they were rock hard. I had used plain flour instead of self-raising flour- oops! BUT they made lovely biscuits- beautiful oops! I always use a scone recipe for my biscuits now. YUM!

Ms Moir



When I finished teacher training I applied for three jobs near my home in Edinburgh. But the applications arrived too late- oops! So after a wee cry, I tried for jobs far from home. Two hours after landing in Belfast I met Mr Galbraith - beautiful oops! It's 19 years later and I'm so happy the applications were late!

Mrs Galbraith

I was baking at home with my daughter. I forgot to take the buns out of the oven. When I remembered, the buns were very over cooked and too hard to eat- oops! We were disappointed but decided to crumble them up and leave them outside for the birds. We went to the shop to get some more buns. When we came back the garden was full of lots of different birds eating up the crumbs- beautiful oops! We had some tea and watched the birds. It was lovely.

Mrs McShane



I made a pavlova for visitors one evening. My Grandson came in and lifted it. It fell on the worktop- oops! I said don't worry and turned it into an Eton Mess - beautiful oops! It went down a treat.

Mrs Burns

Let us know about a happy accident in your home that turned into a beautiful oops and don't forget to let us know if you try any of the activities from this newsletter!

[primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

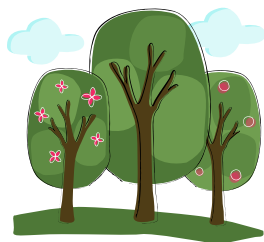
# Less Stress Learning



Some days the battle to get everyone sitting at the table and ready to learn is just too difficult! Here are some ways to help your child keep learning without getting out books and pencils!

## Cooking and baking

- Literacy – Reading and following instructions, writing their own cookbooks.
- Numeracy – Measuring ingredients, adapting recipes, sharing out items so that everybody gets a fair amount, cutting bakes into equally-sized pieces, setting the timer on the microwave and checking how long the cooker has been on.
- Science – how ingredients change when they are heated, cooled, mixed.



## In the garden

- Literacy – Reading and following instructions on seed packets, key word hopscotch
- Numeracy – Throw and catch a ball whilst counting in multiples of 2, 10, 5 etc , make numbers or letters using leaves/stones/twigs
- Hide some “treasure” and make a treasure map of the garden to help someone find it.

## Get Creative

- Lots of excellent Arts and Crafts ideas online – using things that are easily accessible around the house (e.g. toilet/kitchen roll tubes, dried pasta or rice)
- Singing - Jolly Phonics songs available on YouTube, memory songs, action songs, counting rhymes
- Creative play - Shaving foam or flour make a great canvas to practise letters/words/numbers.
- Get out the Lego blocks and enjoy some problem-solving fun



## Play a game!

- Literacy - Scrabble, Boggle, Taboo
- Numeracy - Snakes and Ladders, Ludo, Monopoly
- Problem-solving - Draughts, Chess, Guess Who, Kerplunk
- Social development –turn-taking, winning and losing, coping with competitiveness, playing nicely so that everyone can have fun.

# 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 adult set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



## Cotton Ball Hockey

Lie on the floor on your stomachs or sit with a pillow between you. Blow cotton balls back and forth, trying to get the cotton ball past your partners defence. You can increase the complexity by saying how many blows can be used to get the ball across the pillow, or by both trying to blow at the same time to keep the ball in the middle.

## 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.



## Foil Prints

Using aluminium foil, shape a piece of foil around a child's elbow, hand, foot, face, ear and so on. It helps to place a pillow under the foil and have the child press her hand or foot into the soft surface to get impressions of the fingers and toes. A parent may be called in to guess which print goes with which body part. This is also structuring since it defines body shapes and boundaries.

## 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..

## 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.



## Balloon Between Two Bodies

Hold a balloon between you and the child (such as between foreheads, shoulders, elbows) and move across the mat without dropping or popping the balloon. See whether you can do this without using hands.

Grown ups, the Help Hub is just for you. We know that you are all having to adapt and manage a lot more challenges than usual- we would like to help! Are there any specific issues or topics you would like us to cover? Get in touch and let us know at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk).



# Connect- Being held in mind

## Art Competition Guidelines

- Art includes drawings, paintings, posters, textiles- anything that you consider to be visual art.
- All entries must be original and unique – please do not copy anything you have seen elsewhere.
- You must not include any characters that you haven't created. For example, a poster showing Minions will not be shortlisted.
- All entries must focus on the theme of 'Connect- being held in mind'. Any entries which do not focus on this theme will not be eligible for shortlisting.

## What will happen to your entry?

Entries which reflect the theme of 'Connect-being held in mind' as outlined above will be shortlisted for judging. Shortlisted entries will be judged by a panel, including staff from the Education Authority Primary Behaviour Support & Provisions (PBS&P) and the Southern Health & Social Care Trust (SHSCT) and winners will be notified using details on their entry forms. A list of winners (First name, age and school) will be included in a future edition of the High Five newsletter, they may also be shared on EA, Public Health Agency and HSCT social media (First name, age and school). This competition is being supported by the EA PBS&P and SHSCT.

Prizes will be awarded to outstanding entries across the two categories. Children with a special educational need can choose to have their entries considered for an additional 'merit prize'.

Entries may be posted on social media across the EA, PHA and HSCT. Entries may also be used in future EA, PHA and HSCT trainings and publications. A number of entries will be framed and displayed in HSC hospital facilities.

## What are the age categories?

There are two age categories for the competition, based on the school year group of the child:

- Up to Year 4
- Year 5 – 7

Children with a special educational need can choose to have their entry considered for an additional Special Merit Prize.

## Who can enter?

Entry is open to nursery and primary aged children and young people who attend a school in Northern Ireland. Consent from Parent/Guardian is required to submit artwork.

## How to enter

Entries to the art competition should be photographed (either using a camera or phone) and e-mailed to: [Primarybsp.enquiries@eani.org.uk](mailto:Primarybsp.enquiries@eani.org.uk) (subject line: High Five Art Competition).

Entry form is found on the next page. A completed entry form must be attached to each competition entry.

All entries must be submitted by **Wed 10 June 2020**

If you have any questions about the competition you can contact us at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



# Entry Form

Name:

Age:

Name of School:

School Email:

Name of Parent/Carer:

Telephone of School:



Please tick all that apply

Age group: Up to Year 4

☐

Year 5-7

☐

Young people with a Special Educational Need (SEN) can choose to have their entry considered for an additional Special Merit Prize. Please tick here if you would like your entry to be judged in this category.

☐

I confirm that all details submitted on this form are true and that the entry reflects only original work of the young person named above.

☐

I give permission for a copy of this artwork and child's details (First name, age and school) to be shared in a future edition of the High Five newsletter, if applicable.

☐

I give permission for a copy of this artwork and child's details (First name, age and school) to be shared on EA, PHA and HSCT social media, if applicable.

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I give permission for a copy of this artwork and child's details (First name, age and school) to be shared in future EA, PHA and HSCT trainings and publications, if applicable.

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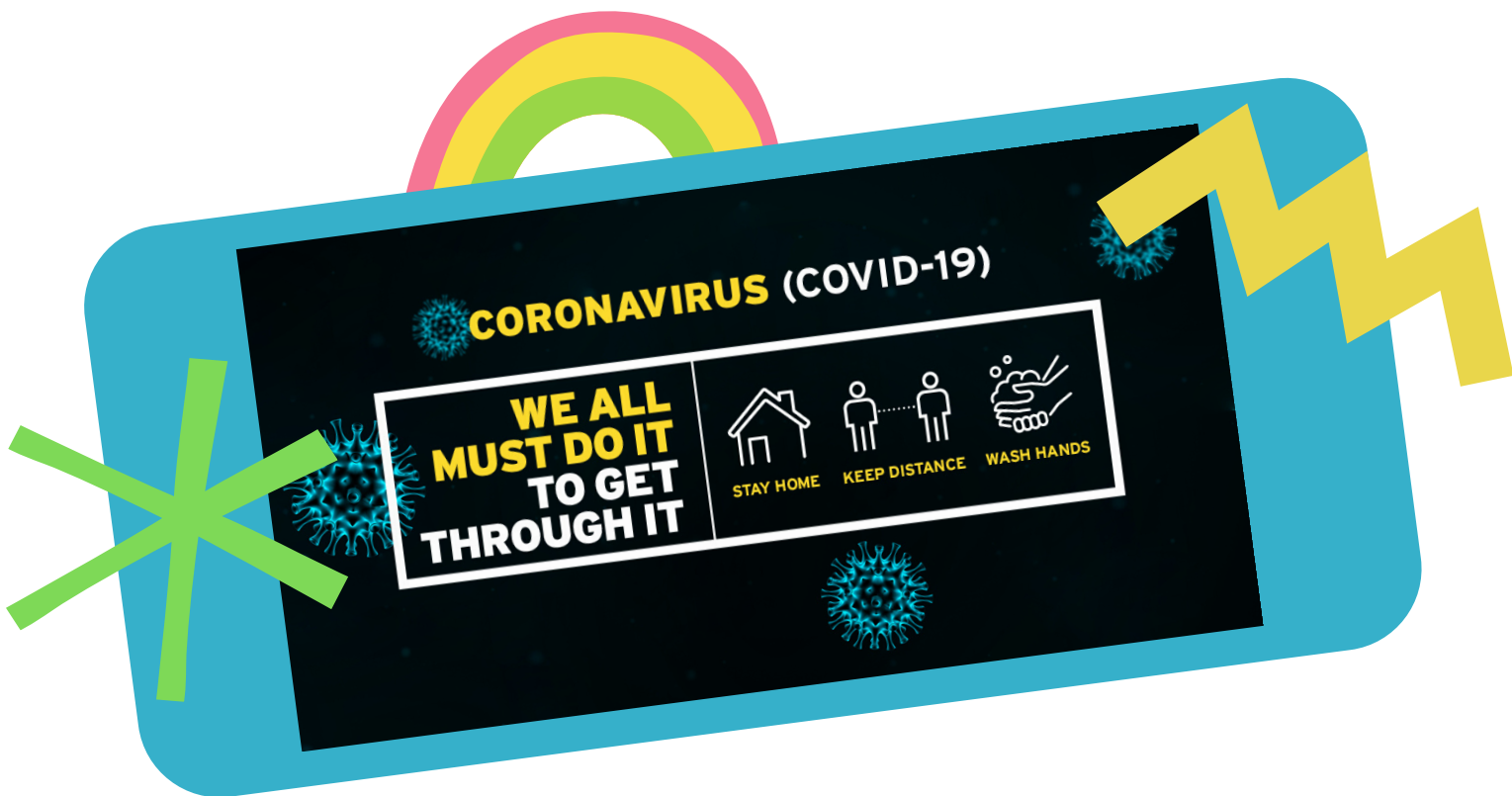
I give permission for a copy of this artwork and child's details (Christian name, age and school) to be framed and displayed in HSC hospital facilities, if applicable.

☐

**Please ask the Parent/Guardian named above to check your form and sign.**

Name

Signed



[Click here for a film about staying home](#)



[Click here to learn about keeping distance!](#)



[Click here to see how to properly wash your hands- sing a long!](#)



[Click here to keep up to date with the Public Health agency](#)

