

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

Issue 22: Friday 23 April 2021

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



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. Did you know that when penguins lay an egg, they take turns to make sure that it stays safe and warm at all times until it hatches? The parent penguins take turns to carry the egg on their feet for months, until their little chick hatches. This week in High Five, our focus is to Be Conscientious. That big word just means that we can make a plan, stick to it and see a job through until it is finished. Just like those hard working penguins who keep going even in extremely cold temperatures, until they reach their goal and their chick is born.

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>

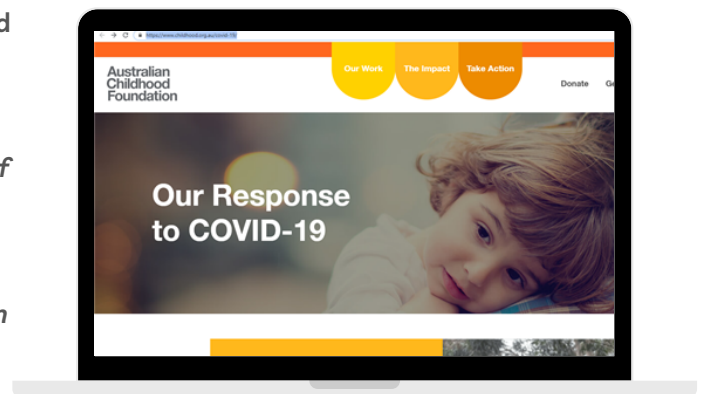
We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

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.**

Helpful Resources

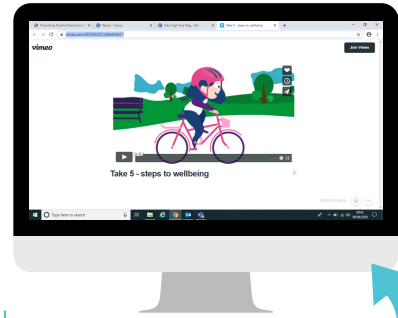
The Australian Childhood Foundation have developed some lovely resources to help us support our children.

"We know children are currently experiencing a lot of fear, worry, and anxiety as a result of the Coronavirus crisis. We have produced a number of resources that we hope can help parents and carers manage some of the stress and help explain things in a way that children can understand."



Take5

steps to wellbeing



Watch a short video about Take5 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.



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 a part of High Five!

Since last September we have been inspired, supported and challenged to be the best we can be by so many different schools. If you would like your school to feature in an issue of High Five let us know at primarybsp.enquiries@eani.org.uk.



Who Inspires Supports and Challenges you?

Talk about the people who have inspired you in the past and people who inspire you now. The people who make you want to try to be the best you can be.



Talk about the people who have supported you in the past and people who are supporting you now. The people who are there to help you be the best you can be.



Talk about the people who have challenged you in the past and people who challenge you now. The people who know you need to take risks and try new things to be the best you can be.



Be conscientious

That big word just means that we can make a plan, stick to it and see a job through until it is finished. We need to take our time and keep checking to make sure we are doing our best job.



Make a plan and stick to it

Being conscientious means we choose to do these things because we want to be the best we can be! We don't just do them because adults want us to.

Take your time (no need to rush)



Keep checking (are you doing your best job?)

What makes it hard to be conscientious?

Talk about a time you were conscientious. What was the task? How did you feel when you were doing it? How did you feel when you completed it?

What helps when you are trying to be conscientious?

When we are in school we are rarely on our own! It's important that we find a way to work together with everyone in our class to help us all be the best we can be. Work together to come up with a class plan to help each other be conscientious.



Make a note of what you find helpful when you are trying to be conscientious and what you find unhelpful.

Share your notes with the people who work close by you in the classroom.



Remember we are all different! What one person finds helpful another might find unhelpful. Listen to your friends!



Choose to support the people you are in class with to be the best they can be. Listen to what they find helpful and choose to help them!

Over the next few issues we are going to take notice of ourselves!

My Reading Profile



What type of fiction stories do I enjoy? Adventure? Scary? Funny? Sad?

What type of non fiction do I enjoy? Animal? Science? Countries? Blogs?

Do I like to read in peace and quiet or do I like to talk about what I am reading?

Do I prefer to read a book with pages or do I prefer to read on a screen?

Does it help to see pictures or do I prefer my own imagination?

What blog or story have I read more than once because I enjoyed it so much?



Send us your book recommendations to primarybsp.enquiries@eani.org.uk

Keep Learning

Being conscientious means we keep trying and work to overcome any barriers that stand in our way. The world of celebrities is filled with people who found learning difficult, but kept trying to achieve their dreams.

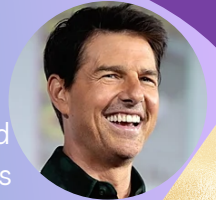
Michael Phelps - Olympic Swimmer

When he was at school, all of Michael's teachers told him off for not sitting still and not concentrating on his work. He discovered that swimming helped him to focus and so he worked hard on his swimming. In his swimming career, he has won 18 Olympic gold medals!



Tom Cruise - Actor

Tom Cruise was diagnosed with dyslexia when he was only 7 years old and he found reading very difficult. Reading is very important for an actor because they have to read their lines for their part. Tom didn't let his difficulty hold him back and learned a new way of picturing what he was reading so that he could remember it.



Daniel Radcliffe- Actor
Even as an adult, Daniel Radcliffe still has difficulty with things like handwriting and tying his shoelaces. When he was at school, he did not have a lot of confidence in himself and so his mother encouraged him to start acting to help boost his confidence. When he landed the part of Harry Potter, he became one of the most famous faces in the world!



Steven Naismith - Footballer

Steven Naismith struggled with reading at school and learned to work extra hard just to do things like reading in front of his class. He believes that this hard work attitude is partly what got him to where he is today. In a newspaper interview, he said, "I am a grafter, not a star".



Give

Over a year ago we used to give and receive hugs from people outside our household bubble. Hugs help our bodies produce oxytocin which helps us feel content, calm and safe.



But what if there was a way we could give hugs while keeping a distance? Click on the links below for some good ideas!

 Click here



 Click here

Make a plan- how will your class boost the helpers (see The Hugs and Their Helper Friends) in school this week?

Being physically active is important as it:

- **builds confidence and social skills**
- **improves concentration and learning**
- **strengthens muscles and bones**
- **improves health and fitness**
- **improves sleep**
- **makes you feel good!**

You could try some of these quick exercises with your friends in school or with your family at home. Set yourself a challenge and try to do something every day. Make a plan and try to stick to it. Most importantly have fun!

Balance a ball on your head



Do 10 star jumps

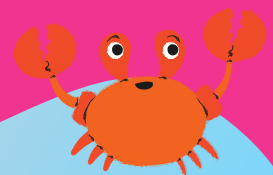


Choose a song and create your own dance routine

Stretch as high as you can

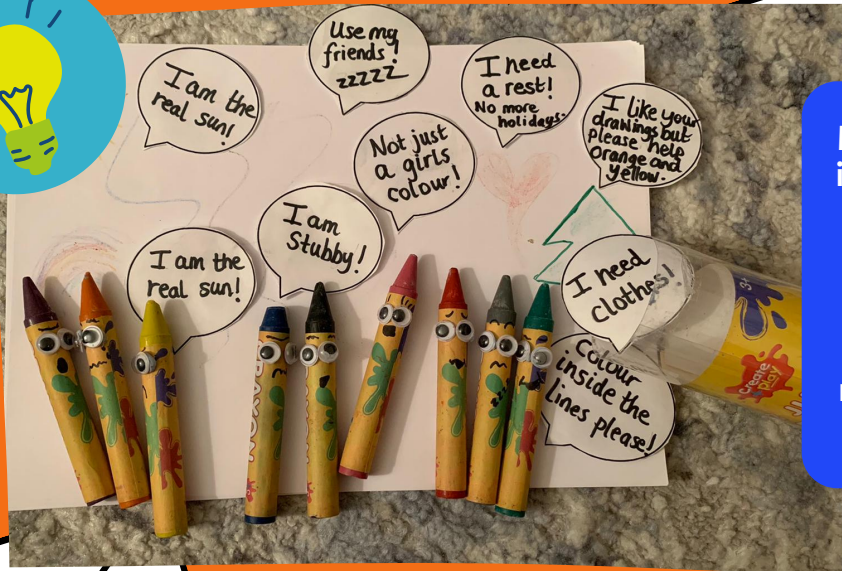


Walk like a crab for 1 minute

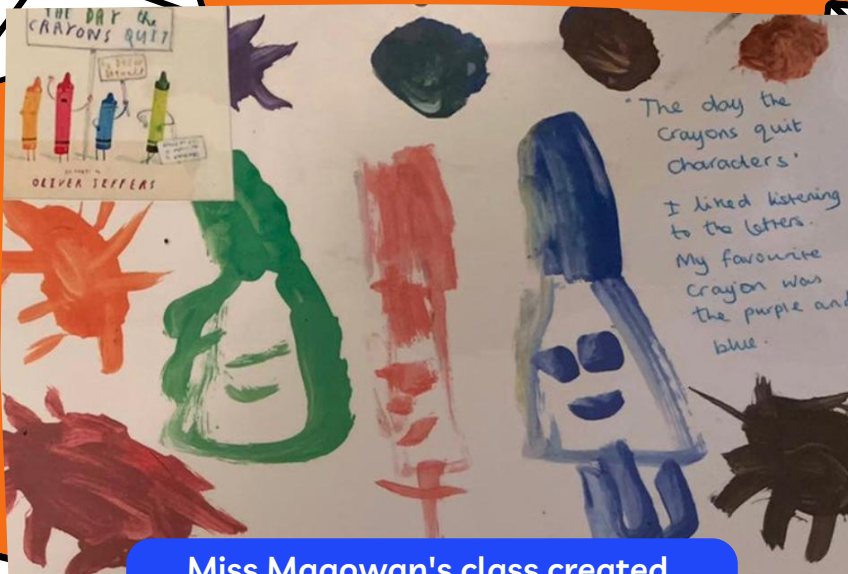


Hop around like a frog for 1 minute





Miss Magowan teaches in England. After seeing our features on The Day The Crayons Quit she sent us pictures of the set of crayons she made herself. All you need is a set of crayons and googly eyes!



Miss Magowan's class created crayon inspired art on World Book Day

Send pics of your class trying out activities inspired by High Five to the email address at the bottom of this page.

Tell us your High Five news at primarybsp.enquiries@eani.org.uk



For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at primarybsp.enquiries@eani.org.uk



Understanding Behaviour

Click on this link and you will find 10 bitesize videos to help you understand your child's behaviour through the lens of temperament.

"In this series introduction, Mary Gordon unpacks your child's temperament traits and describes how your own temperament traits impact the way you relate to your child, giving you another lens on parenting" Roots of Empathy



Click here



Click here for the latest issue of the Literacy Service newsletter

Top Tips for Getting Back into a Routine



- Don't go to bed late the night before school
- Get the school uniform out ready the evening before
- Pack the school bag the night before
- Wake your child up in a positive happy mood
- Don't lie in, wake up with lots of time
- Make sure you give yourself enough time in the mornings, so you don't feel stressed
- Have a filling breakfast!



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

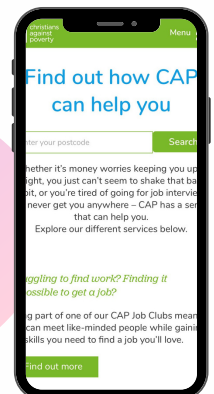
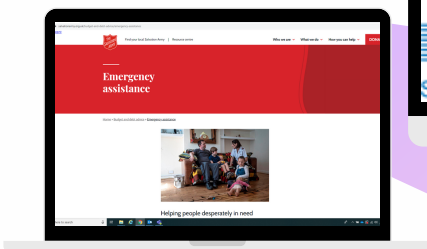
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



Click here

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



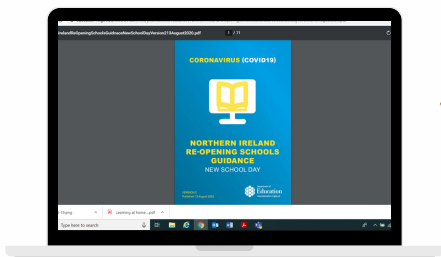
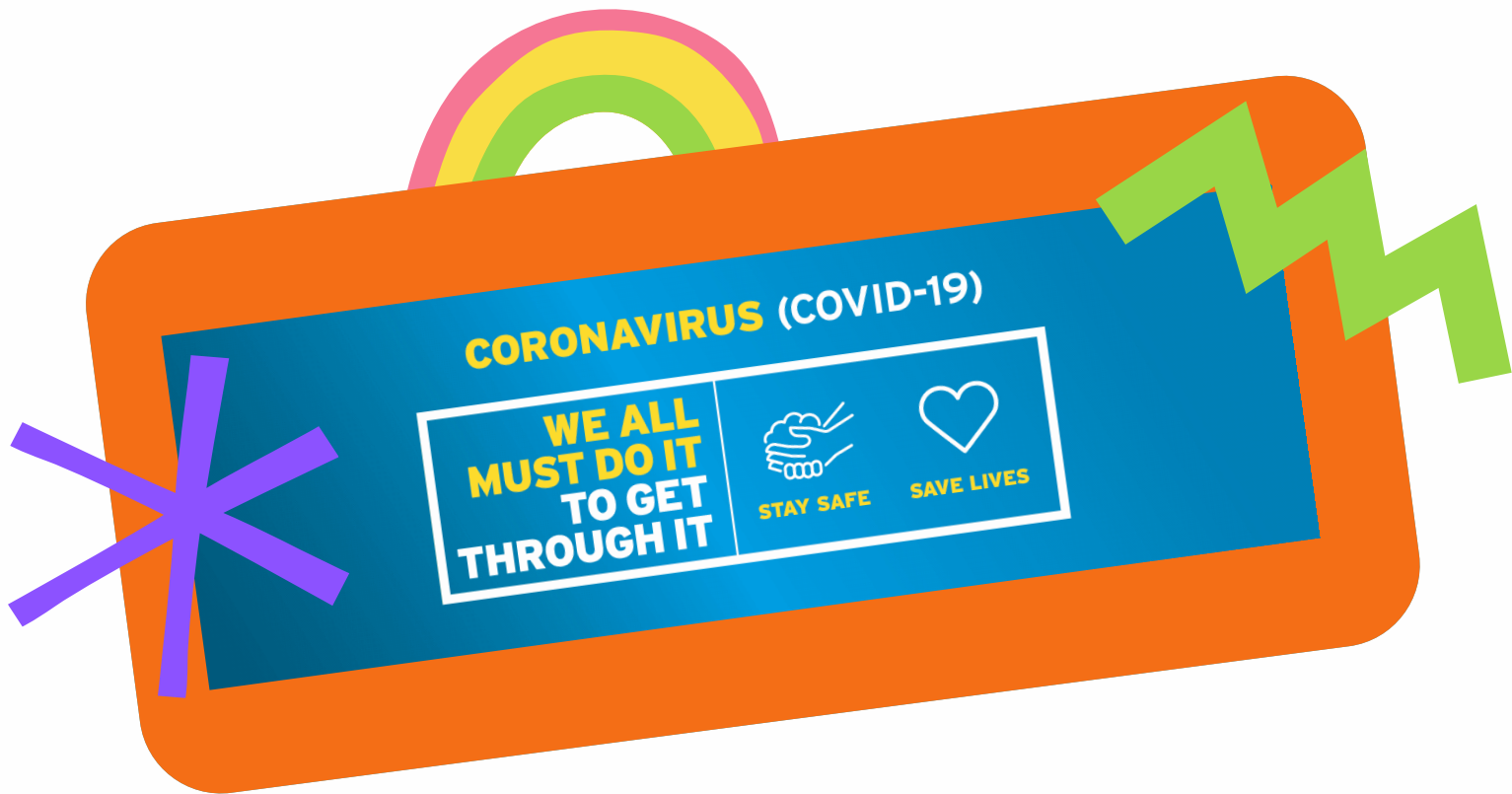
Childline



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.



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.](#)

