

Issue 65: Friday 29th Sept 2023

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

**High  
Five**



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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. Our theme in this issue is to Be Self Reflective. September is a strange month - it's over before you know it but at the same time the summer holidays seem a really long time ago! This issue is packed full of ideas to help us pause and reflect on ourselves.

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.**



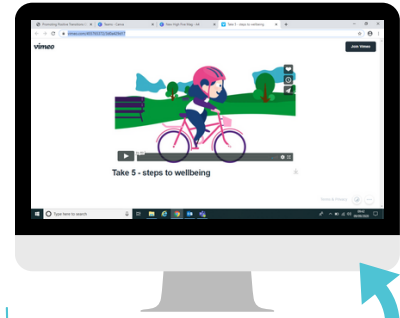
## High Five Hub

Did you know you can access the High Five Resource Hub on any device if you have a C2k account? Just follow the steps below:

- ✓ Go to Google.com  
Click sign-in
- ✓ Type your C2ken.net account name in and click next
- ✓ Input your C2ken.net account name once more along with your C2k password
- ✓ You can now access High Five Hub on this device- scan the QR code to get started!

# 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 Self Reflective

Our first High Five challenge in school this year is to be self reflective. Often we rely on what other people think of us - what we wear, what we do well, what we don't do well. While it's useful to hear opinions from other people it's so important that we start with what we think!

Think about the 4 questions below - make notes or draw pictures about them in your High Five Journal.



What's going well for me right now?

What's helping?

What's not going well for me right now?

What might help?



Now that you have reflected on these questions yourself choose someone you trust to ask their opinion. Remember you don't have to agree with them! It's just helpful to see things from a different angle.

## Activity Log

Being active just doesn't improve our physical health but also our emotional well being. Now is the perfect time to add exercise into our day. In school there are lots of opportunities to keep our bodies active – P.E lessons, daily mile, playtime at break and lunch. Why not set yourself a challenge to see how many ways to be active during the school week. You could complete an exercise log and compare it with your friends.

Here's an example of an activity log.

	Activities in School	Activities at home
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

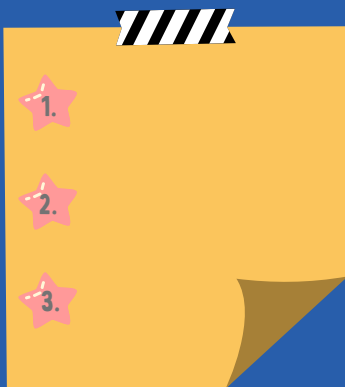


[Click here to access more ideas to Be Active \(C2ken sign-in required\)](#)

## Positive Self Reflection

Encourage positive self reflection by trying some of the following activities...

**Write 3 positive things about yourself each day**



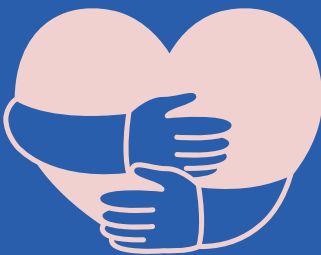
**Journal about positive experiences**



**Don't compare yourself to others, solely reflect on your own abilities**



**Practice acts of kindness**



**Have a positive mindset**



**Start a gratitude journal**



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



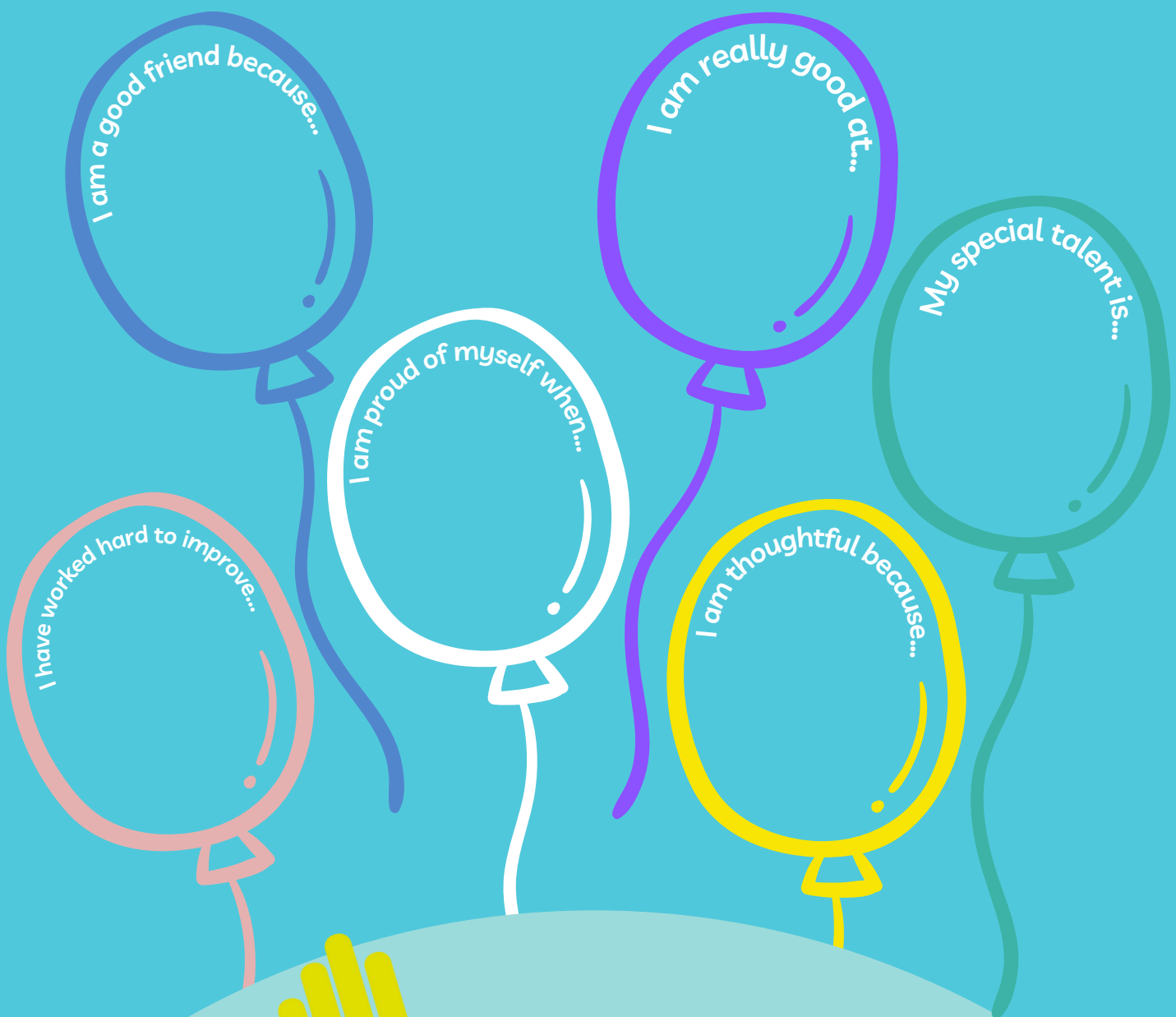
## What Makes Me Special?



I am an Amazing Person



Write down all your qualities that make you special, you could even ask your family and friends. Then put it somewhere you will see it everyday to remind yourself of all the good things about yourself. Read and finish the sentences in the balloons below...



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



# Take Notice

## My Weekly Activity Journal

Another great way to record your week is to complete your reflections of my week activity journal. You can think about a time in the week when you did something kind, fun, adventurous or something you found difficult and needed some support with. These don't just have to be at school they can be at home activities too. It is also a good opportunity to set yourself new goals of what you want to achieve. Always remember its good to be you!!



I had great fun when...

I needed some help with...

I was adventurous and tried something new when...

My 'Wow' moment was...



WOW!  
I am proud of...



I have been kind to...

My goal for next week is...

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



High Five

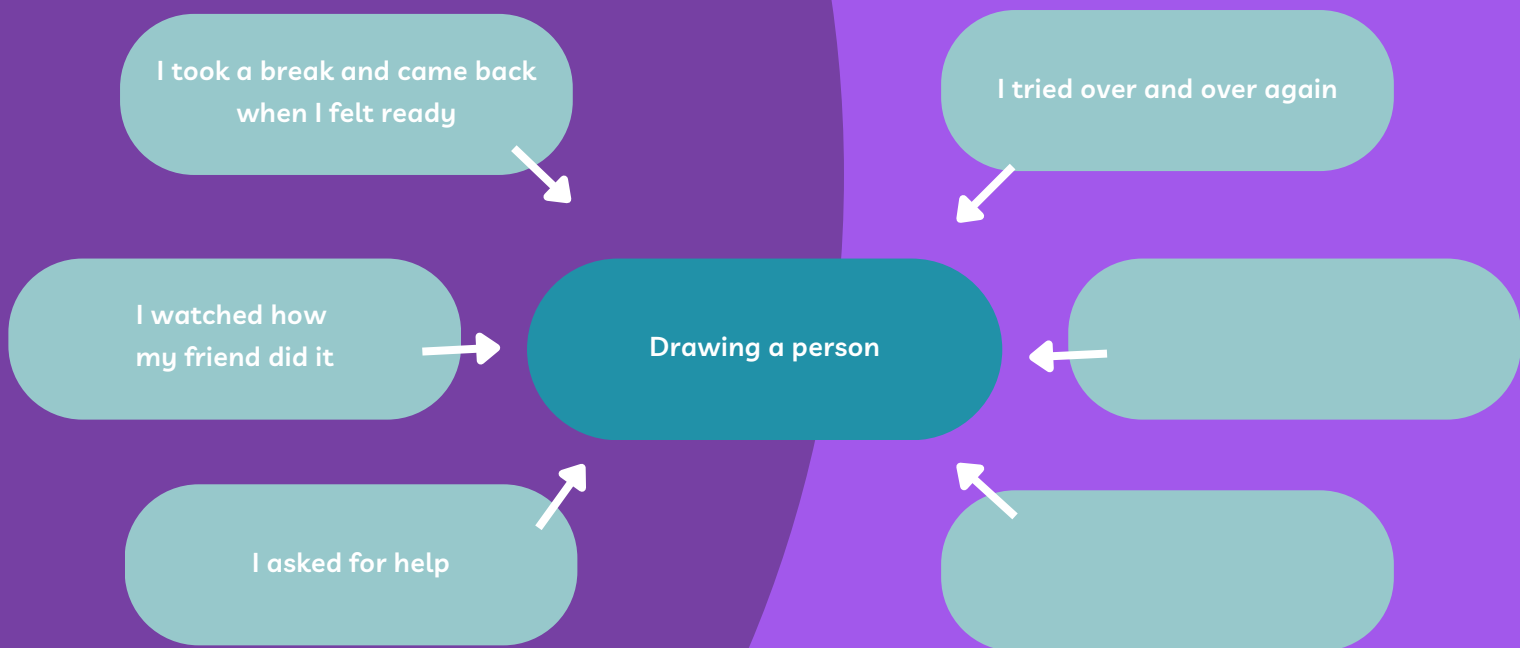
## Think Back Activity

Learning something new can be tricky and change doesn't happen straight away but there are always the small wins to notice and be proud of. Try to train yourself to notice the small wins in your week both at school and at home. Use a journal to help you keep track of your progress.

## Think Back Activity

Reflect back on the times when you haven't got something right on the first go, or when you first met your classmates or friends. It takes time to build confidence and we have to remember that like any skill we can build and develop our confidence, but it takes practice!

- Record a time you found things really hard, write it down or draw a picture.
- Now record all the things that helped you to succeed and feel confident in your abilities.
- You can also use this and plan how you can do things and notice what you are able to do by yourself, independently, or when we can have confidence in others and we can ask for help.



A helpful tool is 'my 3 good things' journal – this lets you note daily 3 good things that have happened that day, at the end of the week you can then reflect back on them week to week. Try to add new things every week.



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

## Self Care September

This month was self care September, when we focus on caring for ourselves. Now that we have come to the end of the month you can reflect on how often you did something to care for yourself and your well being. You could also encourage your friends and family to share as well and discuss together how everyone got on.

Doing things that you enjoy



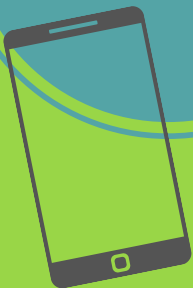
Being active and trying to eat healthy



Talking about feelings



Limiting screen time



Relaxation



Getting plenty of sleep



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



# Inbox



Tamnamore



## Take 5 Schools

'Portadown Cares' were very kind to our young people and families in Tamnamore EOTAS last year and will continue to support us this year. Portadown Cares lent us a throne for the King's Coronation, and candy floss and popcorn machines for our end of term celebrations. They provided toys for our young people at Christmas and at the end of term.

Portadown Cares was set up in 2012 to assist the town as a whole. The Portadown Cares shop, in town, accepts a range of donations and uses proceeds from sales to fund activities throughout Portadown and to fund their Community Hub. Portadown Cares annual 'Strictly Come Dancing' event has raised over £200,000 for other charities.

Staff from Locality South West, Primary Behaviour Support & Provisions decided to 'give back' to Portadown Cares for their support of our young people and families by holding a coffee afternoon. We raised almost £200 for Portadown Cares which was greatly appreciated.





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



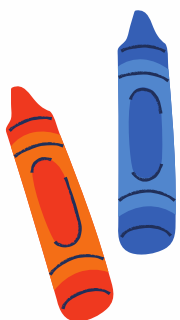
# Self Reflection Ideas to Help Children

Self reflection means understanding who you are and what you feel. It means getting to know your values, your strengths, your weaknesses, and why you think and act in certain ways. For children, self-reflection is a skill that needs to be learned just like any other.

## Why is Self Reflection Important?

Being able to reflect on experiences and emotions helps us to learn from mistakes and respond empathetically to the feelings of others. It helps us to become effective learners because we can self evaluate our working methods and think of ways to improve.

Children who develop self reflection skills begin to foster other social and emotional skills like self-regulation. This is when a child understands how to keep certain emotional impulses in check and respond appropriately to the situations they find themselves in. Self reflection is incredibly important, not only to a child's school experience but also to their personal development and social interactions into adulthood. Here are some games to help your child develop and improve self reflection...

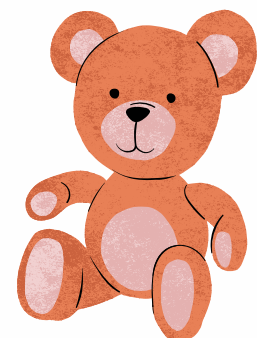


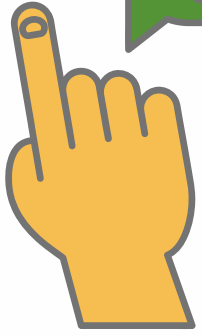
### Art Expression

Using crayons or modeling clay, get children to create a representation of different emotions – anger, happiness, frustration, or excitement. Or just get them to create something that shows how they're feeling right now. This activity allows children who don't yet have the skills or the vocabulary to talk about emotions, to communicate how they are feeling.

### Puppet Show

Get a few of your child's favourite stuffed animals and put on a puppet show. Act out a past situation of exactly what happened. This could be your child getting angry at their sibling or feeling scared of the dark.





### Emotion Matching

For this activity, you need to print out the names of lots of different emotions and pictures of faces showing those emotions. Children need to work to match the face to the description, learning how people look when they're feeling a certain way and getting lots of opportunities to talk about their own emotions too.



### A Bag of Beads

Fill a bag with colourful beads and create a colour key. Each colour corresponds to a different feeling – happiness, sadness, anger, worry, excitement. Take it in turns to pick a bead from the bag (without peeking!). Then talk about the things that cause you to feel the corresponding emotion.

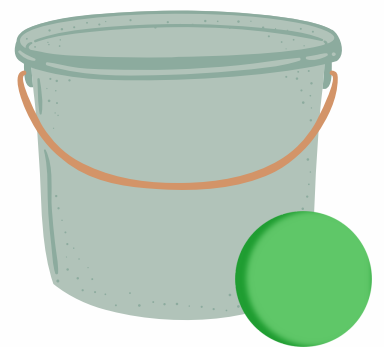
### Who Am I?

Print off emoji faces. Then using sticky tape, attach a face to your child's back and ask them to work out which emotion they are by asking questions. You (or their teammate) can only answer yes or no. This is another great way to enhance emotional understanding, which kids can then apply to their own experiences.

### Bucket Ball

For this game, you need six buckets and a ball (or six plastic cups and a ping pong ball). Each bucket has a label along the lines of these examples:

Something good that happened today. Something bad that happened today. Something you're looking forward to right now. Something disappointing that happened today. Try to throw the ball into a bucket. Each time it lands in a bucket, share your response to whatever you see on the label. It's a good idea to play this game in the late afternoon or early evening. It helps your child to reflect on and express the emotions they have experienced throughout the day.



### Scavenger Hunt

Create a scavenger hunt checklist of things your child is grateful for. For example, something they find useful, something that smells good, something they couldn't live without. Then get them to race around the house trying to find things that fit into each category.



## Help your child support their emotions through these calming activities:-

**BLOWING BUBBLES** — this can have a very calming effect on children, as blowing encourages your child to practice deep breathing.

**HOLD TIGHT** — give your child a squeezey ball or cuddly toy, as this can help your child release all that tension.

**PLAY SOME MUSIC** — particularly calm music. Get your child to sing along as this can soothe and release tension.

**TALK A WALK OUTDOORS** — green spaces can be particularly calming.

**HUG IT OUT** — give your child a comforting hug as this will help your child feel safe and loved.

**STRETCH IT OUT** — help your child to stretch their arms above their head, stand on their tip-toes. Help your child stretch as tall as possible, then flop back down. Show them how to stretch out like a cat or reach up to the sky.

**CLOUD SPOTTING** — lie on the ground with your child and encouraging them to stay as still as possible while you watch the clouds go by. See if your child can spot any shapes among the clouds.

**RELAX WITH CBEEBIES RADIO** — relax and listen to calming music. CBeebies radio has relaxing sounds such as waves.



Click here

**PLAYING WITH PLAY DOUGH** — engages children for a long time. You could include some calming smells such as lavender into the play dough. Here is a homemade no cook play dough recipe:

- 8 tablespoons plain flour
- 2 tablespoons table salt
- 60 ml warm water
- 1 tablespoon vegetable oil
- Food colouring, optional

Mix the flour and salt together. In a separate bowl mix the water, oil and food colouring if using. Pour the liquid into the flour mix until combined. Knead together for a few minutes to create a smooth dough.



## Autism Support Cafés

“We are inviting parents and carers of children of all ages, who have:

- an autism diagnosis
  - are awaiting an assessment
  - are displaying early indicators (suggesting their child may be Neurodiverse),
- to attend our next Autism Social Café with local support groups, information stalls and short workshops.

These events are in partnership with statutory services and community and voluntary organisations who can support families on their autism journey.

Our aim is to bring together parents, carers and organisations, to provide support and information on services available. We are hoping that parents and carers will help us shape our plans for future events across the WHSCT, provide feedback, ideas and suggestions. Input from parents and carers will be extremely valuable in the co-design of our future Social Café’s.”

**Autism Support Café**

**WE ARE INVITING PARENTS AND CARERS OF CHILDREN OF ALL AGES, WHO:**

- HAVE AN AUTISM DIAGNOSIS
- ARE AWAITING AN ASSESSMENT
- ARE DISPLAYING EARLY INDICATORS (SUGGESTING THEIR CHILD MAY BE NEURODIVERSE)

**TO ATTEND OUR NEXT SUPPORT CAFÉS**

**Our aim is to bring together parents, carers and organisations, to provide support and information on local support services available. Workshops available on the day.**

**Autism Support Café**

**DATES:**

- OMAGH**  
FRIDAY 6TH OCT 2023  
OMAGH LEISURE CENTRE
- LIMAVADY**  
FRIDAY 23RD FEB 2024  
ROE VALLEY LEISURE CENTRE
- FERMANAGH**  
FRIDAY 17TH NOV 2023  
LAKELAND FORUM
- DERRY/ LONDONDERRY**  
THURSDAY 25TH JAN 2024  
TEMPLEMORE SPORTS COMPLEX

**STRABANE**  
FRIDAY 22ND MARCH 2024  
MELVIN SPORTS CENTRE

**Times: 11am-1pm**

Information Stalls.  
Optional workshops on the day.

Health Improvement Equality & Involvement

Tea & Coffee provided

Booking is not required.

Any further questions email

ClaireA.Hamilton@westerntrust.hscni.net





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!



# Nurture Self Reflection

The SEN Resource File has useful restorative questions to help nurture reflection. Click on the image for more information.



Replace blame with curiosity



Mr Guthrie, Principal Ebrington Primary School

Consider body language and tone of voice when asking these questions. Follow Mr Guthrie's advice and replace blame with curiosity when encouraging reflection.



This #HelloYellow, stand out and show up for young people's mental health

# World Mental Health Day

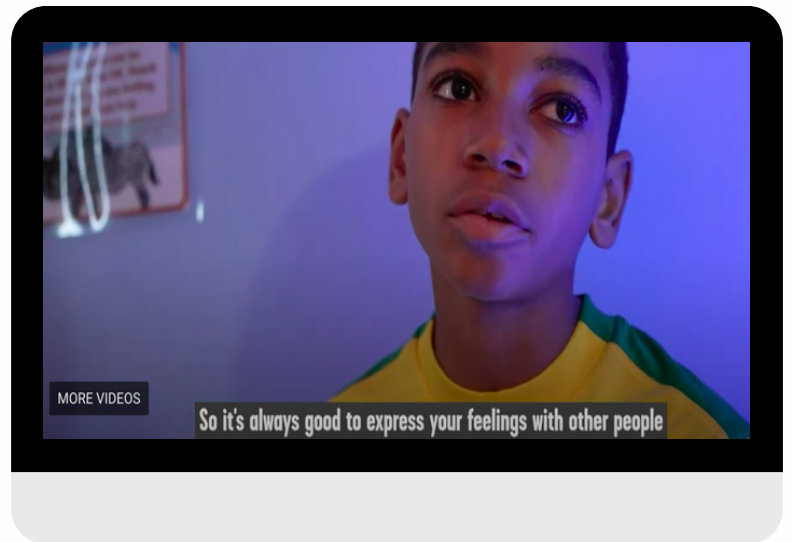
'We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

By wearing yellow this **World Mental Health Day on 10 October**, and donating what you can, you can show young people that you're with them. Show them that they matter and deserve the support they need, when they need it, no matter what.

Join thousands across the country to stand out and show up for young people's mental health this #HelloYellow. Are you in?'

**YOUNG Mi MINDS**  
fighting for young people's mental health

To find out more information & how to register click here



Click here to see the benefits of having a #HelloYellow day in your school





# Upcoming PBS&P Training

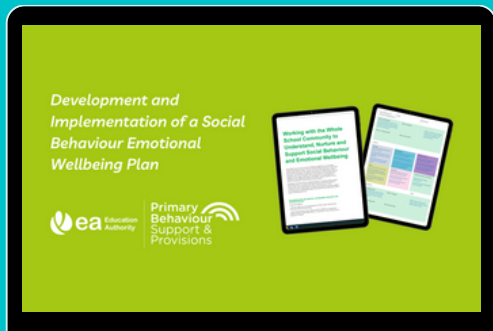
Click the images below to register for these training sessions available to school staff



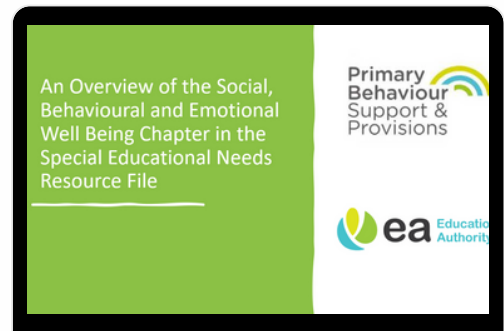
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs  
15 November, 22 November & 29th November 2023  
2:00pm - 3:30pm  
(Participants must attend all sessions)



Developing a Calm Plan  
23 October 2023 2:30pm - 4:15pm



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice  
21 November & 28 November 2023  
2:30pm - 3:45pm (Participants must attend both sessions)

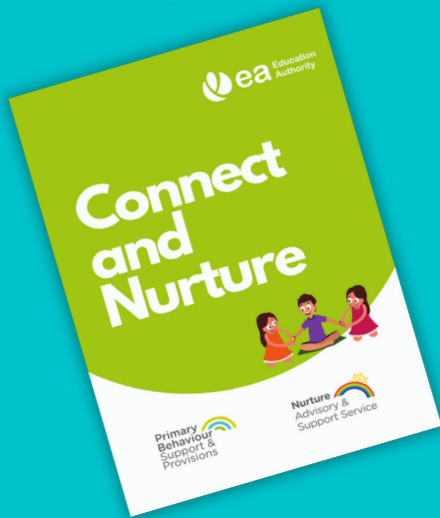


An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File  
05 October 2023 & 12 October 2023 - 2:15pm - 3:45pm  
Participants must attend both sessions

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

# Upcoming NASS Training

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 \(CAN\)](#)  
[03 October 2023](#)  
[2:30pm - 3:30pm](#)



[Theraplay Informed Practice - activities to build attachment](#)  
[10 October 2023](#)  
[2:30pm - 3:30pm](#)



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

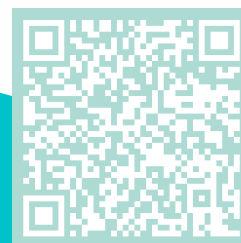
## Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

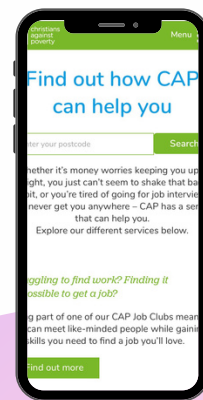
# When We Need Support

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.

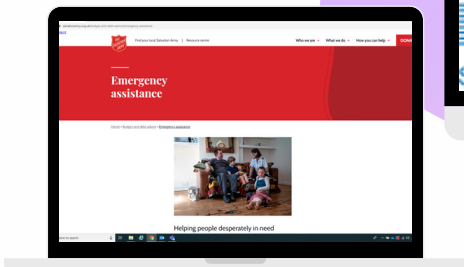


Click here

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.