

**Iompraíocht
Bunscoile
Tacaíocht &
Soláthairtí**

Tá an iris seo lón lán
smaointe maithe a
spreagfaidh thú, a thacóidh
leat agus a thabharfaidh do
dhúshlán, le cuidiú leat do
dhícheall a dhéanamh i
gcónaí!

**Cúig
in
Aird**



Taobh istigh



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Spreagadh...

Ar dtús, déanann muid iarracht bealaí nua a aimsiú le cuidiú leatsa bheith ag iarraidh do dhícheall a dhéanamh le gach tasc a bhíonn le cur i gcrích agat.



Tacaíocht...

Ba mhaith leat do dhícheall a dhéanamh agus tá a fhios agat go bhfuil muidne anseo le bheith ag cuidiú leat. Mar sin, iarrann muid ort dul sa seans agus triail a bhaint as rudaí nua dúshlánacha.



Tacaíocht...

Nuair a bhíonn tú ag iarraidh do dhícheall a dhéanamh, déanann muid iarracht tacú leat agus tú ag foghlaim agus ag fás.

Fáilte go Cúig in Airde!



Fáilte ar ais go Cúig in Airde. Tá muid ag cur tús leis an scoilbhliain úr tríd an Dialann Cúig in Airde a chur i láthair. Is bealach iontach é an Dialann do scoileanna le guth na ndaltaí a leabú isteach i ngnáthamh na scoile. Ar fud an eagrán seo, beidh smaointe á gcomhroinnt againn le cuidiú leat air seo i do scoil.

Cuimhnigh go mbíonn ár gcuid gníomhaíochtaí ar fad bunaithe ar na moltaí 'Glac 5' a rinne an Ghníomhaireacht Sláinte Poiblí (PHA). Tá a fhios againn go bhfuil sé tábhachtach ar a laghad 5 sciar de thorthaí agus glasraí sa lá a ghlacadh, le cúram a dhéanamh den tsláinte fhisiceach. Tugann 'Glac 5' cúig smaoinemh mhaithe dúinn le cuidiú linn cúram a dhéanamh dár sláinte mhothúchánach agus mheabhrach.

Is féidir níos mó eolais a fháil ar Glac 5 ag an suíomh idirlín [Take 5 Steps to Wellbeing information on the MindingYourHead](#).

Tá súil againn go mbainfidh tú sult (agus triail) as na smaointe san eagrán seo - cuir scéal chugainn ag primarybsp.enquiries@eani.org.uk agus abair linn cad é mar a d'éirigh leat.

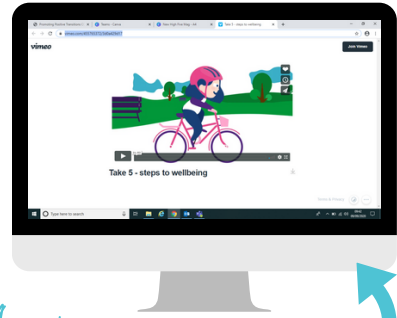
Cuir Cúig in Airde i líne an ábhair agus déan cinnte go gcuireann tú ceist ar dhuine fásta sula gcuireann tú an ríomhphost - beidh orthu a rá linn an bhfuil sé maith go leor do phictiúir agus scéalta a roinnt ar ár suíomh idirlín agus ardáin meán sóisialta.



Dialann Cúig in Airde

Is maith an t-am é mí Mheán Fómhair leis an Dialann Cúig in Airde a chur isteach go ngnáthamh do ranga. Clliceáil ar an íomhá le teacht ar oiliúint agus acmhainní le tacú leat é seo a thabhairt ar aghaidh. [Síniú isteach C2ken de dhíth](#)





Amharc ar fhiseán
gairid maidir le Glac 5
anseo.



Bí Gníomhach

Bí ag imirt, bí mar chuid d'fhoireann, bí ag siúl, ag rothaíocht, ag rith. Nuair a bhíonn tú gníomhach, bíonn tú aclaí agus mothaíonn tú go maith.



Bí i dTeagmháil

Bíodh spraoi agat le cairde, labhair le do theaghlach, cuidigh sa bhaile agus roinn do chuid mothúchán. Nuair a bhíonn teagmháil le daoine eile agat i do shaol, mothaíonn tú go bhfuil grá ag daoine duit.



Tabhair Aird

Amharc agus éist le gach rud atá ag dul ar aghaidh thart timpeall ort – athrú na séasúr, feithidí, éin, bláthanna agus tuartha ceatha. Tabhair aird ar do chuid mothúchán.



Bí Fial

Déan rud deas do chara nó duine sa teaghlach, bí ag roinnt, déan gáire. Bí fial leat féin – bí ag súgradh, bí cruthaitheach, úsáid do shamhlaíocht, tarraing pictiúr, déan péinteáil, déan damhsa, bí ag brionglóideach. Nuair a bhíonn muid fial linn féin nó le daoine eile, cuireann sé áthas orainn.



Lean den Fhoghlaim

Bí ag léamh ar mhaithe le spraoi, foghlaim an dóigh le rud úr a dhéanamh, déan do dhícheall. Leag síos dúshlán duit féin, rud sultmhar. Bíonn muid bródúil nuair a fhoghlaimíonn muid rud nua, agus baineann muid sult as.

Cúig in Airde Dialann

Mar chuid de Cúig in Airde i mbliana, tá muid ag iarraidh tú a spreagadh, tacú leat agus do dhúshlán a thabhairt Dialann Cúig in Airde a choinneáil. Ar dtús, amharc ar cheann de na físeáin thíos agus labhair le duine éigin i do rang faoi d'eachtra 'wow', nó faoin dóigh a dtiocfadh leat do dhialann a mhaisiú.

Má tá tú i R1-R3 cliceáil anseo le Dialann Cúig in Airde a fheiceáil!



Má tá tú i R4-R7 cliceáil anseo le Dialann Cúig in Airde a fheiceáil!

An chéad jab - maisigh do dhialann! Beidh dathanna, gealra, glae agus samhlaíocht mhór de dhíth ort!

Beidh tú ábalta achán ghníomhaíocht Glac 5 san eagrán seo a bhreacadh síos i do dhialann!



Tá 10 leid ann le bheith ag taiscéalaíocht mar eachtránaí sonais. Thig leat na leideanna seo a chuimhneamh má chuimhníonn tú an AISLING MHÓR (Great Dream).

Giving – Bí fial le daoine eile, seol litir, nó cuidigh le cara.

Relating and connecting – Caith am le do chairde, le do theaghlach, nó le hainmhithe.

Exercise and physical health – Téigh amach agus déan aclaíocht, déan damhsa, bí ag súgradh, bain triail as ióga.

Awareness - Tabhair aird ar na rudaí thart timpeall ort, cad é is féidir leat a fheiceáil agus a bholú, ar thug tú faoi deara é roimhe seo.

Trying new things – Bain triail as rud éigin nua, déan eachtra a phleanáil, foghlaim caitheamh aimsire nua, seinn uirlis.

Direction - Socraigh roinnt spriocanna.

Resilience - Coinnigh ort nuair a thosaíonn tú rud éigin nua.

Emotions – Bíodh aird agat ar an dóigh a mothaíonn tú.

Awareness - Bí feasach faoin dúlra agus faoin am i láthair, bain sult as aireachas.

Meaning - Bíodh páirt agat i rud éigin níos mó.

(Le: Vanessa King, Val Payne agus Peter Harperr)



Smaointe Sásta
Ag deireadh gach lá, smaoinigh ar rud éigin a thug sásamh duit...
Bhí mé sásta nuair...

Cad chuige nach ndéanfá liosta go bhfaighe tú amach an dtugann ceann ar bith de na rudaí seo sásamh duit. Déan é a roinnt le do rang, le do theaghlach, nó i do Dhalann Cúig in Airde. An dtugann ceann ar bith de na rudaí seo sásamh duit?

Bí Gníomhach



Tríd an Fhonsa

Cuideoidh an ghníomhaíocht seo go leor scileanna éagsúla a fheabhsú, amhail réiteach fadhbanna, cumarsáid, obair le chéile agus cruthaitheacht. Ní de dhíth ort ach húlahúp!

Seasann achan duine i gciorcal mór. Roghnaigh áit tosaigh ach an húlahúp a chur idir beirt sa chiorcal agus roghnaigh duine acu le dul ar dtús. Ag tosú leis an chéad duine, an dtig le gach duine dul tríd an fhonsa? Leis an ghníomhaíocht a dhéanamh giota níos doilé agus i bhfad níos spraíúla thiocfadh leat...



- É a dhéanamh arís, ach an uair seo bíodh greim láimhe ag achan duine ar a chéile
- An tasc a dhéanamh arís, ach níl cead ag duine ar bith a lámha a úsáid
- Thig leat níos mó fonsaí a chur isteach fosta
- Nó an rang a roinnt ina ngrúpaí níos lú agus iad a chur ag rásaíocht in éadan a chéile leis an fhonsa a chur thart ar an chiorcal ar dtús.
- Fá choinne an dúshláin dheiridh...déan iarracht an tasc a dhéanamh gan ach duine amháin ag baint don fhonsa an t-am ar fad.



Cad í an ghníomhaíocht is fearr leat?

Cad é mar a mhothaigh tú dá bharr?



WOW!
Bhí mé bródúil as...?

Ar tharla rud ar bith 'wow' i rith na gníomhaíochta? An dtiocfadh leis a bheith ag baint leis an dóigh a raibh daoine cuidiúil, go raibh siad foighneach agus cineálta lena chéile, nó an dóigh ar oibrigh sibh go maith mar fhoireann? Cad é an eachtra 'wow' a bhí ag d'fhoireann?

Bí i dTeagmháil



Scoilbhliain Úr

Dáta an lae inniu:

...an t-ainm atá ar mo mhúinteoir nua

Aimsir an lae inniu:



Inniu, motháim....



Tá sceitimíní orm faoi...



I mbliana, tá mé ag iarraidh foghlaim faoi...



Bíonn deacracht agam le...



An dóigh ar féidir liom a bheith cineálta le daoine eile...



An dtig leat

smaoineamh faoi 3
sprioc ar mhaith leat
iarracht a dhéanamh
iad a bhaint amach i
rith na scoilbhliana
seo?



1.

2.

3.

Cuimhnigh go bhfuil sé maith go leor cuidiú
a iarraidh ó dhaoine eile agus muid ag
baint triail as rud éigin nua!

Na Rudaí Is Maith Liom Fá dTaobh Díomsa

Tá sé tábhachtach a bheith ‘fial’ linn féin chomh maith le daoine eile. Tarraing pictiúr díot féin agus déan taifead ar na rudaí ar fad is maith leat fá dtaobh díot féin. Ina measc seo, ba chóir go mbeadh na rudaí is maith leat fá dtaobh de do phearsantacht, do shaintréithe, nó na buanna atá agat. Má bhíonn deacracht agat leis an tasc seo, smaoinigh faoi na rudaí deasa a dúirt daoine eile fá dtaoibh díot, thiocfadh leat ceist a chur ar dhuine fásta nó páirtí ranga fosta.

Cineálta le
daoine eile

Cuidiúil

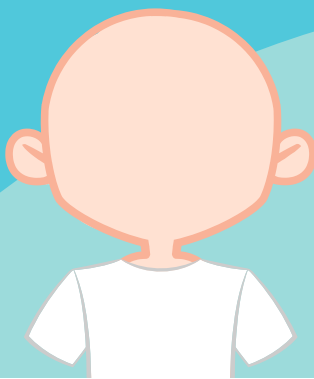
Ealíonta

Cairdiúil



Cé hé an duine is
fearr leat?

Cad iad na rudaí is maith
leat fá dtaobh de?



Eachtraí 'WOW' i Rith an tSamhraidh

Is eachtraí 'wow' iad rudaí a bhfuil tú bródúil astu. Thiocfadh leis a bheith ina rud beag, rud mór, nó rud éigin a raibh tú ag iarraidh triail a bhaint as le tamall. An bhfuil rud ar bith ann a tharla i rith an tsamhraidh a bhfuil rú bródúil as? Scríobh síos na heachtraí 'wow' s'agat sa tábla réaltaí thíos.



Scríobh síos na heachtraí 'WOW' s'agat i rith an tsamhraidh i do Dhialann Cúig in Airde agus roinn iad le do rang!

Bí Fial



Comhroinnt Cuimhní





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



Back to School Tips for Families

Many children will feel anxious going back to school after the summer break. One thing that can help children are morning and evening routines. You can even make these routines fun by creating games such as 'Beat the Buzzer', songs and rhymes to help with dressing, packing their bags etc. You could even make-up your own songs!

Develop a Morning and Evening Routine

Evening Routine

- Pack your child's bag
- Lay out uniforms
- Make lunches
- Bedtime Routine
- Create a relaxing and age-appropriate bedtime routine for your child, begin this an hour before you want them to go to sleep
- This could include a bath, brushing teeth and reading a book together
- Primary school age children need between 10 to 12 hours sleep each night.



Morning routine

- Get up!
- Have a healthy breakfast
- Brush teeth, wash face and get dressed
- Leave the house on time

Afternoon Routine

- Change out of uniforms as soon as they get home
- Help your child to get into the habit of putting their shoes, coats and bags away
- Have a snack and a chat
- Have some time for play

Homework routine

- If possible, create a comfortable and quiet space for your child to do their homework.
- Young children will need your help with homework.

Helpful Tips

When you are planning your routine it is important to think about when you need to leave the house and how long the morning routine will take. Getting your child up an hour before you need to leave should ensure that your mornings are relatively calm and organised.

Give them time to play! It can be difficult for children to focus on homework after they have been at school all day. A burst of physical activity can help their concentration and will help them to relax.

Try not to allow your child any screen-time in the hour before bed. Blue light from televisions, computer screens, phones and tablets can suppress melatonin and delay sleepiness.

Remember some children have better organisational skills than others. They will need lots of help from you!

Back to School

Asking simple open-ended questions can often help you learn more about your child's day at school. Here are some ideas to encourage conversations....

What are you looking forward to tomorrow?

Did anything make you feel happy today?

Did you see anyone being kind?

What was the most interesting thing you learned today?

What was the best part of your day?

Ways to reconnect and relax after a busy school day...



Sit down and enjoy a snack together



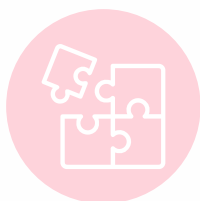
Play with a pet



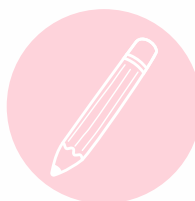
Ask them about something that made them smile today



Go for a walk



Play a game or do a puzzle



Be creative, colour and paint



Helpful Ways to Manage the New Term

Back to school can be a stressful time for you and your child. Remember you can not pour from an empty cup. Looking after yourself and taking time to do things you enjoy is essential for your emotional well-being.

Remember, you need to look after yourself to look after your child. Take a break and make time to do something that you enjoy,



Exercise – once the kids have gone to bed, why not try You Tube for a gentle yoga session



Take a Bath - a hot bath can help you relax and unwind



Walking – take a walk around your neighbourhood



Meditation - why not try some simple meditation or breathing exercises



Reading - visit your local library and reconnect with reading



Music - listen to your favourite songs



Chat with a close friend or relative



Drink plenty of water to stay hydrated



Drink a cup of tea or coffee from your favourite cup



Sleep and rest well



Parenting NI



Parenting NI is the leading charity for parenting support in Northern Ireland.

Parenting NI is committed to supporting all parents and ensuring that their voices are heard whenever decisions are made that will affect them. 'We will continue to or endeavour to deliver a range of high quality support and services to meet parent's needs' including:



Support Line

Listening to you and offering reassurance on freephone 0808 8010 722.



Programmes and workshops for parents

Including the Odyssey, Parenting Your Teen programme.



Family Support Services

Support for families including Big Lottery funded **Dads Project**.



Parental Participation

Allowing parents to have their say on issues affecting them.



Employee Wellbeing

Giving organisations the tools to support their parent employees.



Training

Training for professionals working with parents and families.



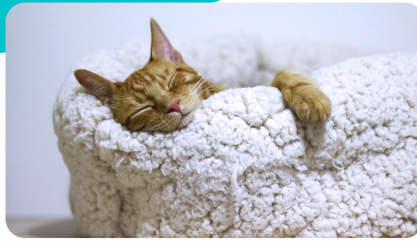
Click here for further information



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!



Sleeptember



‘Sleep is critical to health and wellbeing and as a nation we really aren’t getting enough. With research telling us that a third of us sleep for just five-to-six hours a night, it’s imperative that we start focusing on sleeping better. It is a basic and fundamental human requirement and is vitally important for good physical, mental and emotional health as well as crucial for memory, learning and growth.’



Top Tips

To improve your chances of sleeping well, it’s essential to develop a good wind down routine. Small changes can have a huge impact on your sleep quality and quantity. Here are some ‘top tips’ to change the way you wind down at bedtime...



Dim lights in the evening to encourage the development of melatonin, the sleep inducing hormone.



Establish a regular sleep pattern, if you can. Going to bed at the same time and getting up at the same time, even on weekends!



Avoid using technology before bed, as it stimulates the brain making it harder for you to switch off.

Experiment with new ways of relaxing before bedtime, such as...



Reading



Warm baths



Quiet soothing music



Gentle stretching and yoga



Mindful colouring



Use calming scents

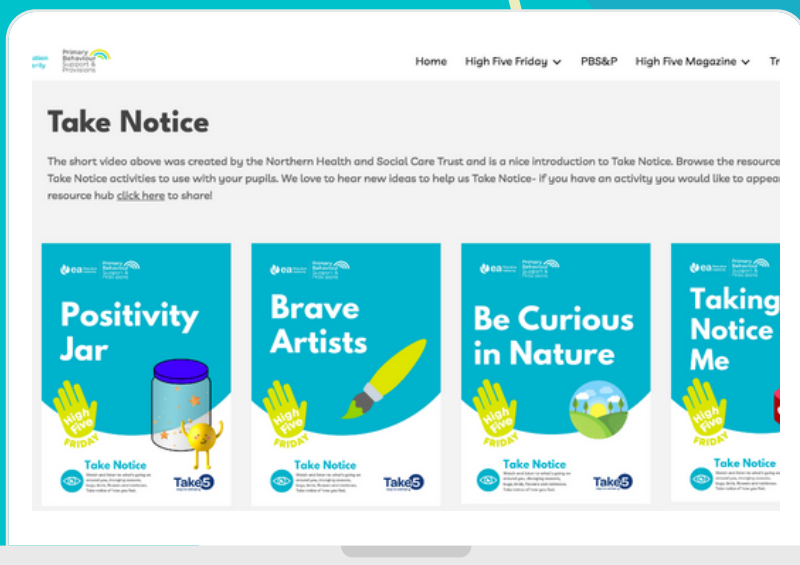
Click here for further information



High Five Resource Hub

Primary Behaviour Support & Provisions have developed the High Five Resource Hub, which can be accessed on C2K. The Hub allows schools to directly access:

- The fortnightly PBS&P High Five Magazine
- High Five Friday information and activities
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting



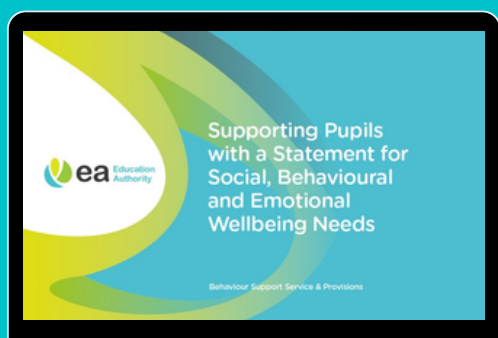
If you have a C2k account click on the image to visit the hub.



Upcoming PBS&P Training

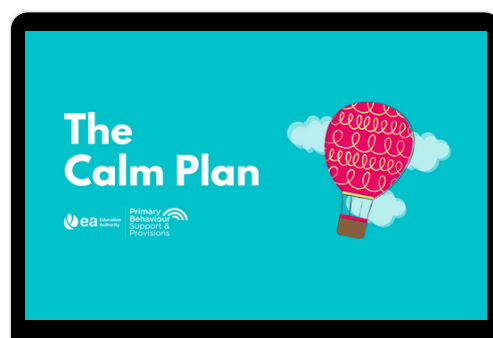


Click the images below to register for these training sessions available to school staff



Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
26 September, 3 October & 10 October 2023: 11:00am - 12:30pm

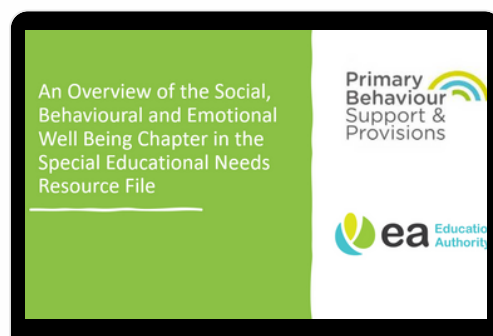
(Participants must attend all sessions)



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



Development and Implementation of a SBEW Plan incorporating the Pupil's Voice
18 & 25 September 2023 2:30pm - 3:45pm
(Participants must attend both sessions)



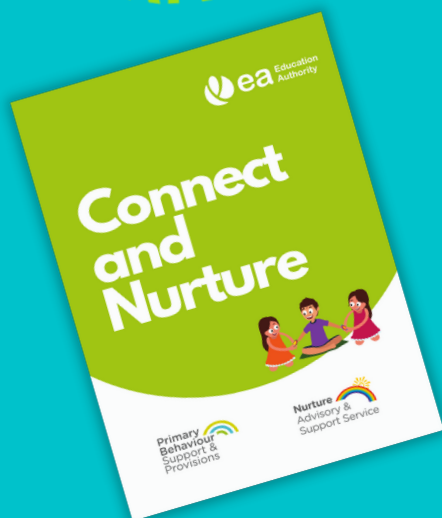
An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File
05 October & 12 October 2023 - 2:15pm - 3:45pm
Participants must attend both sessions

[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.

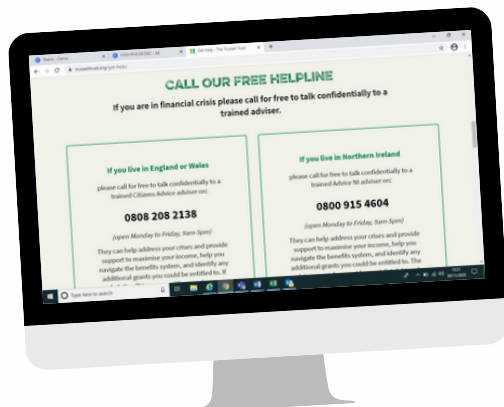


Contact Primary Behaviour Support & Provisions Service

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

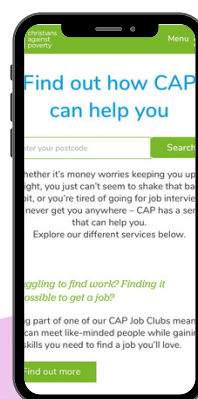
When We Need Support

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.

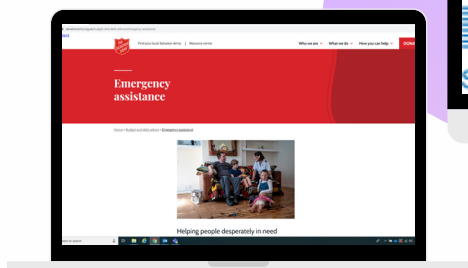


Click here

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.