

Eagrán 67: Dé hAoine 27 Deireadh Fómhair 2023



**Iompraíocht
Bunscoile
Tacaíocht &
Soláthairtí**



Tá an iris seo lán 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



03 Glac 5

04 Déan do Dhícheall - Bí Freagrach

05 Bí Gníomhach - Babhta Traenála Puimcín

06 Bí i dTeagmháil - Sábháilteacht ar Oíche Shamhna

07 Tabhair Aird -Siúlóid Dúlra

08 Lean Den Foghlaim - A Bheith Freagrach

09 Bí Fial - An Dóigh Ar Féidir Liom Mo Chuid Ama A Roinnt Le Cuidiú

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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.



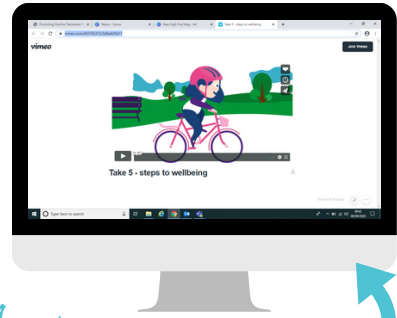
Dúshlán

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.



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.

Bí Freagrach

Is é an téama atá againn san eagrán seo ná Bí Freagrach. Tosaímis le smaoineamh faoi bhrí an fhocail seo.



Is é an ról atá agat!
Má tá ról le déanamh tugtha duit, is tusa atá freagrach as é a dhéanamh.

Cad iad na ról a bhfuil tú freagrach astu ar scoil agus sa bhaile?
Cad iad na ról a bhfuil na daoine fásta i do rang freagrach astu?



Is ortsa an locht! (nó) Is a bhuí leatsa!
Tá tú freagrach nuair a tharlaíonn rud maith nó drochrud de bharr rud éigin atá déanta agat.

Mar shampla- Tá mé freagrach má bhaintear tuisle as duine éigin ar an bhréagán a raibh an freagrach orm as é a chur i dtaisce! NÓ
Tá mé freagrach as cara de mo chuid a bheith ábalta a chuid oibre a chríochnú toisc gur thug mé peann luaidhe dó ar iasacht!



Tá tú beagán níos sine agus níos críonna!
Tá tuilleadh freagrachtaí tugtha duit de bhrí go bhfuil sé léirithe agat gur féidir leat roghanna maith a dhéanamh as do stuaim féin agus bíonn a fhios agat nuair ba cheart duit cuidiú a iarraidh.

Smaoinigh ar na roghanna a bhíonn ag leanbh nó lapadán le déanamh as a stuaim féin. Cén fáth nach mbíonn mórán acu?
Smaoinigh ar na roghanna a bhíonn le déanamh agat as do stuaim féin. Cén fáth nach bhfuil cead agat na roghanna siúd a dhéanamh anois? Cad iad na roghanna atá tú ag súil le déanamh duit féin amach anseo?



Clliceáil anseo le scríobh nó le tarraingt i do dhialann Cúig In Airde agus tú ag smaoineamh ar cad is Freagracht ann.

Babhta Traenála Puimcín

Tá sé tábhachtach a chuimhneamh le bheith gníomhach le cúram a dhéanamh ar ár bhfolláine: bain triail as an Bhabhta Puimcín'!

Cén aclaíocht is féidir leat a chumadh fá choinne 'I'?



Seasann P don 10 mbrú aníos



Seasann U do 10 ngróigeadh.



Seasann M do mháirseáil ar an láthair ar feadh 30 soicind



Seasann P don tsuíomh plainc ar feadh 30 soicind



Seasann K do do chosa a chiceáil ar feadh 30 soicind



Seasann I d'Aclaíocht a Chumadh



Seasann N do Rith ar an láthair ar feadh 30 soicind



Clliceáil anseo fá choinne níos mó smaointe le Bheith Gníomhach (síniú isteach C2ken de dhíth)

Bí i dTeagmháil



Sábháilteacht ar Oíche Shamhna

Is am spráúil spleodrach í Oíche Shamhna do cuid mhór daoine, ach tá sé tábhachtach tús áite a thabhairt don sábháilteacht le linn na saoire seo. Seo roinnt leideanna lena chinntiú go mbeadh eispéireas sábháilte sultmhar ag cách ar Oíche Shamhna:



Déan do bhealach a phleanáil: Má tá tú ag imirt bob nó bia, déan do bhealach a phleanáil roimh ré. Gabh trí cheantair ina bhfuil neart solais, agus tabhair duine fásta leat le sult a bhaint as an spraoi!



Caith éadaí cuí: Roghnaigh feisteas atá compordach agus atá furasta le bogadh agus é a chaitheamh agat, agus déan cinnte gur féidir é a fheiceáil sa dorchadas. Smaoineamh ar théip fhrithchaiteach a chur ort nó tóirse a iompar le do léargas a fheabhsú. Cuimhnigh... 'Bí Sábháilte, Bí Feiceálach!'



STAD



AMHARC



ÉIST



Clliceáil anseo fá choinne níos mó smaointe le Bheith i dTeagmháil (síniú isteach C2ken de dhíth).

Siúlóid Dúlra

Gabh ar shiúlóid dúlra, tabhair faoi deara na rudaí galánta atá thart timpeall ort...



Smaoinigh ar dhóigheanna a bhfuil muid freagrach as aire a thabhairt ar an dúlra.

Seo roinnt rudaí a d'fhéadfadh muid a dhéanamh:

- Úsáid Plaistigh a Laghdú
- Athchúrsáil
- Uaschúrsáil
- Siúil nó Gabh ar Rothar
- Fás Roinnt Plandaí
- Spreag an Fiadhúlra.



An bhfuil tú in ann smaoineamh ar thuilleadh dóigheanna le haire a thabhairt ar an dúlra?



Cliceáil anseo fá choinne níos mó smaointe le hAird a Thabhairt (síniú isteach C2ken de dhíth)

Freagrach

Is ionann freagracht agus a bheith iontaofa, roghanna maithe a dhéanamh, agus a bheith cuntasach faoi do roghanna.

Is ionann duine freagrach agus súil a choinneáil ar ár bhfholláine féin agus ar fholláine daoine eile agus tuiscint a bheith againn go bhfuil ár gcion féin le déanamh leis an tsaol mhór a fheabhsú.

Uaireanta bíonn sé deacair a bheith freagrach agus glacadh le cuntasacht faoinár ngíomhartha: amharc ar an scéal thíos agus féach mar atá deacrachtaí ag Norman uaireanta.



Clliceáil anseo le hamharc ar 'Ach Níl Ormsa an Locht' le Julia Cook

Smaoinigh ar roinnt bhealaí inar féidir leat éirí níos freagraí agus do shaol a fheabhsú.



Sa Bhaile



Ar Scoil



Clliceáil anseo fá choinne níos mó smaointe le Leanúint den Fhoghlaim (síniú isteach C2ken de dhíth)

CAD É MAR IS FÉIDIR LIOM MO CHUID AMA A ROINNT LE CUIDIÚ

CAITH AM AG LÉAMH
SCÉIL DO
DHEARTHÁIR/DEIRFIÚR
NÓ DO CHARA



TARRAING PICTIÚR NÓ
SCRÍOBH NÓTA DO
DHUINE ÉIGIN
SPEISIALTA



GLAC AM LE HAIRE A
THABHAIRT DÓ FÉIN.

CUIDIGH LE DUINE
ÉIGIN
DIOSCAIREACHTAÍ
TIMPEALL AN TÍ NÓ SA
GHAIRDÍN



An bhfuil
smaoineamh
ar bith
agat?



Clliceáil anseo fá
choinne níos mó
smaointe le Bheith Fial
(síniú isteach C2ken de
dhíth)



Bosca Isteach



**Northern
Ireland
Children's
Hospice**

Ospís Leanaí

Thuaisceart Éireann

Bí linn ar an 13 Samhain le Lá Domhanda um Chineáltas a cheiliúradh, agus cuidigh linn Gluaiseacht um Chineáltas a chruthú trasna Thuaisceart Éireann! Bíodh sé mar fhocal cineálta, barróg chroíúil, nó a bheith le daoine den dearcadh chéanna i ngluaiseacht ar son athraithe, is mian le páistí rud éigin cumhachtaithe, dearfach agus spreagúil, lena léirítear dóibh bealaí simplí inar féidir leo difear a dhéanamh.

Sin an áit a bhfuil an ról ag Tábhacht an Chineáltais! Cruthaigh muid Tá Cineáltas Tábhachtach (Kindness Counts) le linn na dianghlása in 2020 nuair a bhreathnaigh muid ar an dóigh a ndearnadh difear le gníomhartha beaga cineáltais sa phobal, agus anois tá muid ag iarraidh do scoil a bheith páirteach ann.

Níl le déanamh ach do scoil a chlárú agus cuirfidh muid acmhainní saincheaptha oideachais SAOR IN AISCE, curtha in oiriúint do riachtanais do ranga. Leis na hacmhainní seo, is féidir leatsa agus do dhaltai plé a dhéanamh ar na luachanna a bhaineann le cineáltas agus comhbhá sa rang agus sa phobal.

Cuireadh le chéile go saineúil iad le cuidiú le forbairt na réimsí d'Fhorbairt Pearsanta agus Comhthuisceana agus An Creat um Scileanna Smaointeoireachta agus Cumais, a bhfuil achoimre air sa churaclam. Níl cúiteamh á lorg againn ach go reáchtálfaidh do scoil gníomhaíocht tiomsaithe airgid ar Lá Domhanda um Chineáltas nó thart fá sin - le cuidiú le leanaí, páistí agus daoine fásta na háite atá ag brath ar ár gcúram speisialta."

Cliceáil anseo le do scoil a chlárú inniu cuidigh linn leanúint de bheith ar fáil dár n-othair agus a dteaghlach nuair is mó an díth atá orthu.





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



'If you're in search of budget-friendly family activities, explore our map featuring 40 fun options created in collaboration with Discover Northern Ireland! The map includes a variety of choices, ranging from free activities (with nominal parking charges in certain locations) to other options suitable for different budget levels.

Autumn is a great season to explore the great outdoors, but even on rainy days there are some indoor activities that will keep the whole family entertained. Where will you visit? What other local places make for great family days out?'



Explore what is available locally

National Autistic Society NI

The National Autistic Society NI provide local specialist help, information and care across Northern Ireland for autistic children and adults, and their families. They offer health and social services including support in your home, short breaks and respite, social groups, relationship and health education, and parent groups.



‘A Dads ‘Stay and Play’ session is taking place at our Autism Centre in Carryduff. This is a 2 hour shared play group for fathers of autistic children of primary school age, where dads can bring their autistic children with high and complex support needs to our centre to engage in activities and sensory play. The group will take place every 2 weeks on Fridays 6-8pm, and fathers will be supported by NAS staff. We are hoping this will lead to a dads social group, so please forward the attached poster to anyone who you think may be interested in either shared play sessions or a dads-only social group.’

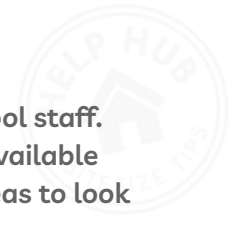
National Autistic Society NI are gathering interest for an online social group for autistic parents across Northern Ireland.

If you would like to complete the survey click on the image or by scan the QR code



For further advice and support click here





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!





Powerful Responsibility

The SEN Resource File notes that research (Bellis 2017) has shown that supporting resilience in children can help mitigate the impact of Adverse Childhood Experiences (ACEs), identifying 4 essential factors for resilience. One of these is- **Being involved and connected.**

Allowing pupils responsibility for meaningful jobs in school directly mitigates the impact of ACE's and allows them to feel a belonging with value.

Click on the images below to explore more ideas to help your children feel more involved and connected in your school.



The child you trust the least is the child who most needs to be trusted with responsibility



High Five Friday

High Five Friday is an ongoing whole school emotional health and wellbeing programme. Participating schools dedicate every second Friday to focus on embedding nurture principles, complete activities featured in the High Five magazine and use the Take 5 framework to deliver the day's learning.

It is time and space for every member of the school community to step back and focus on enjoying each others company.

The next information session is on 16 November at 2:15pm.



Click this image to find out how to register as a High Five Friday school, register for an information session or request support getting set up C2ken sign in required.



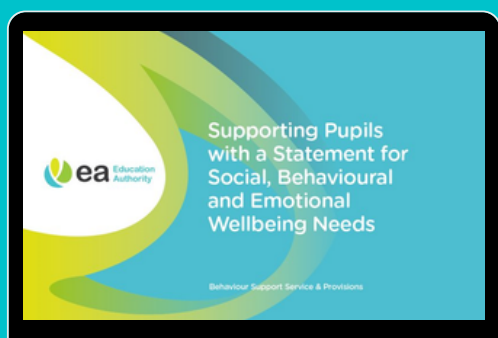
If your school is already taking part in High Five Friday let us know by completing the form at this link:
<https://forms.office.com/e/HdKMikCTqb>



Upcoming PBS&P Training



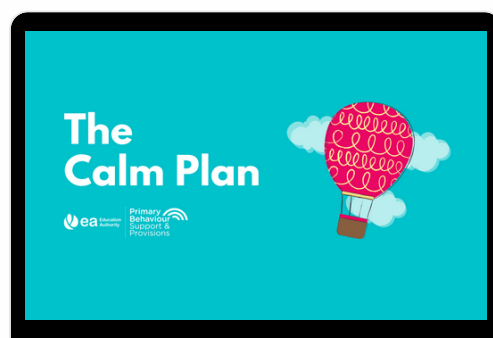
Click the images below to register for these training sessions available to school staff



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)



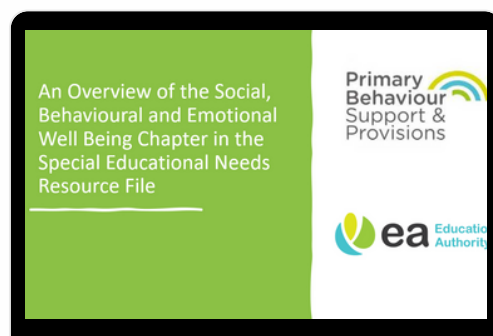
Developing a Calm Plan
13 November 2023 2:30pm - 4:15pm



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

23 November & 30 November 2023 -

2:15pm - 3:45pm

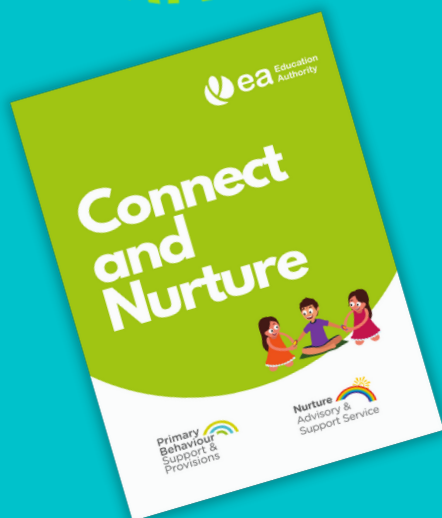
Participants must attend both sessions

[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)
21 November 2023
2:30pm - 3:30pm



Theraplay Informed Practice -
activities to build attachment
28 November 2023
2:30pm - 3:30pm

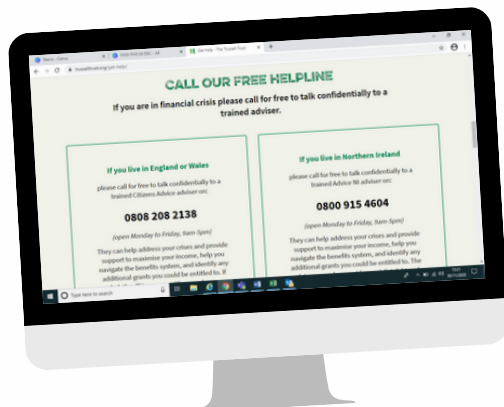


Click the Nurture Advisory & Support Service logo to see all training available this year



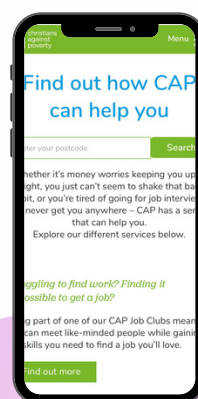
When We Need Support

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.

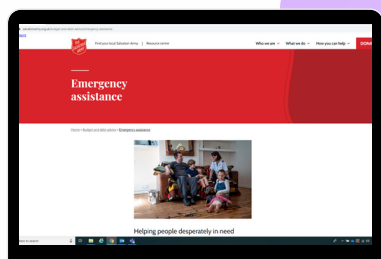


Click here

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.