

Iompraíocht
Bunscoile
Tacaíocht &
Soláthairtí

Tá an iris seo líon lán
smaointe maithe a
spreagfaidh thú, a thacóidh
leat agus a thabharfaidh do
dhúshlán, le cuidíú leat do
dhícheall a dhéanamh i
gcónai!

Cúig
in
Airde



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

10 Bosca Isteach PBS&P - Northern Ireland Children's Hospice

12 Parent Hub - Parenting NI

13 Parent Hub - National Autistic Society NI

15 Staff Hub - Powerful Responsibility

16 Staff Hub - High Five Friday

17 Staff Hub - Upcoming PBS&P Training

18 Staff Hub - Upcoming NASS Training



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 gcríoch 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 rudáí 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. Is é an téama atá againn san eagrán seo ná Bí Freagrach. Nuair atá muid an-óg is minic a bhíonn muid ag súil le tuilleadh freagrachta a bheith orainn agus ansin nuair atá muid níos sine is minic a bhíonn muid ag súil leis an uair nuair is féidir linn tógail go réidh agus ár scíth a ligean. Glac am agus tú ag déanamh na gníomhaíochtaí le smaoineamh ar na hathruithe atá tagtha ar do chuid freagrachtaí i do shaol go sea.

Ná déan dearmad 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 de ghlásraí a ghlacadh in aghaidh an lae, ar mhaithle leis an tsláinte fhisiceach. Tugann 'Glac 5' cúig smaoineamh mhaithe dúinn le cuidíú 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 Cuig 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.

Bealaí Úra do Shamhain 2023

Tan mhí seo, tá 'Gníomh ar mhaithe le Sonas' ag spreagadh duit triail a bhaint as rud inteacht nua!

Na déan dearmad éadaí teo a chur ort má tá tú ag déanamh gníomhaíochta amuigh faoin spéir.

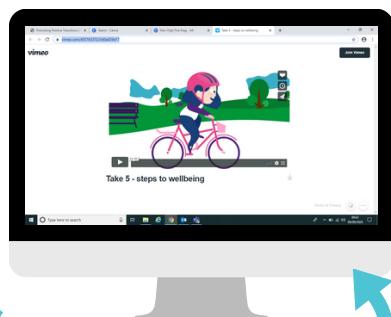
New Ways November 2023						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	1	2	3	4	5	
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times	2	3	4

ACTION FOR HAPPINESS **Happier · Kinder · Together**



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 motháíonn tú go maith.



Amharc ar thiseán maidir le Glac 5 anseo.



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, motháíonn 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 foghlaimíonn 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 róil a bhfuil tú freagrach
astu ar scoil agus sa bhaile?
Cad iad na róil a bhfuil na daoine
fásta i do rang freagrach astu?



Is ortsá 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
crionna!
Tá tuilleadh freagrachtaí tugtha duit
de bhrí go bhfuil sé léirithe agat gur
féidir leat roghanna maithe 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
mórrán acu?
Smaoinigh ar na roghanna a bhíonn le
déanamh agat as do stuaim féin.
Cén fáth nach bhfuil cead agat na
roghanna siúd a dhéanamhanois?
Cad iad na roghanna atá tú ag súil le
déanamh duit féin amach anseo?



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

Bí Gníomhach



Babhta Traenála Puimcín

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

Cén acláiocht 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'Acláiocht a Chumadh



Seasann N do Rith ar an láthair ar feadh 30 soicind



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

Bí i dTeagmháil



ea

Sábháilteacht ar Oíche Shamhna

Is am spraíúil 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 sábhálte 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 Sábhálte, Bí Feiceálach!'



STAD



AMHARC



ÉIST



Bí cúramach ar na bóithre: Cuimhnigh i gcónaí...



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

Tabhair Aird



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)

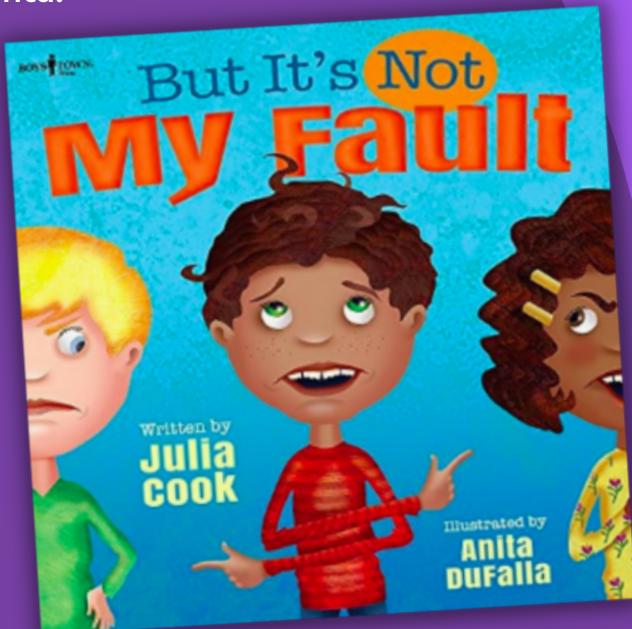
Lean den Fhoghlaim ea

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



Cliceáil 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



Cliceáil 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 ROIINNT 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?



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



Bosca Isteach

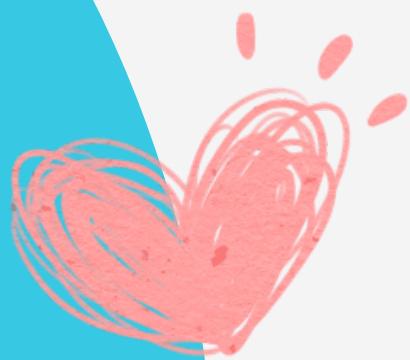


Northern
Ireland
Children's
Hospice

Ospís Leanaí Thuaisceart Éireann

Bí linn ar an 13 Samhain le Lá Domhanda um Chineáltais a cheiliúradh, agus cuidigh linn Gluaiseacht um Chineáltais 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 Cineáltais Tábhachtach (Kindness Counts) le linn na dianghlásála in 2020 nuair a bhreathnaigh muid ar an dóigh a ndearnadh difear le gníomhartha beaga cineáltais sa phobal, agusanois 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 dhaltaí plé a dhéanamh ar na luachanna a bhaineann le cineáltais agus comhbhá sa rang agus sa phobal.

Cuireadh le chéile go sainiúil 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 Chineáltais nó thart fá sin - le cuidiú le leanáí, 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 dtéaghlaigh 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?'

40 Budget family activities to try this autumn

The map of Northern Ireland highlights 40 local attractions for families. Each location is marked with a small icon and a number corresponding to the list below. The activities are distributed across the island, from coastal areas to inland parks and historical sites.

- 1. The City Walls
- 2. Creggan Country Park
- 3. The Playtrail
- 4. Benone Strand
- 5. Mussenden Temple
- 6. Jet Centre
- 7. Sperrin Fun Farm
- 8. Oakfire Adventures
- 9. Drum Manor Forest Park
- 10. Ballyronan Marina
- 11. Glenariff Waterfalls
- 12. Giant's Causeway
- 13. Galgorm Castle Fairy Trail
- 14. Carnfunnock Country Park
- 15. Carrickfergus Castle
- 16. Kilcreggan Urban Farm
- 17. Cave Hill Playground
- 18. Belfast Castle
- 19. Gruffalo Trail
- 20. Colin Glen Activities
- 21. Castle Archdale Activity Centre
- 22. Lakeland Forum
- 23. Share Discovery Village
- 24. Blessingbourne Bike Trails
- 25. OM Dark Sky Park
- 26. Parkanaur Forest
- 27. Peatlands Park
- 28. Gosford Forest Park
- 29. Navan Centre and Fort
- 30. Lurgan Park
- 31. Tannaghmore Gardens & Farm
- 32. Hillsborough Forest
- 33. Lady Dixon Play Park
- 34. Ulster Museum
- 35. Stormont Estate
- 36. Pickle Funpark
- 37. Delamont Country Park
- 38. Castlewellan Peace Maze
- 39. Kilbroney Park Narnia Trail
- 40. Slieve Gullion Forest park and Adventure Playground

Parenting NI

Northern Ireland Embrace a Giant Spirit



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.

Dads 'Stay and Play' Group
Every other Friday 6-8pm
We would like to hear from dads of autistic children with complex and high support needs of primary school age who would be interested in joining an in-person dads group. Shared play sessions will take place in the NAS Autism Centre in Carryduff every 2 weeks, with support from NAS staff. Contact us to express interest: [@ Kendra.Sneddon@nas.org.uk](mailto:Kendra.Sneddon@nas.org.uk)

'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.'

Autistic Parents Support Group
We are surveying interest in a new support group
If you are a parent who identifies as autistic please scan the QR code or click the survey link to provide input or express an interest in this group.
No professional diagnosis is required.
Alternatively, contact: Kendra.Sneddon@nas.org.uk

For further advice and support click here

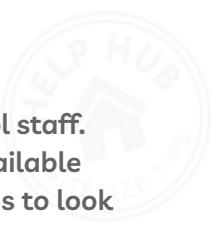


National Autistic Society NI are gathering interest for an online social group for autistic parents across Northern Ireland.

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



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.

An ethos of giving means that our first response to seeing need will be support rather than judgement. Helping, giving and sharing are associated with increased feelings of self-worth and positivity. It stimulates the reward system in the brain making the person feel good and increasing cognitive and social functioning particularly in early life. It's important that we give all our pupils the opportunity to belong with value with opportunities to contribute to the school community.

Mitigating ACES
- Being involved and connected ➔

Whole School/ Class Giving

- Set up mentor and/or buddy systems- within classes/playground/ younger & older pupils
- Encourage and notice random acts of kindness
- Highlight kindness in others
- Give compliments
- Volunteering day – Give back to the local community by volunteering e.g. litter picking, planting flowerbeds, clearing weeds, writing cards/ drawing pictures for the residents of local care homes etc.
- Nominate a charity - Ask pupils to research, make suggestions, contact by email/letter, organise and promote fundraising events.
- Hold a 'Give' themed afternoon – Encourage pupils to think about a skill they could teach another pupil in their class within 45min, e.g. teach them a skill like how to dribble a football, use a skipping rope, play chess, use a computer program, create a video clip etc.
- Participation in school and community activities (show bio appeal, wheel round, ECO clubs, form class activities, etc.)
- Sharing acquired knowledge and supportive behaviour strategies with parents
- Offer each student an equal chance to participate, learn, grow and succeed.
- 'Bucket Fills and Bucket Dips' adopted as a whole school. Range of resources, posters, leaflets for parents, books available to support this
- 'Gratitude Tree' - displayed in entrance where anyone can thank people in school for acts of kindness
- Giving to animals - bird tables, insect shelters
- Giving to community – invites to break, lunch, assemblies,
- School/ class/year group commitment to a charity or community group. - Raising money, volunteering time
- Adult modelling manners and kindness

Whole School Sticks

Being yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you. Highlight the real life impact on the people your young people help. Give them opportunities to contribute to school life, do kind to the young person—this will lift your mood and strengthen your connection.

Mitigating ACES
- Being involved and connected
- Peer support can overcome hardship and guide your destiny ➔

From the pupil

Give yourself a compliment
Value strengths and positives
Notice and highlight small achievements/progress
Draw a picture/write a card/plan a treat for your Principal/Classroom Asst/Teacher to let them know they are appreciated.
Nominate a 'secret buddy' for each pupil to do nice things for on a daily basis.
Give the pupil specific real jobs that contribute to school life, e.g. emptying the bins with the caretaker, sweeping up, shredding paper, etc.

From the adult

Random acts of kindness – The key adult going the extra mile and engineering opportunities to express kindness.
Show recognition and appreciation of the young person—share news with the adult in their life, send a card home stating what they have accomplished, create moments of joy for the young person.
Meet and greet – Please in seeing the child should be expressed the warmth of proximity, eye contact, facial expressions, posture, tone and pace of voice. Once a relationship has been built up, a brief touch to connect with the pupil can be helpful. Concentrate on giving pupil full attention, if alongside the pupil (preferably with back against wall). Invite child to talk about last night, journey to school. Give eye contact and summarise back what is shared, including what is inferred. Objects from home have important roles. Prepare the pupil for day ahead by looking at visual timetimacy. Use sequencing connectives such as before, after, next. Encourage self-reflection by asking the pupil to 'voice' the effort levels they anticipate. If there is any change to the routine, map this out carefully. Social stories can be used for this. If there is a breakfast club, ensure it is served in a small, quiet and calm setting. Ending the meet and greet, remind the pupil they will continue to be kept in mind and when you will meet next.
Thinking bubbles – the pupil is permitted to draw/diagram while listening and the key worker can do the same. Allowing the pupil to engage in tasks frees up another part of the brain to listen well.
Choices – pupils can feel 'cornered' by a rigid approach which can exacerbate their stress. Flexibility is imperative. Offering positive choices, meets the pupils legitimate need to retain a degree of control whilst reinforcing the teacher's authority.
Puppets - Use of puppets to model and practice empathy, kindness in a safe and controlled environment where kindness is not always reciprocated by peers.

Supporting the individual



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.



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

"Provides opportunities to be active, to chat together, think of others, learn new things, be involved in the community and take time out to relax / notice the world around them" - Meadowbridge PS

"The pupils benefit from a relaxed, positive approach to Fridays. It provides strategies to support their well-being. It encouraged the pupils to reflect on their learning and gave them more opportunities to share their Pupil Voice." - Corran IPS

[Click here to register for a High Five Friday information session](#)

[Click here to register as a school implementing High Five Friday \(C2k sign-in required\)](#)

[Click here to request support when introducing or implementing High Five Friday in school \(complete SIP form\)](#)

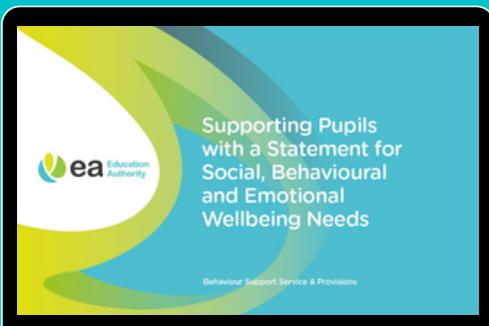
If your school is already taking part in High Five Friday let us know by completing the form at this link:

<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)



Development and Implementation of a SBEW Plan Incorporating the Pupil's Voice

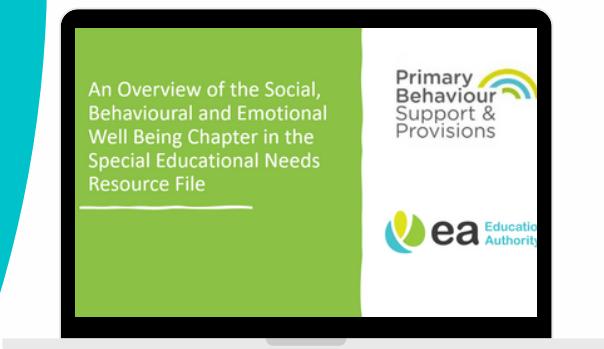
21 November & 28 November 2023

2:30pm - 3:45pm (Participants must attend both sessions)

Click here to see all training available this year from Primary Behaviour Support and Provisions



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



An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File

23 November & 30 November 2023 -

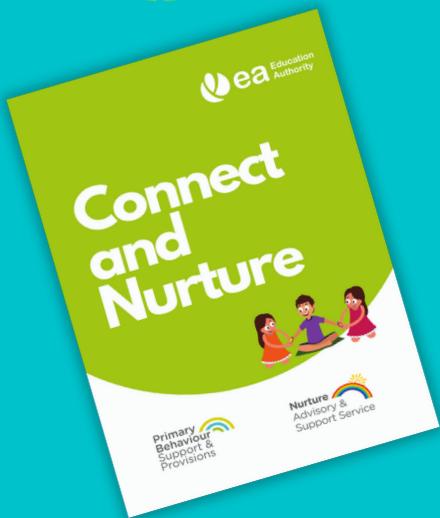
2:15pm - 3:45pm

Participants must attend both sessions



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](#)



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

[Theraplay Informed Practice - activities to build attachment](#)

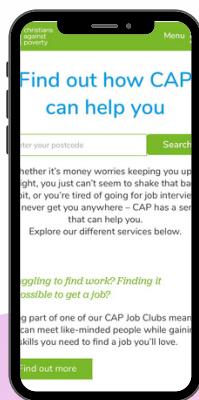
[28 November 2023](#)
[2:30pm - 3:30pm](#)

When We Need Support

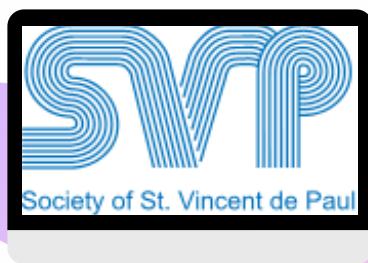
If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



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.