

**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



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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...

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



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.

Fáilte go Cúig in Airde!



Fáilte ar ais go Cúig in Airde. Is é an téama atá againn san eagrán seo ná Bí Féinmhachnamhach. Is mí aisteach í mí Mheán Fómhair - bíonn sí thart i bhfaiteadh na súl ach ag an am chéanna, mothaíonn tú go raibh saoire an tsamhraidh ann tamall fada ó shin! Tá an t-eagrán seo líon lán smaointe a chuideoidh linn stopadh agus machnamh a dhéanamh orainn féin.

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.

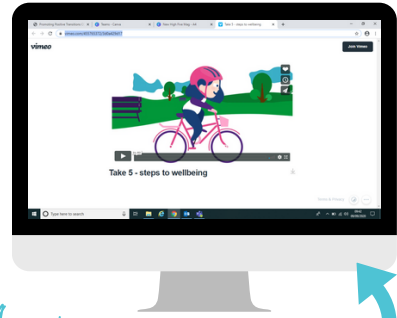
Cuir Cúig in Airde i líne an ábhair agus déan cinnte go gcuireann tú ceist ar dhuine fásta sula gcuireann tú an ríomhphost - beidh orthu a rá linn an bhfuil sé maith go leor do phictiúir agus scéalta a roinnt ar ár suíomh idirlín agus ardáin meán sóisialta.



An Mol Cúig in Airde

An raibh a fhios agat go dtig leat dul ar an Mhol Acmhainní Cúig in Airde ar ghléas ar bith má tá cuntas C2k agat? Níl le déanamh ach na céimeanna thíos a leanúint:

- ✓ Téigh chuig Google.com Cliceáil 'sign-in'.
- ✓ Cuir isteach d'ainm cuntais C2ken.net agus cliceáil 'next'.
- ✓ Cuir isteach d'ainm cuntais C2ken.net arís chomh maith le do phasfhocal C2k.
- ✓ Thig leat dul ar an Mhol Cúig in Airde ar an ghléas seo anois - scan an cód MF le tosú!



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 Féinmhachnamhach

An chéad dúshlán Cúig in Airde atá againn i mbliana ná a bheith féinmhachnamhach. Is minic a chuireann muid muinín sna rudaí a shíleann daoine eile fá dtaobh dinn - na héadaí a chaitheann muid, na rudaí a dhéanann muid go maith, na rudaí nach ndéanann muid go maith. Cé go bhfuil sé úsáideach barúlacha ó dhaoine eile a chluinstin, tá sé fíorthábhachtach go dtugann tú tús áite do do bharúil féin!

Smaoinigh ar na ceithre cheist thíos - breac síos nótaí nó tarraing pictiúir fá dtaobh díobh i do Dhialann Cúig in Airde.



Cad é atá ag dul go maith dom anois díreach?

Cad é atá ina chuidiú?

Cad é nach bhfuil ag dul go maith dom anois díreach?

Cad é a chuideodh?



Agus machnamh déanta agatsa ar na ceistanna seo anois, roghnaigh duine éigin a bhfuil muinín agat as agus faigh an bharúil s'acu. Cuimhnigh, ní gá go n-aontóidh tú leo! Ach bíonn sé ina chuidiú dearcadh difriúil a chluinstin.

Loga Gníomhaíochta

Ní hamháin go gcuidíonn aclaíocht lenár sláinte fhisiceach, ach cuidíonn sí lenár sláinte mhothúchánach fosta. Anois an t-am is fearr aclaíocht a chur isteach inár lá. Bíonn go leor deiseanna ar scoil lenár gcorp a choinneáil gníomhach - ceachtanna corpoideachais, míle a shiúl achan lá, súgradh ag am sosa agus am lóin. Cad chuige nach gcuirfeá dúshlán romhat féin go bhfeice tú cá mhéad bealach a dtig leat a bheith gníomhach i rith na seachtaine. Thiocfadh leat loga aclaíochta a chur le chéile agus é a chur i gcomparáid le cinn do chairde.

Seo sampla de loga gníomhaíochta.

	Gníomhaíochtaí ar scoil	Gníomhaíochtaí sa bhaile
An Luan		
An Mháirt		
An Chéadaoin		
An Déardaoin		
An Aoine		
An Satharn		
An Domhnach		

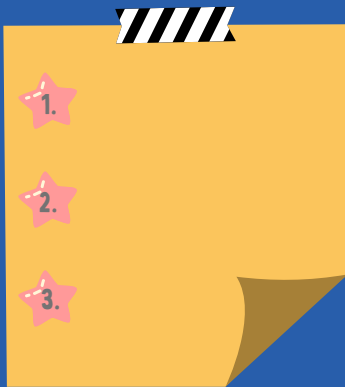


Clliceáil anseo fá choinne níos mó smaointe le Bheith Gníomhach (síniú isteach C2ken de dhíth).

Féinmhachnamh Dearfach

Spreag féinmhachnamh dearfach trí chuid de na gníomhaíochtaí seo a leanas a thriail...

Scríobh trí rud dhearfacha fá dtaobh díot féin achan lá.



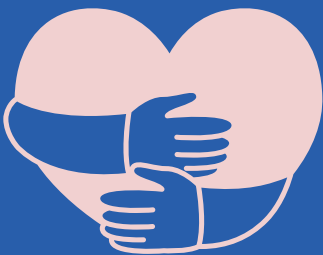
Coinnigh dialann d'eispéiris dhearfacha.



Ná cuir tú féin i gcomparáid le daoine eile, smaoinigh ar do chumas féin amháin.



Déan gníomhartha cineálta.



Bíodh meon dearfach agat.



Tosaigh dialann buíochais.



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



Cad Chuige a Bhfuil Mé Speisialta?



Is duine iontach mé



Scríobh síos na tréithe atá agat a léiríonn gur duine speisialta thú, thiocfadh leat ceist a chur ar do theaghlach agus do chairde. Ansin, cuir é áit éigin sa dóigh is go bhfeicfidh tú achan lá é, leis na dea-rudaí ar fad a bhaineann leat a chur i gcuimhne duit. Léigh agus críochnaigh na habairtí sna balúin thíos...

Is cara maith mé mar...

Tá mé go hiontach maith ag... go

An bua atá agam ná...

Tá mé bródúil asam féin nuair...

D'oibrigh mé go crua le...a fheabhsú.

Tá mé tuisceanach mar...

Cúig in Aird

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

Mo Dhialann Gníomhaíochta Sheachtainiúil

Is bealach maith eile é le taifead a choinneáil ar do sheachtain ná do dhialann gníomhaíochta ‘Machnamh ar an tSeachtain s’agam’ a líonadh. Thig leat smaoineamh ar am éigin i rith na seachtaine nuair a rinne tú rud éigin cineálta, spraíúil, eachtrúil, nó rud éigin a bhí doiligh duit agus a raibh tacaíocht de dhíth ort leis. Ní gá gur tharla na rudaí seo ar scoil, b’fhéidir gur tharla siad sa bhaile. Is deis maith é fosta spriocanna nua a shocrú duit féin de na rudaí atá tú ag iarraidh a bhaint amach. Cuimhnigh i gcónaí, is breá an rud é a bheith ar do dhóigh féin!!



Bhí spraoi agam nuair...

Bhí cuidiú de dhíth orm le...

Bhí mé eachtrúil agus bhain mé triail as rud éigin nua nuair...

Bhí am ‘Bháú’ agam nuair...

BHAÚ!
Tá mé bródúil as...?



Bhí mé cineálta le...

An sprioc atá agam don tseachtain seo chugainn ná...

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



Cúig in Airde

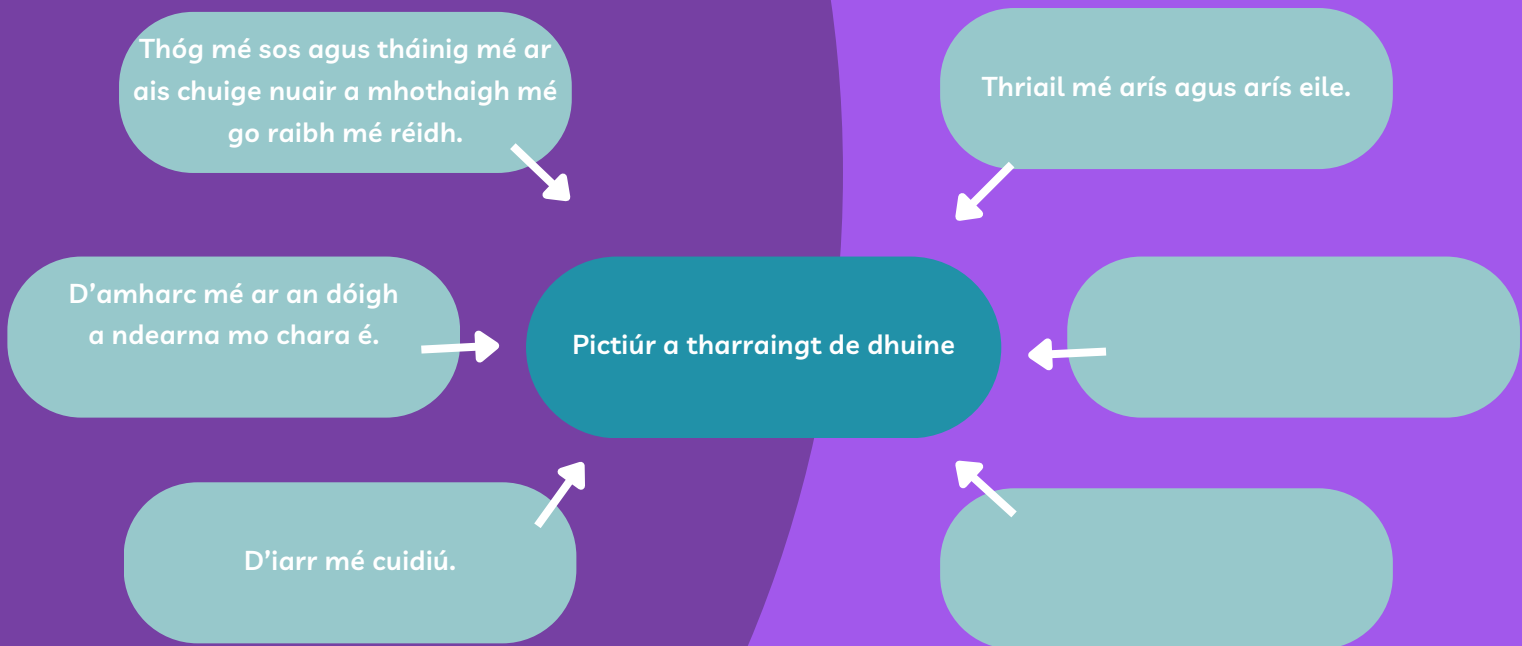
Gníomhaíocht Smaoinigh Siar

Thig leis a bheith doiligh rud éigin nua a fhoghlaim agus athraíonn rudaí láithreach, ach bíonn ‘buanna’ beaga i gcónaí le tabhairt faoi deara a dtig leat a bheith bródúil astu. Déan iarracht tú féin a oiliúint na ‘buanna’ beaga seo a thabhairt faoi deara i rith na seachtaine, ar scoil agus sa bhaile. Bain úsáid as dialann le cuidiú leat cuntas a choinneáil ar an dul chun cinn s’agat.

Gníomhaíocht Smaoinigh Siar

Cuimhnigh siar ar uaireanta nach ndearna tú an rud ceart ar an chéad iarracht, nó nuair a bhuail tú le do pháirtithe ranga nó do chairde den chéad uair. Glacann sé am le muinín a thógáil agus caithfidh muid a chuimhneamh go dtig linn ár muinín a thógáil agus a fhorbairt, cosúil le scil ar bith eile, ach bíonn cleachtadh de dhíth!.

- Déan cur síos ar rud a bhí doiligh agat am éigin, scríobh síos é nó tarraing pictiúr.
- Anois déan taifead de na rudaí ar fad a chuidigh leat rath a bheith ort, agus muinín a bheith agat as do chumas féin.
- Thig leat é seo a úsáid fosta le pleanáil a dhéanamh ar an dóigh a dtig leat rudaí a dhéanamh, agus leis na rudaí a thabhairt faoi deara is a thig leat a dhéanamh as do stuaim féin go neamhspleách, nó nuair a thig linn muinín a chur i ndaoine eile agus thig linn cuidiú a iarraidh.



Tá ‘Dialann na 3 Dhea-Rud’ ina chuidiú - istigh ansin thig leat 3 dhea-rud a tharla an lá sin a bhreacadh síos, agus ag deireadh gach seachtaine, thig leat cuimhneamh siar orthu ó sheachtain go seachtain.

Déan iarracht rudaí nua a chur isteach achan seachtain.



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

Meán Fómhair an Fhéinchúraim

Bhí Meán Fómhair an Fhéinchúraim ann an mhí seo, nuair a dhíríonn muid ar aire a thabhairt dúinn féin. Anois go bhfuil deireadh na míosa bainte amach againn, thig leat smaoineamh ar cé chomh minic agus a rinne tú rud éigin le haire a thabhairt duit féin agus do do shláinte.

Thiocfadh leat do chairde agus do theaghlach a spreagadh fosta le rudaí a roinnt agus plé a dhéanamh ar cad é mar a d'éirigh le hachan duine.

Rudaí a mbaineann tú sult astu a dhéanamh.

A bheith gníomhach agus ag déanamh iarracht bia folláin a ithe.

Ag labhairt faoi mhothúcháin.

Srian a chur le ham scáileáin.

Scíth a ligean.

Go leor codlata a fháil.

Cúig in Airde

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



Bosca Isteach



Tamnamore



Scoileanna Glac 5

Bhí 'Portadown Cares' iontach cineálta dár ndaoine óga agus teaghlaigh in EOTAS na Tamhnaí Móire anuraidh agus leanfaidh siad orthu ag tacú linn i mbliana. Thug 'Portadown Cares' ríchathaoir ar iasacht dúinn fá choinne Chorónú an Rí, agus flas canaí agus meaisíní gráin rósta don cheiliúradh deireadh téarma s'againn. Chuir siad bréagáin ar fáil dár ndaoine óg um Nollaig agus ag deireadh an téarma.

Cuireadh 'Portadown Cares' ar bun in 2012 le cuidiú leis an bhaile ar an iomlán. Glacann siopa 'Portadown Cares', atá sa bhaile mhór, le réimse tabhartas agus úsáideann siad an t-airgead ó dhíolacháin le gníomhaíochtaí a mhaoiniú i bPort an Dúnáin agus lena Mol Pobail a mhaoiniú. Tá breis agus £200,000 bailithe ar son carthanachtaí eile san ócáid bhliantúil 'Strictly Come Dancing' a reáchtálann 'Portadown Cares'.

Rinne an fhoireann i gCeantar an Iardheiscirt, Iompraíocht Bhunscoile Tacaíocht agus Soláthairtí, an cinneadh le rud éigin a dhéanamh mar chúiteamh do 'Portadown Cares' mar gheall ar an tacaíocht s'acu dár ndaoine óga agus teaghlaigh trí mhaidin caife a reáchtáil. Bhailigh muid beagnach £200 ar son 'Portadown Cares', agus bhí siad an-bhuíoch as sin.



Iompraíocht
Bunscoile
Tacaíocht &
Soláthairtí



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

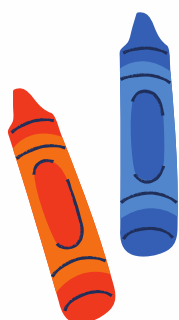
Self Reflection Ideas to Help Children

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...

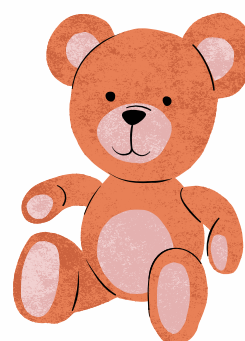


Art Expression

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.

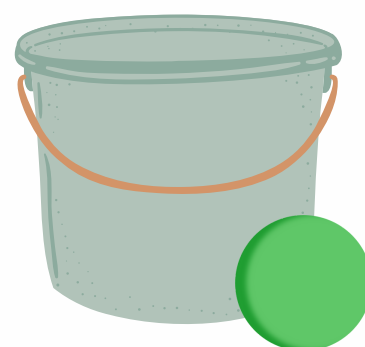
Who Am I?

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 squeeze 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:



<p>OMAGH FRIDAY 6TH OCT 2023 OMAGH LEISURE CENTRE</p> <p>FERMANAGH FRIDAY 17TH NOV 2023 LAKELAND FORUM</p> <p>DERRY/ LONDONDERRY THURSDAY 25TH JAN 2024 TEMPLEMORE SPORTS COMPLEX</p>	<p>LIMAVADY FRIDAY 23RD FEB 2024 ROE VALLEY LEISURE CENTRE</p> <p>STRABANE FRIDAY 22ND MARCH 2024 MELVIN SPORTS CENTRE</p>
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Times: 11am-1pm

Information Stalls.
Optional workshops on the day.



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.



Be sure to reflect on things that have gone well too!



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.'

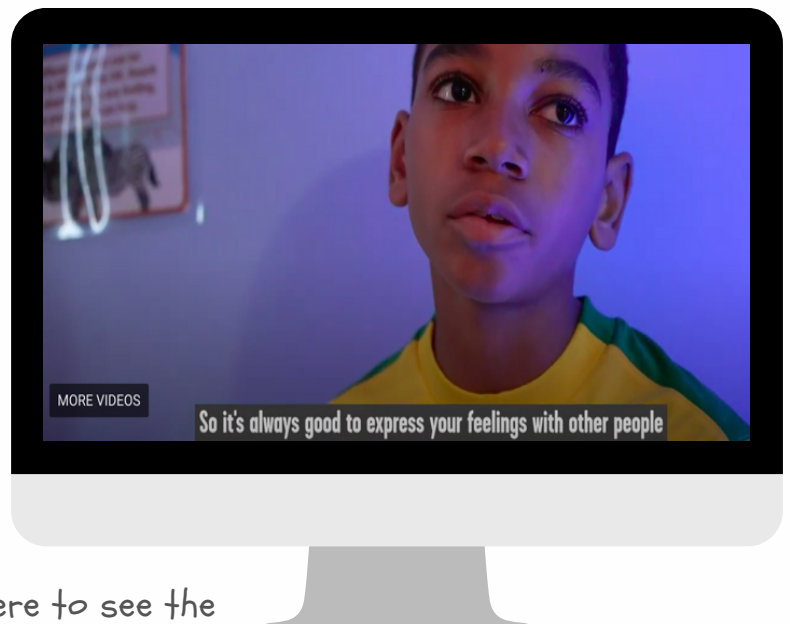
By wearing yellow this **World Mental Health Day on 10 October**, and donating what you can, you can show young people that you're with them. Show them that they matter and deserve the support they need, when they need it, no matter what.

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

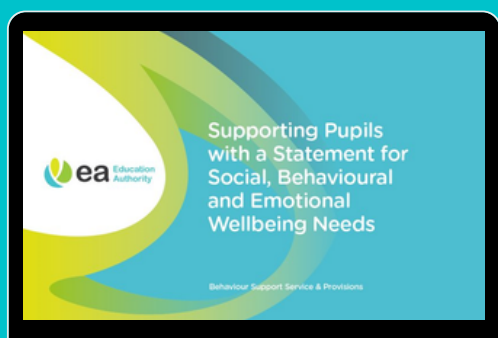




Upcoming PBS&P Training



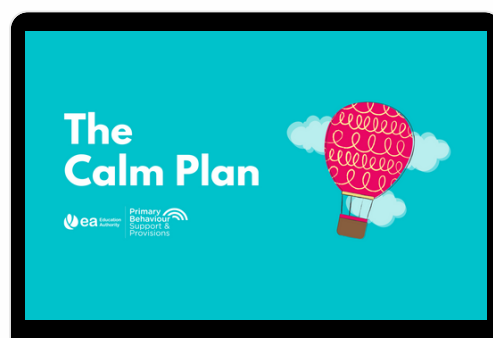
Click the images below to register for these training sessions available to school staff



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)

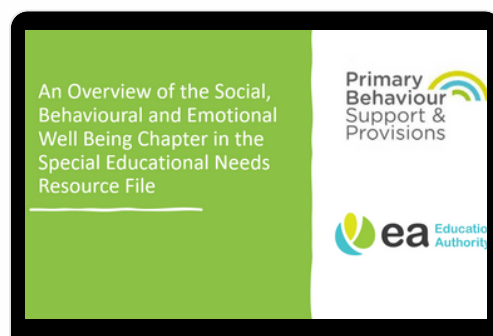


Developing a Calm Plan
23 October 2023 2:30pm - 4:15pm



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

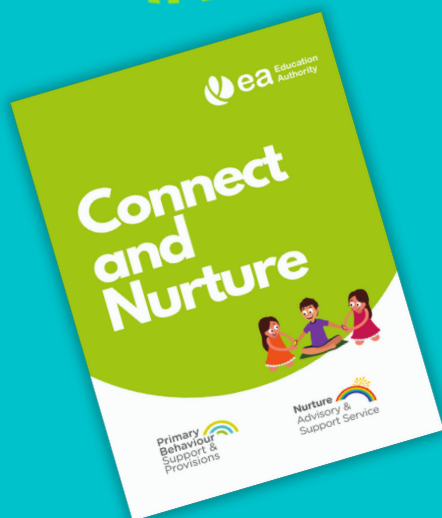
05 October 2023 & 12 October 2023 - 2:15pm - 3:45pm

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

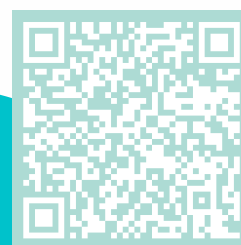
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

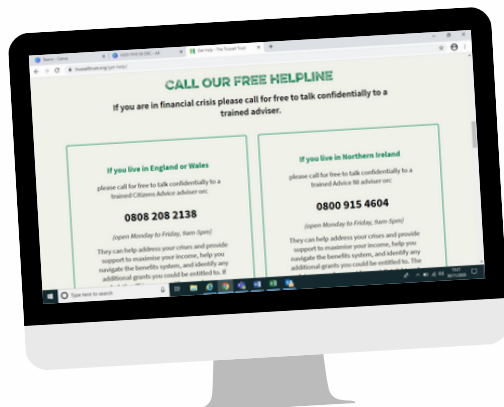


Contact Primary Behaviour Support & Provisions Service

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

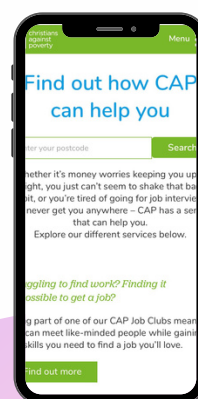
When We Need Support

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.

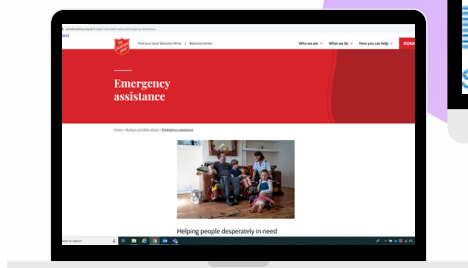


Click here

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.