# **Cúig in Airde**

## Iompraíocht Bhunscoile Tacaíocht agus Soláthairtí

Eagrán 66: Dé hAoine 13 Deireadh Fómhair 2023

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

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## Spreagadh, Tacaíocht, Dúshlán

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 Go Maith. Tá muid sláinte nuair a mhothaíonn muid go maith agus nuair a bhíonn muid ag feidhmiú mar is ceart. Tá an t-eagrán seo líon lán smaointí le cuidiú leatsa agus le do chuid daltaí fiosrú ar cad is brí le ‘bí go maith’ agus é seo a úsáid le plean folláine don rang a fhorbairt.

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 smaoineamh mhaithe dúinn le cuidiú linn cúram a dhéanamh dár sláinte mhothúchánach agus mheabhrach.

Is féidir níos mó eolais a fháil ar Glac 5 ag [Take 5 Steps to Wellbeing information on the MindingYourHead](https://www.mindingyourhead.info/take-5-steps-wellbeing) website.

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

Cuir Cúig in Airde isteach ar líne an ábhair agus déan cinnte go bhfaigheann tú cead ó dhuine fásta sula seolann tú an ríomhphost- caithfidh siadsan cead a thabhairt dúinn do chuid pictiúir agus scéalta a roinnt ar ár suíomh gréasáin agus ar ár meáin shóisialta.

Tá mír ar leith dírithe d’fholláine na mBall Foirne sa Mhol Chúig in Airde. Déan cliceáil ar an íomhá le cuairt a thabhairt uirthi (Síniú isteach C2k de dhíth).

Má tá tú ag iarraidh smaoineamh a roinnt a d’éirigh go maith leis sa scoil s’agatsa, agus a thacódh le folláine na mball foirne, [déan cliceáil anseo.](https://forms.office.com/pages/responsepage.aspx?id=-yeCOETeDkaBkAVAK4mNqMKgJVcVpGlCqlqM_N1pNmdURFdDRzkxTURaQzQ0VjRLNFBBSk1IV0JLSy4u)

# Glac 5

# Chéim i dtreo na folláine

Amharc ar fhíseán gairid maidir le [Glac 5](https://vimeo.com/455765372/3d0a429d17) 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 miongháire. 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 Go Maith

An raibh a fhios agat gur pháirt de churaclam na scoile é tú a chuidiú le bheith go maith? Is iomaí rud atá foghlamtha ag na daoine fásta sa scoil ar an rud is brí leis an fholláine, agus tá cuid mhór imeachtaí pleanáilte acu le go mothóidh tú go maith.

Mothaíonn muid Go Maith ar an Chéad Dul Síos...

...agus ansin bíonn muid ag Feidhmiú Mar is Ceart

Ciallaíonn an fholláine go bhfuil dhá rud ag tarlú. Go mothaíonn tú go maith agus go mbíonn tú ag feidhmiú mar is ceart Ar thug tú faoi deara riamh, go bhfuil an scoil níos deacra nuair a bhíonn tuirse ort, nuair nach bhfuil tú ag mothú go maith, nó má tá drochspion ort? Tá sé sin fíor do gach duine, is cuma cén aois thú!

Déan nóta d’amanna nuair a mhothaíonn tú go maith - cé atá leat? Cad é atá tú a dhéanamh?

[Dialann Cúig in Airde](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fhigh-five-journal&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fhigh-five-journal&osid=1&passive=1209600&ifkv=AYZoVhdpSWvnH43K6ItgQ0s5-edN9CbCTNG3GmAGPn243XyoRiLWhkVoRfvKniaFiHe_knsPuSSdGQ&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

# Plean Folláine don Rang

Má tá tú ag iarraidh feidhmiú mar is ceart sa scoil le go dtiocfadh leat a bheith ag foghlaim, is maith an smaoineamh é plean folláine don rang a chruthú. Ciallaíonn sin go ndéanfaidh tú sosanna beaga le linn an lae scoile a gcuirfear maitheas ort- agus mar sin beidh tú ag feidhmiú mar is ceart agus réidh le foghlaim!

Céim 1- Déan liosta de na rudaí ar fad a mbaineann na daoine i do rangsa sult as sa scoil. Míle an lae? Go Noodle? An leabhar is fearr leat?

Céim 2- Roghnaigh ceann amháin de na himeachtaí ón liosta le bheith mar nós maidine do do rang- gníomhaíocht ar féidir libh a dhéanamh ag tús gach lá a thugann ardú meanman daoibh.

Céim 3- Roghnaigh ceann amháin de na himeachtaí ón liosta le bheith mar nós dheireadh an lae do do rang- gníomhaíocht ar féidir libh a dhéanamh ag deireadh gach lá a thugann ardú meanman daoibh.

Céim 4- Roghnaigh dhá uair eile le linn an lae nuair a bhíonn ardú meanman de dhíth sa rang. Déan nóta ar chlár ama an ranga!

Plean Folláine don Rang, R5

Nós na Maidine - Míle an Lae

I ndiaidh an tsosa - caint 5 bhomaite le bhur gcairde

I ndiaidh am lóin - Íoga Cosmic Kids

Nós dheireadh an lae - Go Noodle

[Cliceáil anseo fá choinne níos mó smaointe le do phlean folláine don rang (síniú isteach C2ken de dhíth)](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhome&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhome&osid=1&passive=1209600&ifkv=AYZoVhcLUS7YV1bVHaTAU8ABpqvXtWUov3cVawWlleaXkieE8IuPRoqoBjCVPEthSoE3oo5ptqbcfA&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

# Bí Gníomhach

### Ní mór a bheith gníomhach le tú féin a choinneáil sláintiúil, agus is maith an áit í an scoil chun é seo a chuir isteach i do shaol laethúil. Seo chugat 5 bhealach spraíúil le bheith gníomhach sa scoil:

### Glac páirt i bhfoireann spóirt nó i gclub iarscoile- Is maith an bhealach iad seo a bheith gníomhach agus cairde a dhéanamh. Is iomaí rogha atá ann, ar nós cispheil, sacar agus damhsa, tá rud éigin ann do chách!

### Siúil ar scoil nó glac do rothar - Má chónaíonn tú cóngarach go leor don scoil, smaoinigh ar a bheith ag siúl nó rothaíocht a dhéanamh -seachas an bus nó an carr a ghlacadh. Is iontach an bhealach í a bheith aclaí agus amach faoin aer.

### Glac páirt in imeachtaí am sosa - Is am é am sosa atá dírithe don súgradh agus don aclaíocht. Glac páirt i gcluichí ar nós leaisteanna nó déan scipeáil le bheith ag bogadh leat.

### Seas suas agus déan do chorp a shearradh- Má shuíonn tú síos ar feadh tamall fada is féidir leis a bheith míchompordach. Glac sosanna le seasamh suas agus do chosa a shearradh, nó is féidir leat aclaíocht éadrom ar nós réaltléimeanna a dhéanamh.

### Ní gá leis an aclaíocht ar scoil a bheith leadránach. Má chuireann tú na himeachtaí spraíúil isteach ar do shaol laethúil is féidir leat sláinte agus taithí scoile níos fearr a bheith agat.

Thug an Body Coach, Joe Wicks cuairt ar chuid mhaith scoileanna éagsúla ar fud Thuaisceart Éireann agus Phoblacht na hÉireann ar a ‘thuras scoile’ ar na mallaibh. Deir Joe go bhfuil sé ag leanúint ar aghaidh ar a mhisean le “níos mó páistí a chur ag bogadh leo, agus ag foghlaim faoi na buntáistí a bhaineann leis an ghluaiseacht agus leis an aclaíocht.”

[Déan cliceáil anseo fá choinne níos mó smaointe le Bheith Gníomhach (síniú isteach C2ken de dhíth)](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fbe-active&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fbe-active&osid=1&passive=1209600&ifkv=AYZoVheDIH7HaNpTlPs0O3H2SrU15WuLYAdMaAz2Lu-N3cvpu_2YMWgTYLoELud4ZF93SBLepjEvug&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

[Déan cliceáil anseo le pacáiste gníomhaíochta saor in aisce a fháil ó shuíomh gréasáin an ‘Body Coach’](https://thebodycoach.com/kids-activity-pack/)

# Bí i dTeagmháil

### Worrysaurus

Is maith linn an scéal ‘An Worrysaurus’ le Rachel Bright. Is scéal spraíúil é faoin dóigh le dul i ngleic lenár gcuid imní. Tá picnic spéisiúil socraithe ag an Worrysaurus ach ní fada go dtagann imní air.

An féidir leis an Worysaurus bealach a aimsiú lena chuid imní a laghdú agus spraoi a bheith aige?

[Déan cliceáil anseo le hamharc ar an scéal a léann an t-údar Rachel Bright](https://www.youtube.com/watch?v=GYV_o9Uj2jc)

I ndiaidh duit an scéal a léamh, b’fhéidir gur mhaith leat do chuid imní a roinnt le duine fásta a bhfuil muinín agat as. Is maith an rud é a bheith ag caint le duine éigin. B’fhéidir go bhfuil tú ag iarraidh fiú do ‘stán an áthais’ féin a dhéanamh, díreach cosúil leis an cheann a bhí ag an dineasár bheag sa scéal, agus mar sin nuair a thagann imní ort, is féidir leat greim a chur ar na hearraí atá taobh istigh de a thugann áthas duit le cuidiú a thabhairt duit.

[Cliceáil anseo fá choinne níos mó smaointe le Bheith i dTeagmháil (síniú isteach C2ken de dhíth)](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fconnect&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fconnect&osid=1&passive=1209600&ifkv=AYZoVhe0iuM4j-cBbKKj3NePp3sc_2htBgK33AYd6BpgXC5XV2W7IpEPdQ-fwCl9ZckL__v4ydXllg&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

# Tabhair Aird

Má éiríonn sé barraíocht agat, thiocfadh leat ‘Crúsca an tSuaimhnis’ a dhéanamh.

Níl de dhíth ort ach coimeádán trédhearcach le clúdach air, roinnt uisce te, óla chócaireachta nó leacht níocháin agus roinnt ghealra. Mura bhfuil gealra agat, bain trial as dathúchán bia nó péint.

Déan é a chroitheadh go maith agus amharc air.

Tá an smaoineamh

le feiceáil

sa ghearrthóg shuaimhneasach seo...

# [Déan cliceáil anseo agus ansin.... lig do scíth!!!](https://www.youtube.com/watch?v=GHpwzNyBpAw)

Seo roinnt bhealaí le do scíth a ligint sa bhaile agus aird a thabhairt ar do chuid mothúcháin..

Léitheoireacht: Léigh leabhair nó bí ag éisteacht le closleabhair. Is bealach iontach í an léitheoireacht le do scíth a ligint agus éalú go domhan eile.

Ealaíon: Cuir ionad ealaíona le chéile le páipéar, péinteanna, criáin, agus marcóirí ann. Lig le do chruthaitheacht teacht chugat, agus tú ag cruthú do shárshaothair féin.

Cluichí: Is bealaí breátha iad cluichí cláir, cluichí cártaí agus tomhais le do scíth a ligint agus am a chaitheamh le daoine sa bhaile.

Siúlóidí Dúlra: Gabh amuigh ag siúl thart timpeall do cheantair nó sa pháirc is cóngaraí duit. Is féidir leis an dúlra suaimhneas agus scíth a chur ort.

[Cliceáil anseo fá choinne níos mó smaointe le hAird a Thabhairt (síniú isteach C2ken de dhíth)](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Ftake-notice&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Ftake-notice&osid=1&passive=1209600&ifkv=AYZoVherL8UU0Wk9P2r2sU8vHAeO1-ImFf_vfB1foy6RNwsebqM1DJ-du4hw_2O97uXHR6QIrJdTRw&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

# Lean den Fhoghlaim

Na Rudaí is Breá Liom Fúm féin & Fútsa

Is bealach ghalánta í seo le bheith dearfach fút féin agus le ceangal a dhéanamh le do chairde agus le do theaghlach. Is féidir leat post-its a úsáid, nó b’fhéidir gur thig leat réalta nó cruthanna deasa a ghearradh amach agus ar gach ceann acu scríobh síos rud amháin is breá leat fút féin nó a bhfuil tú bródúil as. Is féidir leat an rud céanna a dhéanamh do do chairde agus do theaghlach agus a rá leo trí iad a thaispeáint ar líne nó a sheoladh i litir b’fhéidir. B’fhéidir go bhfoghlaimeoidh tú rudaí nua fút féin nó faoi do chairde agus do theaghlach nár thug tú faoi deara a riamh.

Tá mé cróga

Tá croí daoine eile istigh ionam

Is duine ar leith mé

Tá mé cliste

Tá mé cineálta

[Déan cliceáil anseo fá choinne níos mó smaointe le Leanúint den Fhoghlaim (síniú isteach C2ken de dhíth)](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fkeep-learning&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fkeep-learning&osid=1&passive=1209600&ifkv=AYZoVhcMnSdmJaqAeK8n1zSG-f7U4pB-Gai-8PRX8jjoc_qXBkqRchdmU--TfRKX_XWi6RnNQdWYJA&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

### Bí Fial

Crúsca Baróige

In amanna, nuair a bhíonn mothúcháin ollmhór i gceist, is féidir leo an ceann is fearr a fháil orainn.

Thiocfadh leis a bheith iontach deacair na mothúcháin seo a shárú, agus in amanna ní bhíonn na focail againn lena rá cad é atá orainn. Seans go gcuideoidh an Crúsca Barróige leat? Mar aon le Crúsca an tSuaimhnis, is uirlis í a thugann tacaíocht duit do chuid mothúcháin a chur in iúl.

### An Dóigh le Crúsca Barróige a Dhéanamh

Beidh na rudaí seo a leanas de dhíth ort:

* Crúsca nó coimeádán de chineál éigin
* páipéar nó cárta
* siosúr

Ar an chéad dul síos, déan cuid mhór croíthe beaga le do chrúsca a líonadh. Ansin, am ar bith a éiríonn tú trí chéile, glac croí amach as an chrúsca agus tabhair don duine ar mhaith leat barróg a fháil uaidh. Is dóigh í seo le taispeáint go bhfuil sé thar am sos a ghlacadh ar feadh tamaillín agus am speisialta a roinnt lena chéile.

[Cliceáil anseo fá choinne níos mó smaointe le Bheith Fial (síniú isteach C2ken de dhíth)](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fgive&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhigh-five%2Fgive&osid=1&passive=1209600&ifkv=AYZoVhepSIdK4Dg5ZUil-jGV5AAu5NLwnGOzyXPy9Q2o9P46b3YNYfaO61IxhcwO1KmVaQEmMT-QVQ&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

# Bosca Isteach

Crann Taca

Comhdháil CnaG 2023

D’fhreastal an IBT&S agus an CNSS ar chomhdháil CnaG ar na mallaibh a bhí dírithe ar Riachtanais Speisialta Oideachais.

Ba í an Dr. Sinéad Nic Aindriú ó Ollscoil Chathair Bhaile Átha Cliath an príomhchainteoir, agus rinne sí cur i láthair dar teideal: ‘‘Developing a Positive Whole School Ethos and Culture:Relationships, Learning and Behaviour’ a dhírigh isteach ar oideachas ionchuimsitheach do gach duine. Níor chóir dearmad a dhéanamh go mbíonn tionchar mór ar na rudaí is lú nuair a thagann sé go saol an pháiste agus a theaghlach. Tá sé ríthábhachtach tuismitheoirí a tharraingt isteach ar an turas, agus iad ag tacú lena bpáiste le RSO agus guth an dhálta.

Éascaíodh ceardlanna le linn an lae, ceann amháin ar thug IBT&S agus NASS darb ainm ‘Bí spreagtha’ san áireamh. Thug IBT&S agus NASS léargas ar ár seirbhísí agus na hacmhainní atá ar fáil ar an Mhol Acmhainní IBT&SC2k, agus léirigh siad go háirithe na leaganacha Gaeilge agus leaganacha inrochtana Gaeilge dár n-acmhainní, an irisleabhar Cúig in Airde san áireamh.

[Cliceáil anseo le dul chuig an Mhol Acmhainne Chúig in Airde](https://accounts.google.com/InteractiveLogin/signinchooser?continue=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhome&followup=https%3A%2F%2Fsites.google.com%2Fc2ken.net%2Fhighfiveresourcehub%2Fhome&osid=1&passive=1209600&ifkv=AYZoVhdRCUi7pueE2jlX5M7MXXNvHXicnaNc85pXkdHQYl4VUntJeZTwMsU0ZuMC-NAb3Uq59IIeqA&theme=glif&flowName=GlifWebSignIn&flowEntry=ServiceLogin)

# Bosca Isteach

# Aoine Chúig in Airde ag Bunscoil Kilcooley, i mBeannchar

Roinn Bunscoil Kilcooley físeán galánta dá ndaltaí Rang 6 agus a mbaill foirne ag baint sult as an ‘Aoine Chúig in Airde’!

[Déan cliceáil anseo le hAmharc ar an fhíseán](https://player.vimeo.com/video/871425645?h=dcac04de1e)

### Bí Gníomhach

[Chuaigh muid ar shiúlóid](file:///C:\Users\dfc-rooneyh\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\C1LU8RU8\We%20went%20out%20for%20a%20walk)

### Tabhair Aird

[D’ith muid ár smailc taobh amuigh agus dírigh muid isteach ar ár gcúig chéadfa](https://player.vimeo.com/video/871425645?h=dcac04de1e)

### Lean den Fhoghlaim

[Makaton a fhoghlaim](https://player.vimeo.com/video/871425645?h=dcac04de1e)

### Bí i dTeagmháil

### [Bhí muid i dteagmháil leis an naíscoil agus le Rang a 7](https://player.vimeo.com/video/871425645?h=dcac04de1e)

### Bí Fial

[Léigh muid faoi chailín atá san ospidéal i mBéal Feirste. D’iarr a cuid cairde ar dhaoine cártaí a dhéanamh di le hardú meanman a thabhairt di. Tá súil againn go gcuirfidh ar gcártaí miongháire uirthi!](https://player.vimeo.com/video/871425645?h=dcac04de1e)

# High Five Parent Hub

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

# Support Your Child’s Emotional Development

### Encourage and help your child to….

Sleep well - children who regularly get a good nights sleep have better attention, behaviour, memory and better mental and physical health.

Get outdoors - particularly into nature. Being outdoors reduces stress and tension and makes us happy.

Be active - as they need lots of exercise. Regular exercise will boost their mental and emotional health.

Be creative - creative play allows your child to try out new ideas and to problem solve.

Be helpful - do things for others. They could giveaway outgrown toys and clothes or make buns for friends and family.

Play regularly - play is absolutely essential for a child’s happiness and their mental health. It also teaches them to be creative, problem solve and learn self-control.

### Support Your Child’s Emotional Development

* Ask your child how they are feeling and try to notice their feelings throughout the day.
* Talk to your child about emotions. When reading books to children talk about the characters’ emotions.
* Talk about how you are feeling during the day. You could make this into a game by encouraging your child to watch you use a range of facial expressions to convey emotions such as happy/angry/sad.
* Help children understand that all people have feelings. For example, when reading a book, ask questions like, “Why do you think she felt that way? How could you tell she was feeling sad?”

### Recognise that children do not always have the words to express their emotions.

When your child experiences a strong emotion, it’s important to support their efforts to calm down so they will be better able to talk about how they are feeling. After children learn how to calm down and talk about how they are feeling, they can then begin to problem solve.

Make your own simple flashcards- start with happy and sad. These cards can be used to open up conversations with your child.

Play a Game - get a ball, throw it and say “When I’m sad, I...” and take it in turns to answer. Answers could include - throw things, shout and cry. Vary questions. Then help them think of better solutions.

# High Five Staff Hub

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.

### Tips to Reach the Learning Brain

When we feel good we function well. Try including the 3Rs cycle throughout your day in class to help maximise learning.

Regulate

Plan in brain stem calmers- rhythmic games, activities with less verbal communication

Relate

Follow up with a focus on belonging A shared class memory- "this is going to be a bit like the time we learned about..."

Reason

Now the social engagement system is online- the pupils are feeling good and functioning well. Ready to learn!

Regulate

Always begin and end a lesson with a short regulatory activity

Relate

Follow up with a short activity which reinforces sense of belonging-unconditional acceptance

Reason

Core lesson time, on task time

Remember:

* Plan lots of 3Rs cycles throughout the day- make sure every lesson builds intime to regulate (feel safe) and relate (feel connected)
* Notice if your class or individuals need shorter cycles to begin with or on a particular day- adjust your expectations for on task time

[Click here for more ideas](https://beaconhouse.org.uk/resources/)

Upcoming PBS&P Training

[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs 15 November, 22 November & 29th November 20232:00pm - 3:30pm](https://www.easds.org.uk/booking/?bookingid=98ffaab87459d02b)

(Participants must attend all sessions)

[Developing a Calm Plan, 23 October 2023 2:30pm-4.15pm](https://www.easds.org.uk/booking/?bookingid=a30aba204d85bb53)

[Development and implementation of a SBEW Plan incorporating the pupil’s voice 21 November & 28 November 2023 2:30pm -3:45pm](https://www.easds.org.uk/booking/?bookingid=2a2d63d90421327f)

(Participants must attend all 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](https://www.easds.org.uk/booking/?bookingid=7c5136923a59dcf9)

(Participants must attend all sessions)

[Click here to see all the training available this year from Primary Behaviour Support and Provisions](https://www.easds.org.uk/booking/browse/area/?id=2240d6014d2f21c4)

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](https://www.easds.org.uk/booking/?bookingid=3f8bd1260488ea06)

[Theraplay Informed Practice activities to build attachment 28 November 2023 2:30pm - 3:30pm](https://www.easds.org.uk/booking/?bookingid=56d4ab30a2e103fe)

[Click here to view all training availability for this year from Nurture Advisory Support Service](https://www.easds.org.uk/booking/browse/area/?id=2240d6014d2f21c4)

EA Special Educational Needs

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.

[Click here for information on the following areas](https://send.eani.org.uk/support-services/behaviour-support-primary)

#### 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 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 support children and young people

#### Contact Primary Behaviour Support and Provisions Services

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

# When We Need Support

### Help Hub Bitesize Tips

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](https://www.trusselltrust.org/get-help/) 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](https://www.salvationarmy.org.uk/budget-and-debt-advice) [St Vincent De Paul](https://www.svp.ie/get-help/request-help-online.aspx) and [Christians against poverty](https://capuk.org/get-help) are all locally run charities that can provide assistance to families who are in financial difficulty.

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 [Lifeline](https://www.lifelinehelpline.info/) [Childline](https://www.childline.org.uk/) and [ParentLine NI](http://www.ci-ni.org.uk/)