# **Cúig in Airde**

## Iompraíocht Bhunscoile Tacaíocht agus Soláthairtí

Eagrán 66: Dé hAoine 27 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 leat a 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 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 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 tógáil 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 ghlasraí a ghlacadh in aghaidh an lae, ar mhaithe leis an 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 seolfaidh tú an ríomhphost- caithfidh siadsan cead a thabhairt dúinn do chuid pictiúr agus scéalta a roinnt ar ár suíomh gréasáin agus ar ár meáin shóisialta.

### Bealaí úra do Shamhain 2023

An 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.

[Cliceáil anseo le rochtain a fháil ar an fhéilire ghníomhaíochta](file:///C:\Users\dfc-nugentc\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\L46F5VES\Click%20here%20to%20access%20the%20activity%20calendar)

# Glac 5

# Céimeanna 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, bí i do cuidiú 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 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 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 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 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?

[Cliceáil anseo](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/high-five-journal?pli=1) 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 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

[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)

# Bí i dTeagmháil

### 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 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!’

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

STAD

AMHARC

ÉIST

[Cliceáil anseo fá choinne níos mó smaointe le Bheith i dTeagmháil (síniú isteach C2ken de dhíth)](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/connect)

# 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

Athchúrsáíl

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)](file:///C:\Users\dfc-nugentc\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\L46F5VES\Click%20here%20to%20access%20more%20ideas%20to%20Take%20Notice%20(C2ken%20sign-in%20required))

# Lean den Fhoghlaim

## 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.

[Cliceáil anseo le hamharc ar 'Ach Níl Ormsa an Locht’ le Julia Cook](https://www.youtube.com/watch?v=We8D7zHG2tk)

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)](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

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?

[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

# 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 dianghlasála 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 dhaltaí plé a dhéanamh ar na luachanna a bhaineann le cineáltas 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 Chineáltas nó thart fá sin - le cuidiú le leanaí, páistí agus daoine fásta na háite atá ag brath ar ár gcúram speisialta.”

[Cliceáil anseo](https://www.nihospice.org/get-involved/events-appeals/kindness-counts-2023/) le do scoil a chlárú inniu cuidigh linn leanúint de bheith ar fáil dár n-othair agus a dteaghlaigh nuair is mó an díth atá orthu.

# 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)

## Parenting NI

‘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?’

[Click here](https://discovernorthernireland.com/) to view 40 Budget family activities to try this autumn.

# 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 2hour 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 adads-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 here](file:///C:\Users\dfc-nugentc\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\L46F5VES\click%20here).

[For further advice and support click here.](https://www.autism.org.uk/what-we-do/northern-ireland)

# 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.

## 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 Here](https://www.education-ni.gov.uk/sites/default/files/publications/education/SEN%20RESOURCE%20FILE-SBEW_0.pdf)  [or here SEN RESOURCE FILE](https://www.education-ni.gov.uk/sites/default/files/publications/education/SEN%20RESOURCE%20FILE-SBEW_0.pdf) 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 5framework 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 at2:15pm

[Click here](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/high-five-friday) to find out how to register as a High Five Friday school, register for an information session or request support getting set upC2ken sign in required.

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

[Microsoft Forms (office.com)](https://forms.office.com/pages/responsepage.aspx?id=-yeCOETeDkaBkAVAK4mNqMKgJVcVpGlCqlqM_N1pNmdUQkhQQTFTSFRJNEpIT1dSVjk1VFlKTFVSMC4u)

Upcoming PBS&P Training

[Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs](https://www.easds.org.uk/booking/?bookingid=98ffaab87459d02b)

15 November, 22 November & 29th November 20232:00pm - 3:30pm

(Participants must attend all sessions)

[Developing a Calm Plan](https://www.easds.org.uk/booking/?bookingid=a30aba204d85bb53)

13 November 2023 2:30pm - 4:15pm

[Development and Implementation of a SBEW Plan Incorporating the Pupil's Voice](https://www.easds.org.uk/booking/?bookingid=2a2d63d90421327f)

21 November, 28 November & 29th November 20232:00pm - 3:30pm

(Participants must attend all sessions)

[An Overview of the Social, Behavioural, Emotional and Wellbeing (SBEW) Chapter in the SEN Resource File](https://www.easds.org.uk/booking/?bookingid=7c5136923a59dcf9)

23 November

& 30 November 2023 -2:15pm - 3:45pm

(Participants must attend all sessions)

[Click here to see all 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)

# 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/)