# **High Five**

## Primary Behaviour Support and Provisions

Issue 66: Friday 27th October 2023

This magazine is packed full of good ideas to inspire, support and challenge you to be the best you can be!

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## Inspire, Support, Challenge

Inspire - First, we try to find ways to make you want to be the best you can be.

Support - When you want to be the best you can be we try to help you as you learn and grow.

Challenge - You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things.

# Welcome to High Five!

Welcome back to High Five. Our theme in this issue is to Be Responsible. When we are very young we often look forward to having increased responsibility and then when we are older we often look forward to the time we can slow down and rest. Take time as you work through the activities to consider how your responsibilities have changed over your life.

Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

More information about Take 5 is available at [Take 5 Steps to Wellbeing information on the MindingYourHead](https://www.mindingyourhead.info/take-5-steps-wellbeing) website.

We hope you have fun trying out these good ideas - let us know how you get on at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

Put High Five in the subject line and make sure you ask an adult before emailing -they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.

### New Ways November 2023

This month, ‘Action for Happiness’ are encouraging you to try something new!

Don’t forget to wrap up in warm clothes if you are doing an activity outside.

[Click here to access the activity calendar](Click%20here%20to%20access%20the%20activity%20calendar)

# Take 5

# Steps to wellbeing

Watch a short video about [Take 5](https://vimeo.com/455765372/3d0a429d17) here.

Be Active - Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.

Connect - Have fun with friends, talk with family, help out at home, and share your feelings. Being connected makes us feel loved.

Take Notice - Watch and listen to what’s going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.

Give - Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, and dream. When we give to ourselves or others it makes us feel happy.

Keep Learning - Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

# Be Responsible

This week our High Five challenge is to Be Responsible. Let's start off by thinking about what this word can mean.

It's your job!

If you have been given a job to do then you are responsible for doing it.

What jobs are you responsible for in school and at home?

What jobs are the adults in your class responsible for?

It's your fault! (or) It's thanks to you!

You are responsible when something good or bad happens as a result of something you have done.

For example- I'm responsible if someone trips over the toy Iwas supposed to put away! OR

I'm responsible for my friend being able to finish their work because I loaned them a pencil!

You are a bit older and wiser!

You have been given more responsibilities because you have shown you can make good choices on your own and know when to ask for help.

Think about the choices a baby or toddler gets to make for themselves. Why so few?

Now think about the choices you get to make for yourself.

Why are you allowed to make those choices now?

What choices are you looking forward to making for yourself in the future?

[Click here](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/high-five-journal?pli=1) to write or draw in your High Five Journal as you think through what it means to Be Responsible.

# Be Active

### Pumpkin Workout

### It is important to remember to be active to look after our own wellbeing, try the ‘Pumpkin Workout’!

### What exercise can you invent for ‘I’?

P is for 10 push ups

U is for up and down 10 squats

M is for marching in place for 30 seconds

P is for plank position for 10 seconds

K is for kick your legs for 30 seconds

I is for invent an exercise

N is for 90 seconds of running on the spot

[Click here to access more ideas to Be Active (C2ken sign-in required)](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)

# Connect

### Halloween Safety

Halloween is a fun and exciting time for many people, but it's important to prioritise safety during this holiday. Here are some tips to help ensure a safe and enjoyable Halloween experience for everyone:

Plan your route: If you're going trick-or-treating, plan your route ahead of time. Stick to well-lit areas, and bring an adult with you to join in all the fun!

Dress appropriately: Choose costumes that are comfortable and easy to move in, and make sure they're visible in the dark. Consider adding reflective tape or carrying a torch to increase your visibility. Remember...’Be safe Be Seen!’

Be careful on the roads: Always remember to...

STOP

LOOK

LISTEN

[Click here to access more ideas to Connect (C2ken sign-in required)](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/connect)

# Take Notice

# Nature Walk

# Take a nature walk, take notice of all the beautiful things that surround can you.

Think of ways we are responsible for looking after nature?

Here are a few things that we can do:

Reduce Plastic Use

Recycle

Upcycle

Walk or Cycle

Grow Some Plants

Encourage Wildlife.

Can you think of more ways to look after nature?

[Click here to access more ideas to Take Notice (C2ken sign-in required)](Click%20here%20to%20access%20more%20ideas%20to%20Take%20Notice%20(C2ken%20sign-in%20required))

# Keep Learning

## Being Responsible

Responsibility means being dependable, making good choices, and taking accountability for your actions.

Being a responsible person means looking out for the wellbeing of ourselves and others and understanding we all play apart in making the world a better place.

Sometimes it can be hard to be responsible and accept accountability for our actions, watch the story below and see how Norman sometimes struggles.

[Click here to watch 'But It's Not My Fault' by Julia Cook](https://www.youtube.com/watch?v=We8D7zHG2tk)

Think of some ways you can become more responsible and make your days better!

At Home

At School

[Click here to access more ideas to Keep Learning (C2ken sign-in required)](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)

# Give

HOW I CAN GIVE MY TIME TO HELP

Spend time reading a story for a sibling or friend

Draw a picture or write a note for someone special

Take time to look after yourself

Help someone with jobs around the house or in the garden

Can you think of an idea?

[Click here to access more details to Give (C2ken sign-in required)](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)

# Inbox

# Northern Ireland Children’s Hospice

“Celebrate World Kindness Day with us on 13thNovember 2023, and help us create a Kindness Movement across NI! Whether it is a kind word, a warm hug, or joining like minded people in a movement for change, children want something that is empowering, positive and uplifting, that shows them simple ways in which they can make a difference.

That’s where Kindness Counts comes in! We created Kindness Counts during lockdown in 2020 when we saw how little acts of kindness in the community made a big difference and now we want your school to get involved too.

Simply, sign your school up and we'll send you FREE bespoke educational resources tailored to your class needs. These resources allow you and your pupils to explore the values of kindness and compassion in the classroom and in their own community.

They have been specially designed to help develop the areas of Personal Development and Mutual Understanding and The Thinking Skills and Capabilities Framework outlined in the curriculum.

In return, all we ask is that your school host a fundraising activity on or around World Kindness Day - to help support local babies, children and adults who depend on our specialist care.”

[Click here](https://www.nihospice.org/get-involved/events-appeals/kindness-counts-2023/)  to sign your school up today and help us continue to be there for our patients and their families when they need it most.

# 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](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 20232:30pm - 3:45pm

(Participants must attend both 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 both 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/)