**High Five**

**Primary Behaviour Support and Provisions**

Issue 69: FRIDay 1st DECEMBER 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 Motivated. We are motivated every day-it's what makes us get out of bed in the morning! The activities throughout help us to reflect on the different types of motivators in our lives and consider the positive real life consequences to tasks rather than artificial rewards.

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.

**EA Christmas Family Food Appeal**

Our EA Christmas Family Food Appeal will run from 13 November – 7 December enabling our staff to give back by donating items to their local food bank through various EA Offices. More information on [EA Christmas Family Food Appeal](https://healthwell.eani.org.uk/news/workplace-health/volunteering-opportunity-ea-christmas-family-food-appeal) can be found on the HealthWell Hub.

## Take 5: Steps to Wellbeing

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

**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 Motivated

Our High Five challenge in this issue is to Be Motivated. Motivation is something that makes us do a job well or try something new. But first let's think about different types of motivation:

**Outside Motivation**

This type means we are offered something we like to motivate us to do something we might not like. For example, eat our vegetables and we will get an ice cream. Our motivation is the ice cream- we eat the vegetables because we want the ice cream.

**Inside Motivation**

This type means we understand the good reason for doing something we might not like as much. For example, eating vegetables is healthy. Our motivation is being healthy - we eat our vegetables because we want to be stronger.

To learn more about how [Seratonin](https://dosemagazine.co.uk/magazine/get-motivated-serotonin) boosts inside motivation visit the Dose magazine website.

**Be Motivated**

Make a list of things you do for outside motivation. Then in pairs, a group or the whole class, discuss the questions below for each one.

Who decided what the outside motivation would be? e.g. who decided ice cream was a reward for eating the vegetables?

Who decides if you have completed the task well enough to have the reward?

How do you feel when you don't manage the task well enough to have the reward?

Can you think of an inside motivation for doing this task? Why is it a good thing to do, even if it's not followed by ice cream?

You can access the [High Five Journal](https://adfsv3.c2kschools.net/adfs/ls/?SAMLRequest=fVJdT9swFH2ftP9g%2BT1JU5jErCaoo6qoBFtEUx54c5yb1NS%2Bznyddvv3pCmIIm28Hp97Pq7v7PqPNWwPnrTDjKfxhDNA5WqNbcY35TK64tf51y8zktZ0Yt6HLT7A7x4osGESSYwPGe89CidJk0BpgURQYj2%2FvxPTeCI674JTznC2WmS8brfoGtNh13WykqrRW7vD57qyCpzWz%2FXO2dZUFWePb7Gmx1groh5WSEFiGKDJ9CJK0yj9VqapuPwuLiZPnBWvTj80nhp8Fqs6kUjclmURFb%2FW5Siw1zX4nwM7461zrYFYOXu0LySR3g9wIw0BZ3Mi8GEIeOOQegt%2BDX6vFWwe7jK%2BDaEjkSSHwyF%2Bl0lkoqY7wBghJFIRz8fFirGbP9vo58nlmzPP%2F609S85k89fPO3ZaLQpntPrL5sa4w40HGYZCwfdDn6XzVob%2FO6dxOiK6jpqRKnqkDpRuNNScJfnJ9eOVDLfzAg%3D%3D&RelayState=https%3A%2F%2Faccounts.google.com%2FCheckCookie%3Fcontinue%3Dhttps%253A%252F%252Fsites.google.com%252Fc2ken.net%252Fhighfiveresourcehub%252Fhigh-five%252Fhigh-five-journal%26osid%3D1%26ifkv%3DAVQVeyzdtEL6cY5sk9svHpxdjJmX-fWmzrISdaPpRczc3WQr2agWE0aI7U3EEXHQQWfHy4JD5tik) on the High Five Hub.

When we have strong inside motivation it helps us be the best we can be. It helps us to notice the things we do well and the things we can improve. This week in school and at home notice all the times you are motivated from the inside to make a good choice!

## Be Active: My Awesome Football

Joe Wicks, also known as the body coach, became a national hero during the pandemic.

Millions of us tuned in to take part in his daily fitness workouts on YouTube “PE with Joe”. His enthusiasm and boundless energy helped kept us all motivated to be active through his fun work out videos.

Do something today that your future self will than you for.

**New Full Body Workout!**

You can follow along with one of [Joe's](https://www.youtube.com/watch?v=DQt9r6bieE0&list=PL0JLh_5RabDw1mZnLOJQdxfPff5vNRrl5)  workouts on you tube.

**My Awesome Football**

The end of the year is a great time to reflect on the past and set new goals for the future. One way to make this process more fun is to use a ball to write down some of your goals. This simple activity can help you brain storm and prioritise your aspirations for the coming year. Writing down your goals can help you stay accountable and motivated throughout the year. So start setting some meaningful goals for the new year!

For more idea to [Be Active](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/be-active) visit the hub(C2ken sign-in required).

## Connect: How to Set Goals

Connect with others, connect with your friends in your class. Share your goals with them, sharing your goals with each other may inspire you or your friends to try something new.

Think of people that can motivate you or inspire you. It could be your teacher, your family, your friends or even your favourite sportsperson.

View 4 proven steps to help you reach your [goals](https://www.youtube.com/watch?v=a4jnPQD7pO8) on you tube.

**Steps on How to Set Goals. Choose Your Big Goal…**

1. What’s the Purpose?
2. Break It into Small Steps
3. What are the Obstacles?
4. Write It Down.

You can write your ideas in your  [High Five Journal](https://adfsv3.c2kschools.net/adfs/ls/?SAMLRequest=fVJdT9swFH2ftP9g%2BT1JU5jErCaoo6qoBFtEUx54c5yb1NS%2Bznyddvv3pCmIIm28Hp97Pq7v7PqPNWwPnrTDjKfxhDNA5WqNbcY35TK64tf51y8zktZ0Yt6HLT7A7x4osGESSYwPGe89CidJk0BpgURQYj2%2FvxPTeCI674JTznC2WmS8brfoGtNh13WykqrRW7vD57qyCpzWz%2FXO2dZUFWePb7Gmx1groh5WSEFiGKDJ9CJK0yj9VqapuPwuLiZPnBWvTj80nhp8Fqs6kUjclmURFb%2FW5Siw1zX4nwM7461zrYFYOXu0LySR3g9wIw0BZ3Mi8GEIeOOQegt%2BDX6vFWwe7jK%2BDaEjkSSHwyF%2Bl0lkoqY7wBghJFIRz8fFirGbP9vo58nlmzPP%2F609S85k89fPO3ZaLQpntPrL5sa4w40HGYZCwfdDn6XzVob%2FO6dxOiK6jpqRKnqkDpRuNNScJfnJ9eOVDLfzAg%3D%3D&RelayState=https%3A%2F%2Faccounts.google.com%2FCheckCookie%3Fcontinue%3Dhttps%253A%252F%252Fsites.google.com%252Fc2ken.net%252Fhighfiveresourcehub%252Fhigh-five%252Fhigh-five-journal%26osid%3D1%26ifkv%3DAVQVeyzdtEL6cY5sk9svHpxdjJmX-fWmzrISdaPpRczc3WQr2agWE0aI7U3EEXHQQWfHy4JD5tik) by visiting the High Five Hub.

For more ideas [to connect](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/connect) visit the High Five Hub (C2ken sign-in required).

## Take Notice: Wow Moments

Think of something you have achieved this year, it could be at school, at home or even a hobby.

Think of how it made you feel to achieve it, how long did it take you to achieve it? Some goals we set are small and some take a lot longer to achieve. What were some of your ‘Wow Moments?’

‘Wow Moments’ at school….

WOW! I am proud of…

‘Wow Moments’ at home….

WOW! I am proud of…

‘Wow Moments’

about sport, music, being creative, a hobby or showing kindness to others……

WOW! I am proud of.

Access more ideas to [Take Notice](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/take-notice) by visiting the High Five Hub (C2ken sign-in required).

## Keep Learning: My New Skills

It’s good to keep learning new things/skills. You could keep a track of all new skills on the 5 steps to wellbeing sheet.

Be active...go for a run, walk, get outside, play a game, cycle, garden.

Connect...with the people around you, family, friends, neighbours, new people.

Take notice...take time to notice and appreciate nature, everyday life and moments.

Keep learning...try something new or re-discover an old interest.

Give...do something nice for family or a friend. Thank someone, smile.

For more ideas to [Keep Learning](https://adfsv3.c2kschools.net/adfs/ls/?SAMLRequest=fVLLTuswEN1fiX%2BwvM%2BzQkJWE1RAiEpwb0QDC3auM07d%2BBE8Tgt%2Ff9MUBEjA9vjMeYxnfv5iNNmBR%2BVsQbM4pQSscI2ybUEf6uvojJ6XJ3%2FmyI3u2WIIG3sPzwNgIOOkRTY9FHTwljmOCpnlBpAFwVaLu1uWxynrvQtOOE3J8qqgum06sZbdttuC1m233fRy00pjzVqCcWsuQavOSEoe32Plh1hLxAGWFgO3YYTSfBZlWZSd1lnOZilLZ0%2BUVG9OF8oeG%2FwWa30kIbup6yqq%2Fq3qSWCnGvB%2FR3ZBW%2BdaDbFw5mBfcUS1G2HJNQIlC0TwYQx46SwOBvwK%2FE4JeLi%2FLegmhB5Zkuz3%2B%2FhDJuGJyDuwsYWQcIG0nBbLpm7%2B00Z%2FT87fnWn5vfY8%2BSRbvn3eodPyqnJaiVey0NrtLz3wMBYKfhj7XDtvePjZOYuzCVFNJCcqGyz2IJRU0FCSlEfXr1cy3s5%2F&RelayState=https%3A%2F%2Faccounts.google.com%2FCheckCookie%3Fcontinue%3Dhttps%253A%252F%252Fsites.google.com%252Fc2ken.net%252Fhighfiveresourcehub%252Fhigh-five%252Fkeep-learning%26osid%3D1%26ifkv%3DAVQVeyx0U6k7qy2E3-1FxmR3L2fEWu2L6xVfkalJy0687Rri5x2ktrbKv3sSDYOAz2Tu4MHlHcGn) visit the High Five Hub(C2ken sign-in required)

## Give: Daily Positives

It's important to remember to be kind to yourself. We often put a lot of pressure on ourselves but it's essential to take care of our mental and emotional wellbeing. This can mean different things for different people, but some ways to be kind to yourself might include taking time for self-care, practicing self-compassion, and acknowledging and celebrating your accomplishments. Remember, you deserve to be treated with kindness and respect, including from yourself.

You can watch a video on you tube on [motivation.](https://www.youtube.com/watch?v=LXSbuT-OkC8)

It’s important to remember to care for your own wellbeing and be kind to yourself.

Think of all the daily positives during the day. Check out the questions below to help you think of your positives!

How was I kind to others today?

How did I help someone today?

What did I do today that was fun?

What made me smile and laugh today?

What was I grateful for today?

What did I learn today?

For more ideas [to Give](https://adfsv3.c2kschools.net/adfs/ls/?SAMLRequest=fVJdT9swFH2fxH%2Bw%2FJ6kCUParCaogNAqsRHRwANvjnObuti%2Bwddpx7%2Bfm4LGpMGTpePj83F95%2Be%2FrWE78KTRlTxPZ5yBU9hp15f8vrlOvvHz6uTLnKQ1g1iMYePu4HkECiy%2BdCSmi5KP3gmUpEk4aYFEUGK1%2BHkjinQmBo8BFRrOllcl1%2B2TUcpIbLfb1mIbz3az7rcbbbEHYzvTWtfiwNnDW6ziEGtJNMLSUZAuRGhWnCZ5nuRnTV6Ir4XIvz9yVr86XWh3bPBZrPZIIvGjaeqkvl01k8BOd%2BB%2FRXbJe8TeQKrQHuxrSaR3EV5LQ8DZggh8iAEv0dFowa%2FA77SC%2B7ubkm9CGEhk2X6%2FT%2F%2FKZDJTxRO41EHIpCJeTYMVUzf%2FbqKfJ5dvzrz6v%2FY8eydbvX7eodPyqkaj1QtbGIP7Sw8yxELBj7HPNXorw8fOeZpPiO6S9UQVo6MBlF5r6DjLqqPrv1sSd%2BcP&RelayState=https%3A%2F%2Faccounts.google.com%2FCheckCookie%3Fcontinue%3Dhttps%253A%252F%252Fsites.google.com%252Fc2ken.net%252Fhighfiveresourcehub%252Fhigh-five%252Fgive%26osid%3D1%26ifkv%3DAVQVeyxLGdhNQY4k40Afl9TxlbPXm0fUlcW-8ELC-Z8lib27U4Trc2KIGRnaQ-R_upicH0W8uNmu) visit the High Five Hub(C2ken sign-in required)

## Inbox: Magharafelt Primary School

Magharafelt Primary School have been using an app called Verbal Wellbeing to help them be the best that they can be! They have shared with us how the app has helped both staff and pupils to Be Motivated.

“Verbal Wellbeing has provided motivation for both our children and teachers.

For our children, it's been a source of empowerment.

They're motivated to understand their emotions better, seek help when they face challenges and gather the tools and knowledge to build the resilience needed when facing challenges in the future.

The stories and resources within the app have made conversations about mental health natural an approachable.

From a teacher’s perspective, the mood tracker has been a game-changer. It's not always easy to gauge, however, with the mood tracker insights, we're motivated to be proactive.

It's like having a compass that points us to the emotional state of every student in the classroom.”

If you would like to know more about the Verbal Wellbeing app which Magheraflet Primary are using you can visit [Verbal Wellbeing](https://www.verbalwellbeing.com/)  website or contact: [andrea.doran@theverbal.co](mailto:andrea.doran@theverbal.co)

Mr Somerville – Principal - When we first heard about the Verbal Wellbeing app, our school recognised an opportunity to adopt a whole school approach to emotional wellbeing. In today's fast-paced world,

it's more crucial than ever to ensure our children are equipped not just academically, but emotionally as well. We wanted to foster an environment where discussing mental health isn't just accepted but encouraged.

Verbal Wellbeing has not only motivated our students to seek help and understand their emotions but has also inspired us to be more vigilant and responsive to our students' emotional needs.

It's a step towards a future where every child feels heard, understood, and supported.

Does your school have a favourite resource to support emotional wellbeing? [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

## 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)

**Goal Setting for Kids**

It’s important as adults we help our children and young people when they are setting goals for themselves.

Setting goals is a crucial life skill that helps children and young people to learn how to plan and achieve their dreams. As adults, we can play a significant role in supporting them through this process. We can start by encouraging them to identify their strengths, interests, and aspirations. Once they have a clear understanding of what they want to achieve, we can help them to break their goals down into smaller, more manageable steps. Supporting them through setbacks and celebrating their successes along the way will help to build their resilience and self-confidence. By empowering our children and young people to set and achieve their goals, we are helping them to develop skills that will serve them well throughout their lives.

**Top tips for Goal Setting for Children**

1. Encourage your child to think about what they want to achieve - whether it's a short-term or long-term goal.
2. Help your child break down their goal into smaller, achievable steps. This can help them feel less overwhelmed and more motivated to take action.
3. Make sure the goal is realistic and achievable. It's important for children to experience success and build confidence in their ability to achieve their goals.
4. Celebrate your child's progress along the way. This can help them stay motivated and focused on their goal.
5. Encourage your child to be flexible and adaptable. Sometimes things don't go according to plan, but it's important to teach children that setbacks and failures are a normal part of the process.
6. Remember, goal setting is a skill that takes practice. By helping your child set and achieve goals, you are helping them develop important life skills that will serve them well in the future.

## Parent Hub: ABSIT Addressing Bullying School Implementation Team

The EA Addressing Bullying in Schools Implementation Team (ABSIT) has developed resources for use with children and young people, and to share with parents/carers. These provide information on:·

* The legal definition of bullying type behaviour and the difference between this and other socially unacceptable behaviour.
* School support for children, young people, and their families in line with the Addressing Bullying in Schools Act (NI) 2016.
* Advice for parent, carers and pupils regarding how bullying type behaviour is identified and supported in schools.
* Signs that a pupil could be experiencing bullying type behaviour and signposting to further support.

To access resources and further information visit the [EA website](https://www.eani.org.uk/school-management/policies-and-guidance/addressing-bullying-in-schools-act-2016/bullying).

## 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 Nurture Intrinsic Motivation**

Three conditions that are necessary to nurture intrinsic motivation

1. Perceived autonomy
2. Perceived competence
3. Relationships

Offering people choices, responding to their feelings and opportunities for self-direction have been reported to enhance intrinsic motivation.

(Deci and Ryan 1985/2000)

**Make a Swap**

Swap praise for showing an interest. Praise has an emphasis on the adult's approval (outside motivation) but showing an interest has an emphasis on noticing the pupil and the positive real life consequences to their actions (inside motivation).

You are tidying up. That will help our caretaker.

That’s a really interesting story you have written – the ending was such a surprise!

You’re getting the ball through the hoop more times than last week.

**Journal**

Regular time for reflection is a great way to make intrinsic motivation a feature of your classroom. For resources and ideas to support this you can access the [High Five Journal](https://sites.google.com/c2ken.net/highfiveresourcehub/high-five/high-five-journal) on the High Five Hub (C2ken sign-in required).

## Staff Hub: Addressing Bullying Schools Implementation Team

Following collaboration with over 100 schools throughout the region, the EA Addressing Bullying in Schools Implementation Team (ABSIT) has developed resources for use with children and young people, and to share with parents/carers. These provide information on:

* The legal definition of bullying type behaviour and the difference between this and other socially unacceptable behaviour.
* School support for children, young people, and their families in line with the Addressing Bullying in Schools Act (NI) 2016.
* Advice for parent, carers and pupils regarding how bullying type behaviour is identified and supported in schools.
* Signs that a pupil could be experiencing bullying type behaviour and signposting to further support.

To access resources and further information visit the [EA website](https://www.eani.org.uk/).

## Staff Hub: Upcoming Primary Behaviour Support and Provisions Training

| **Course** | **Dates and Times** | **Notes** |
| --- | --- | --- |
| [Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs](https://www.easds.org.uk/booking/?bookingid=98ffaab87459d02b) | 16 January 23rd January & 30 January 2024 11:00am - 12:30pm | (Participants must attend both sessions) |
| [Developing a Calm Plan](https://www.easds.org.uk/booking/?bookingid=a30aba204d85bb53) | 22 January 2024 2:30pm - 4:15pm |  |
| [Development and Implementation of a SBEW Plan Incorporating the Pupil's Voice](https://www.easds.org.uk/booking/?bookingid=2a2d63d90421327f) | 17 January and 24 January 2024 2:30pm – 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) | 18 January and 25 January 2:15pm – 3:45pm | Participants must attend both sessions. |

Visit the esads website to view all [training](https://www.easds.org.uk/booking/browse/area/?id=2240d6014d2f21c4)  available from Primary Behaviour Support and Provisions

## Staff Hub: 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.

| **Course** | **Date** | **Time** |
| --- | --- | --- |
| [Connect and Nurture (CAN)](https://www.easds.org.uk/booking/?bookingid=3f8bd1260488ea06) | 6February 2024 | 2:30 – 3:30pm |
| [Theraplay Informed Practice - Activities to build attachment](https://www.easds.org.uk/booking/?bookingid=56d4ab30a2e103fe) | 20 February 2024 | 2:30pm – 3:30pm |

Visit the easds website to view all [training](https://www.easds.org.uk/booking/browse/area/?id=2240d6014d2f21c4) available from Primary Behaviour Support and Provisions.

## Telephone Advice & Support Helpline

The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm on: 028 3831 4461. Teachers or school managers requiring advice about a primary or nursery aged pupil not currently known to Primary Behaviour Support and Provisions can call and speak to one of our officers who will share strategies and guidance to help with the situation being described.

There were 510 calls to the help line in September / October 2023.

**TASH Closure**

The helpline will be closed on the following dates:

* Friday 15 December 2023
* Friday 22 December 2023 to Friday 5 January 2024 (Inclusive)

If you need to contact us when the helpline is closed you can email: [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

## 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.

To access further information on the following areas visit the [SEND](https://send.eani.org.uk/support-services/behaviour-support-primary) website.

* **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/)