

Eagrán 68: Dé hAoine 17 Samhain 2023

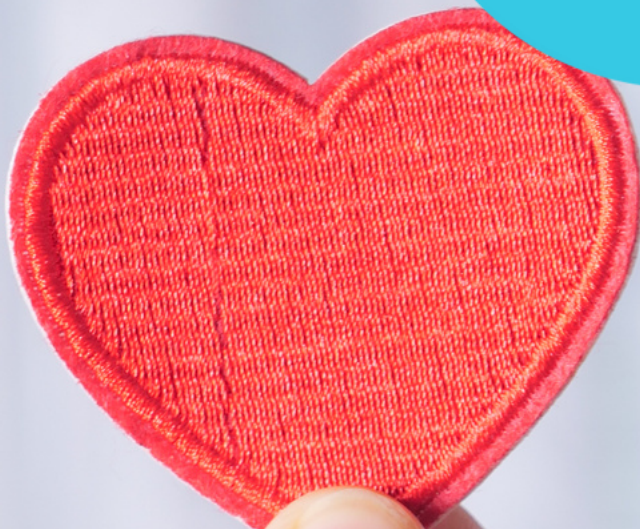


**Iompraíocht
Bunscoile
Tacaíocht &
Soláthairtí**



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
Airde**



Taobh istigh



03 Glac 5

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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 Flaithiúil. Leis na tuairimí agus na gníomhaíochtaí a roinneadh, cuidítear linn tuiscint a bheith againn cad is brí le bheith flaithiúil lenár gcuid ama, ár rudaí agus ár smaointe

Ná déan dearmad go mbíonn ár gcuid gníomhaíochtaí ar fad bunaithe ar chruthú Glac 5 a rinne an Ghníomhaireacht Sláinte Poiblí (PHA). Tá tú ar an eolas faoi cé chomh thábhachtach atá ar a laghad 5 sciar de thorthaí agus de ghlasraí a ghlacadh in aghaidh an lae, ar mhaithe leis an tsláinte fhisiceach.

Le Glac 5 tugtar 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 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.

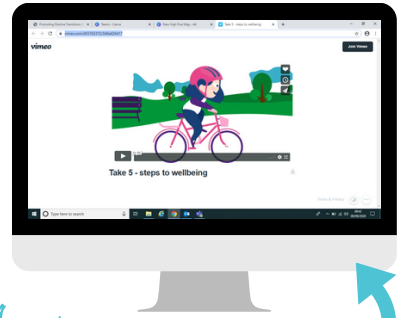
An Dóigh le Labhairt le Do Pháistí Faoi Choimhlint agus Faoi Chogadh

“Nuair atá coimhlint nó cogadh go mór sa nuacht, is féidir eagla, brón, fearg agus buairt a bheith ann cibé áit a bhfuil tú i do chónaí dá bharr.

Bíonn páistí i gcónaí ag brath ar a dtuismitheoirí ionas go mothaíonn siad slán sábháilte - níos mó nuair atá géarchéim ann.

Seo a leanas roinnt leideanna ar an bhealach is féidir leat tabhairt faoin chomhrá le do pháiste agus tacaíocht agus compord a thabhairt dó.





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.

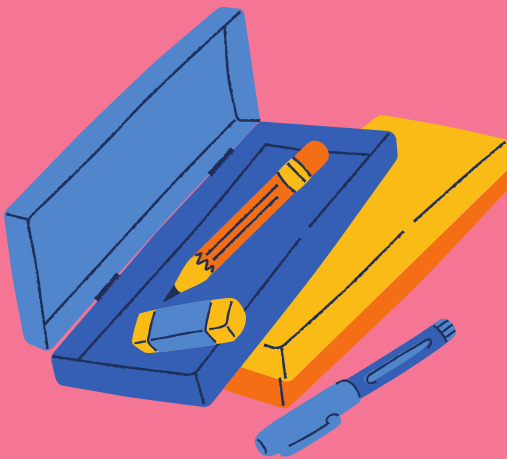
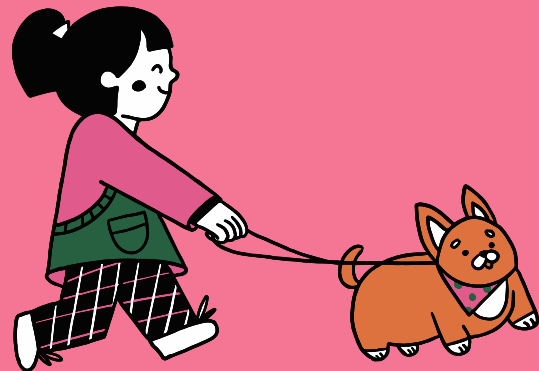


Lean den Fhoghlaim

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 Flaithiúil

Is é an dúshlán Cúig In Airde atá againn san eagrán seo ná le Bheith Flaithiúil. Labhair le do rang agus déan nótaí i do Dhiálann Cúig in Airde ar bhealaí inar féidir leat a bheith flaithiúil le do chuid ama agus do chuid earraí.



Bí Flaithiúil

Bealach eile le bheith Flaithiúil ná an dóigh a smaoiníonn muid ar dhaoine eile. Ciallaíonn sé gur cheart ardmheas a bheith ar dhaoine eile. Go háirithe más rud é nach maith linn a bhfuil déanta acu nó má tá meancóg déanta acu!



Níl sé ceart! Ní mian leat go bhfuil rud ar bith spráíúil agam!

Uaireanta nuair a dhiúltaíonn duine dúinn (amhail i gcás nuair atá muid ag iarraidh uachtar reoite a fháil roimh an dinnéar) nó insíonn duine dúinn rud éigin a dhéanamh nach mian linn é a dhéanamh (amhail obair bhaile ar thráthnóna grianmhar), fágann sé sin go mothaíonn muid go dona, rud a chiallaíonn nach bhfuil muid ag feidhmiú i gceart. Fágann sé sin go mbeadh smaointegránna againn faoin duine seo.

Is ionann a bheith flaithiúil sa dóigh a smaoiníonn muid ar dhaoine eile agus a bheith ag smaoineamh ar chúis mhaith leis an méid atá déanta acu. Tá sé deacair é sin a dhéanamh go nádúrtha, agus ar an ábhar sin, caithfidh muid stopadh, anáil mhór a tharraingt agus ansin a bheith flaithiúil d'aon turas!

Ceart go leor, tá a fhios agam nach bhfuil tú ag iarraidh ach go bhfuil an obair bhaile déanta agam gan deifir.



Tabhair do dhúshlán a bheith Flaithiúil le do smaointe faoi dhaoine eile. Ag deireadh na seachtaine, meabhraigh ar cad é mar a d'éirigh leat i ndialann Cúig in Airde s'agat.

Bí Gníomhach



Déanann Tuaisceart Éireann The Daily Mile Santa Run



‘Tá muid ag iarraidh go mbeidh a oiread bunscoileanna agus naíolanna ar fud Thuaisceart Éireann gníomhach ar an lá chéanna le ceiliúradh a dhéanamh ar na buntáistí a d’fhéadfadh a bheith ar an mheabhairshláinte de bharr gníomhaíocht laethúil. Tá meabhairshláinte páistí, agus an bhaint atá aici le gníomhaíocht fhisiciúil, níos tábhachtaí ná mar a bhí sí riamh.

Coinnigh an dáta!

Tá muid ag siúl le tú a fheiceáil agus tú do Christmas Daily Mile a dhéanamh am ar bith idir 09:00-15:00 Dé hAoine an 1 Nollaig 2023, mar aon leis an chuid eile den náisiún!’

Leis an Daily Mile, cuidítear leat féin agus do chairde maidir le d’fóllaine mheabhrach! Is féidir leat do chomharthaí droma féin a chruthú le smaoineamh ar an fháth ar maith leat The Daily Mile Santa Run a dhéanamh!



Is féidir le Scoileanna
clárú ach cliceáil anseo

Déanaim an Daily Mile Santa Run toisc go.....



“Cuidíonn sé liom
m’intinn a dhíriú
níos mó”

“Is féidir
liom a bheith
le mo chairde
dá bharr”

“Tá intinn níos
soiléire agam dá
bharr”

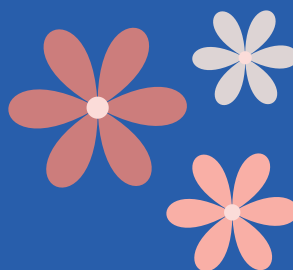
“Cuireann sé
miongháire orm
agus thig liom rith
thart”



Déan cliceáil anseo
le tuilleadh
smaointe a fháil le
bheith Gníomhach
(síniú isteach
C2ken de dhíth)

Cén fáth ar maith
leat?

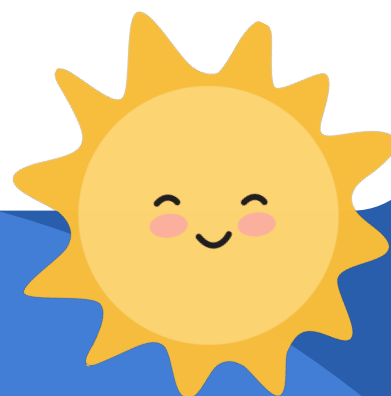




Bealaí le bheith Flaithiúil.

Cá mhéad mír a thig leat a thiceáil in aghaidh an lae?

- ☐ Mol duine
- ☐ Roinn rud éigin le duine eile
- ☐ Caith am le duine a bhfuil do chuideachta de dhíth air
- ☐ Cuir cárta nó nóta deas chuig duine
- ☐ Lig do dhuine dul isteach chun tosaigh sa líne
- ☐ Déan jab do dhuine nach ndéanfá de ghnáth, amhail an bord a leagan don dinnéar nó cuir bréagáin do dheirféar i dtaisce
- ☐ Bronn ar charthanacht rud éigin nach bhfuil de dhíth ort a thuilleadh
- ☐ Caith am ag múineadh duine amhail rialacha cluiche nó cuidigh lena obair bhaile a dhéanamh
- ☐ Cuir tralaí siopadóireachta i dtaisce do dhuine
- ☐ Coinnigh doras oscailte do dhuine



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

Bí Buíoch

Le tuiscint iomlán a bheith ar fhlaithiúlacht tá sé tábhachtach tabhairt faoi deara gach rud atá againn agus a bhfuil muid buíoch as. Glac roinnt ama le smaoineamh ar na daoine agus ar rudaí a bhfuil tú buíoch astu i do shaol.



Cuir le duilleoga an chrainn na rudaí a bhfuil tú buíoch astu...

Nó bain triail as do chrann buíochais féin a chruthú ach na céimeanna thíos a leanúint...



- 1** Tarraing nó péinteáil tamhan mór
- 2** Tarraing roinnt duilleoga agus gearr amach iad mór go leor, sa dóigh is go dtig leat scríobh orthu
- 3** Smaoinigh ar na rudaí uilig a bhfuil tú buíoch astu nó gníomhartha flaithiúlachta atá léirithe duit ag daoine agus scríobh ar do dhuilleoga
- 4** Greamaigh na duilleoga le do chrann le gliú agus taispeáin le bród iad.

Cliceáil anseo fá choinne níos mó smaointe Tabhairt Faoi Deara (Síniú isteach C2ken de dhíth)

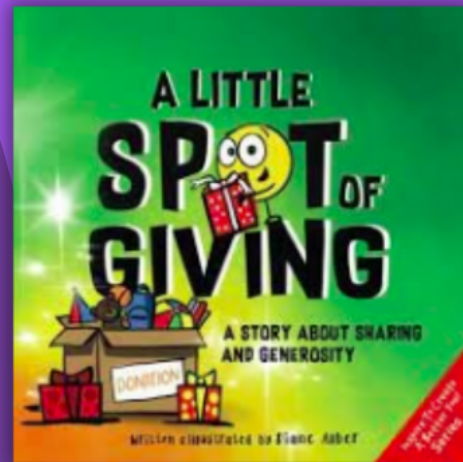


Cad is Flaithiúlacht ann?

Is tréith charachtair í flaithiúlacht, an-chosúil le cineáltas nó ionracas. Is ionann flaithiúlacht agus a bheith i do chroí na féile. Tá níos mó i gceist ná airgead a thabhairt Do chuid ama, do ghrá, bia, áiseanna nó fiú cineáltas simplí a thabhairt is ea í. Is é atá i gceist le flaithiúlacht ó thaobh an chroí de ná bronntanais neamhábhartha a thabhairt do dhaoine eile, amhail maithiúnas, aitheantas a thabhairt as rud éigin bainte amach, spreagadh, nó fiú rud ar bith ach barróg. Is féidir linn mothú go maith ionann féin agus muid ag foghlaim an dóigh le bheith flaithiúil.

Clliceáil anseo le hamharc ar
'A Little Spot of Giving' le
Diane Albe

agus foghlaim níos mó faoi na
tabhartais is féidir linn a
thabhairt go flaithiúil



Bí Flaithiúil ach Focail Dhearfacha a úsáid.

Tá cumhacht i do chuid focail! Leag ceann sprice síos go molfaidh tú go flaithiúil daoine eile sa rang, fiú nuair nach bhfuil i gceist ach nóta gasta nó trácht. Beidh lorg buan ann de bharr an méid a deir tú, mar sin de, bíodh an lorg sin dearfach!



Clliceáil anseo fá choinne níos
mó smaointe Lean Den
Fhoghlaim(Síniú isteach
C2ken de dhíth)

Bí Flaithiúil leat Féin

Cuir am ar leataobh fá choinne grá agus súgartha. Ith go sláintiúil, faigh codladh, déan aclaíocht agus bí i do shuaimhneas. Leis an mhéid sin uilig cuidítear leat a mhothú go maith. Bí flaithiúil leat féin, agus déan cúram duit féin.

Is cleachtadh tábhachtach é a bheith flaithiúil leat féin agus is féidir leat saol níos sásta agus níos sásúla a bheith agat dá bharr. Ciallaíonn sé go gcaitheann tú leat féin leis an oiread sin cúraim agus cineáltais agus a chaithfeá le daoine eile. I measc bealaí le bheith flaithiúil leat féin, agus maithiúnas a thabhairt duit féin as meancóga, tá aire a thabhairt ar do riachtanais fhisiciúla agus mothúchánacha, cead do chinn a thabhairt duit do scíth a ligean, tabhairt faoi ghníomhaíochtaí a bhfuil tú an-tógtha fúthu. Ná déan dearmad go bhfuil grá agus cúram tuillte duit agus nuair a chaitheann tú leat féin go maith, is féidir tionchar dearfach a bheith ar d'fholláine ar fad. Mar sin de, lean ort, bí flaithiúil leat féin, tá sé tuillte agat!

Cad iad roinnt de do bhealaí is fearr le do scíth a ligean?

Gabh Amach

Faoin Spéir



Bí Cineálta



Éist le Ceol

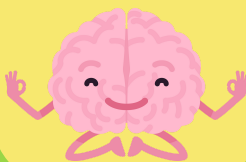


Aclaíocht



Bí ar do

Shuaimhneas



Bíodh Spraoi

agaibh



An bhfuil tú in ann smaoineamh ar dhá cheann eile?



Cúig in Airde

Cliceáil anseo fá choinne níos mó smaointe Bí Fial (Síniú isteach C2ken de dhíth)



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

How to Encourage Children to Be Generous

Teaching children to be generous is an important part of their development. It helps them to learn empathy, kindness and compassion towards others. There are several ways to encourage children to be generous.



1

Lead by example. Children learn by observing the behaviour of adults around them. If they see you being generous, they are more likely to follow suit.

2

Talk to your children about the benefits of generosity. Explain to them how it can make others feel happy and appreciated, and how it can also make them feel good about themselves.

3

Involve your children in charitable activities. This could be volunteering at a local shelter, donating gently used toys or clothes to a charity, or participating in a fundraiser.

4

Make generosity a regular part of your family's routine. Encourage your children to share their toys with others, or to offer to help someone in need. By making generosity a habit, it will become a natural part of your child's behaviour and personality.

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.”



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 on the image or by scan the QR code

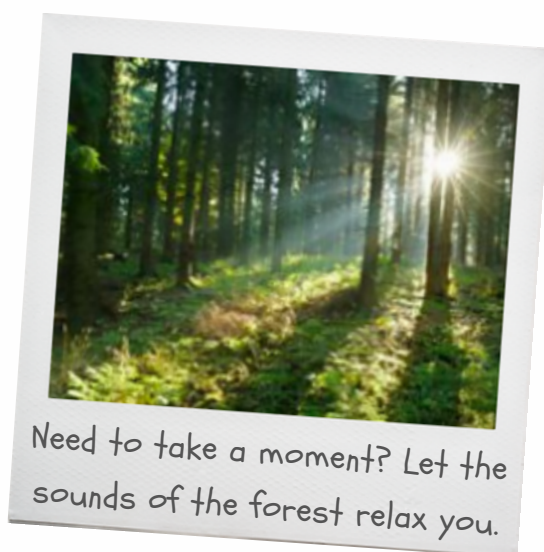
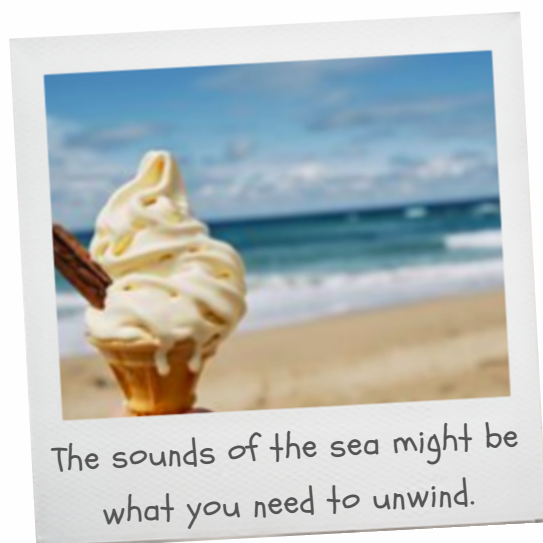
Tea & Coffee provided
Booking is not required.

Any further questions email
ClaireA.Hamilton@westerntrust.hscni.net



‘Let’s Go Out’

‘Let’s Go Out’ has been created for young learners with special education needs (SEN), but it can be enjoyed by anyone who needs a moment of mindfulness. Click on the images below to access the short video clips on BBC iPlayer:



BBC Bitesize also have additional resources and ideas for people to make their own sensory activities at home. [Educational resources can also be accessed here...](#)



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!





Modelling Generous Thinking

Sometimes we can be ungenerous in the thoughts we have about ourselves. Adopting a growth mindset in your classroom can help to reframe the inner thought life of your pupils.

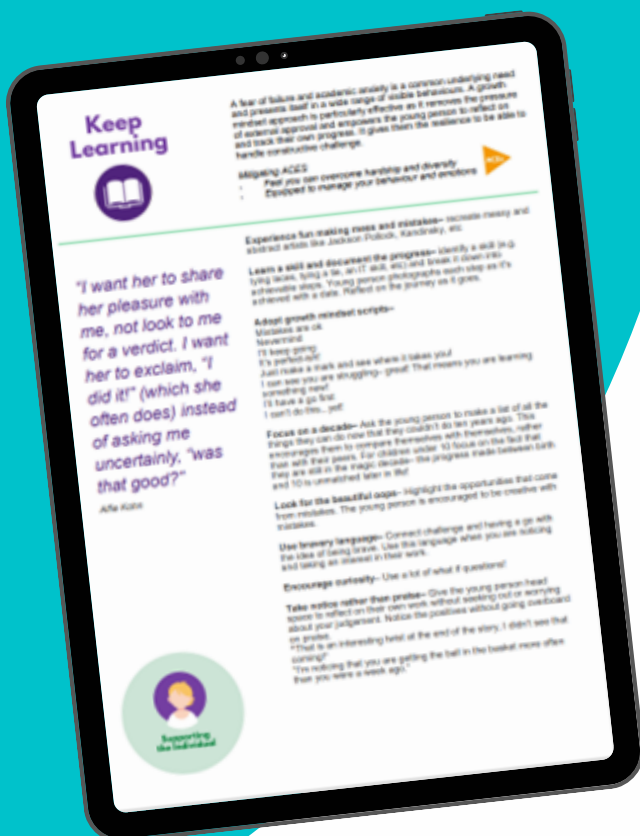
I can see you are struggling- great! That means you are learning something new!

It's perfect-ish!



Ok - so that didn't work. What's the next idea you could try?

The SEN Resource File shares good ideas to help promote helpful thinking in your class. Click on the image to explore.



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 helpline in September / October 2023



TASH CLOSURE

The helpline will be closed on the following dates:

- Fri 15 Dec 2023
- Fri 22 Dec 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



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.

We are also encouraging staff to consider supporting The Trussell Trust's Winter Collection Event which will run from Thursday 30th November – Saturday 2nd December at many local Tesco Stores. 2/3 Volunteers will be encouraged to take part in a 2-hour timeslot between 10am – 6pm each day. Volunteer duties include

- provide leaflets and shopping lists to customers
- dating food that is received
- packing food into crates / trolleys

The Food Banks are keen to welcome staff from the Education Authority to take part in this Winter Collection Event.

If you/your staff or your team feel that you can make the time to give back to this campaign, please get in touch with healthandwellbeing@eani.org.uk and we'll make all the necessary arrangements on your behalf along with answering any questions you may have.

Below are the Tesco stores requiring the volunteering assistance:

- Tesco Antrim supporting Antrim Foodbank
- Tesco Derry supporting Foyle Foodbank
- Tesco Lurgan and Craigavon supporting Craigavon Foodbank
- Tesco Knocknagoney supporting Dundonald Foodbank
- Tesco Yorkgate and Antrim Road, Belfast supporting North Belfast Foodbank

If you are still not sure please know that a 2-hour commitment from you/your staff or your team will benefit children, young people and their families within our local communities and is a perfect way to also:

- Support your staff to 'Give Back' in a way that doesn't involve them having to spend money to help
- Connect with teams and colleagues
- Create a good feeling amongst your service
- Engage in a team development activity that otherwise your team may not have the opportunity to do
- Highlight the great work that takes place within the EA

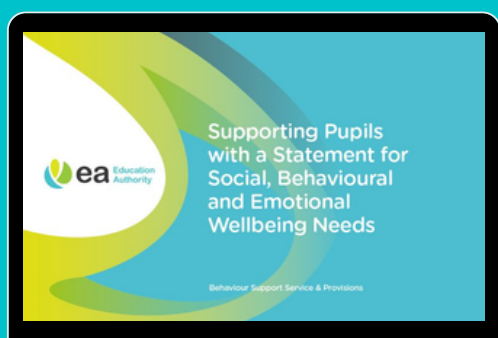




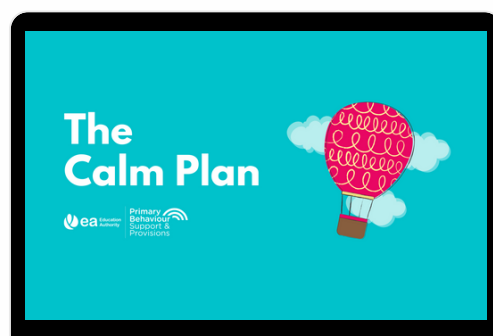
Upcoming PBS&P Training



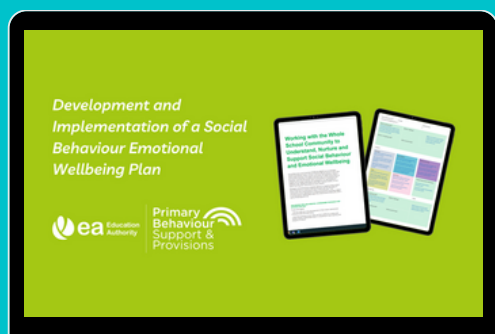
Click the images below to register for these training sessions available to school staff



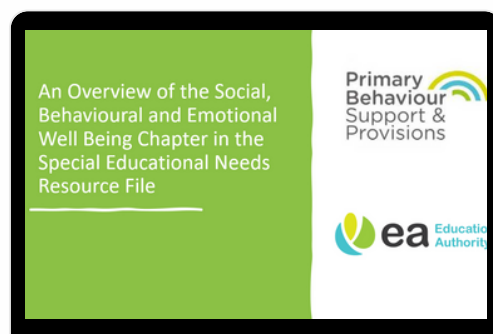
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
16 January, 23rd January & 30 January 2024
11:00am - 12:30pm
(Participants must attend all sessions)



Developing a Calm Plan
22 January 2024 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
23 November & 30 November 2023 - 2:15pm - 3:45pm
Participants must attend both sessions

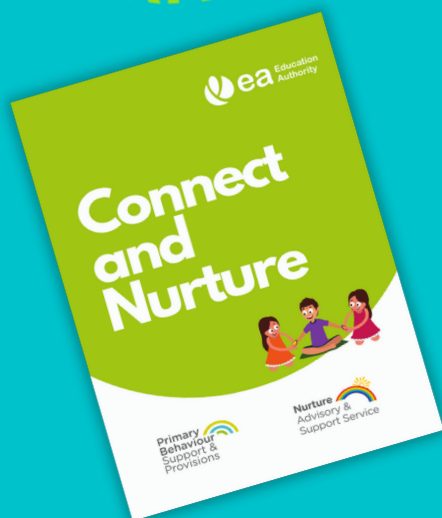
[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



Upcoming NASS Training Available



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



Theraplay Informed Practice -
activities to build attachment
28 November 2023
2:30pm - 3:30pm



Click the Nurture Advisory & Support Service logo to see all training available this year



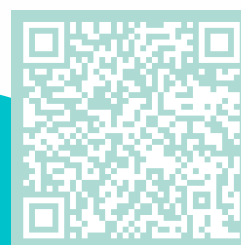
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

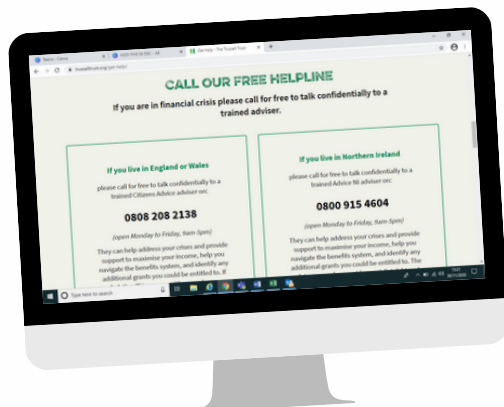


Contact Primary Behaviour Support & Provisions Service

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

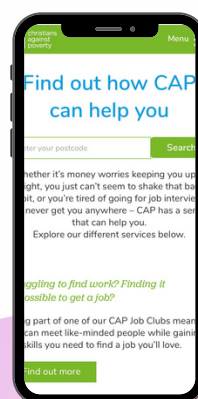
When We Need Support

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.

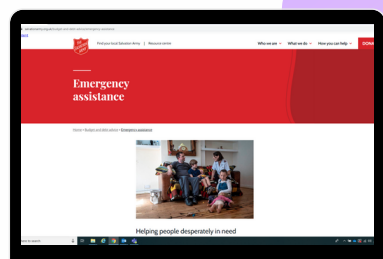


Click here

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.