

Issue 94: Friday 04 April 2025

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

High
Five



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Inspire...

First we try to find ways to make you want to be the best you can be



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



Support...

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

Welcome to High Five!

Welcome back to High Five. This issue is our Easter Special! Easter is almost here, and it's time to get excited for all the fun it brings! Imagine waking up to a sunny morning with a basket full of colourful eggs waiting to be found, making Easter crafts and eating lots of chocolate! In this issue our EOTAS pupils and staff have shared their fun Easter activities!

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 <https://www.mindingyourhead.info/take-5-steps-wellbeing>

We hope you have fun trying out these good ideas - let us know how you get on at 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.**



High Five

For more ideas visit [ea_highfive](#) and check out the HF Friday highlights. Follow EA_HighFive on instagram Scan the QR code:



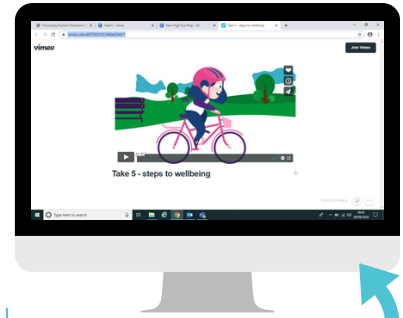
Take5

steps to wellbeing



Be Active

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



Watch a short video about Take5 here



Connect

Have fun with friends, talk with family, help out at home, 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, 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.

Easter Special

Imagine a garden with many different kinds of flowers. Each flower is different and special, and together they make the garden more beautiful. In the same way, when everyone belongs, we can share our different ideas and talents, making our community stronger and more interesting. So, it's important to be kind and welcoming to everyone, because we all have a special place in the puzzle of life!



Easter time at school is full of exciting activities and fun things to do while connecting with others in the classroom. Here are some egg-cellent ideas!

Easter Egg Hunt:

One of the most exciting activities is the Easter egg hunt. Teachers could hide colourful eggs around the playground or classroom.

Crafting:

You can make all sorts of Easter crafts, like decorating Easter eggs with paint and stickers or creating bunny masks.



Easter Special

In class, you could create your own colourful garden by designing flowers to show all the ways we can connect and have fun over Easter. What could you place in your petals?



Over Easter enjoy the fun and make some wonderful memories! You could write about them in your 'High Five Journal'.



Spring Scavenger Hunt

The children at Little Oaks have turned their sunny Spring walks into a scavenger hunt adventure as nature starts to wake up from its long Winter sleep.

We started by coming together and connecting by brainstorming all the things we thought we might find on our walk, we then created a checklist and finally ticked them off one by one as we found them. There was so much to see, find and discover.



I wonder what kind of things would be on your outdoor Spring scavenger hunt checklist?



Click here to access more ideas to Be Active

This Easter enjoy connecting with each other and enjoy the better weather- hopefully- by getting outside. Try some of these ideas that we have been loving in Fir Trees EOTAS:



We designed our own obstacle courses outside and enjoyed going over, under and through different obstacles!



If the weather isn't so good- and lets face it the only thing we can predict about the weather is it being unpredictable- why not connect by playing a board game or snuggling up and enjoying a story!



Click here to access more ideas to Connect

Bouncing Egg Experiment

You've heard of an Easter Egg, you've heard of a fried egg, but have you heard of a bouncing egg? Well that's what Primary 4 at Holy Child Primary School Belfast have been creating recently.

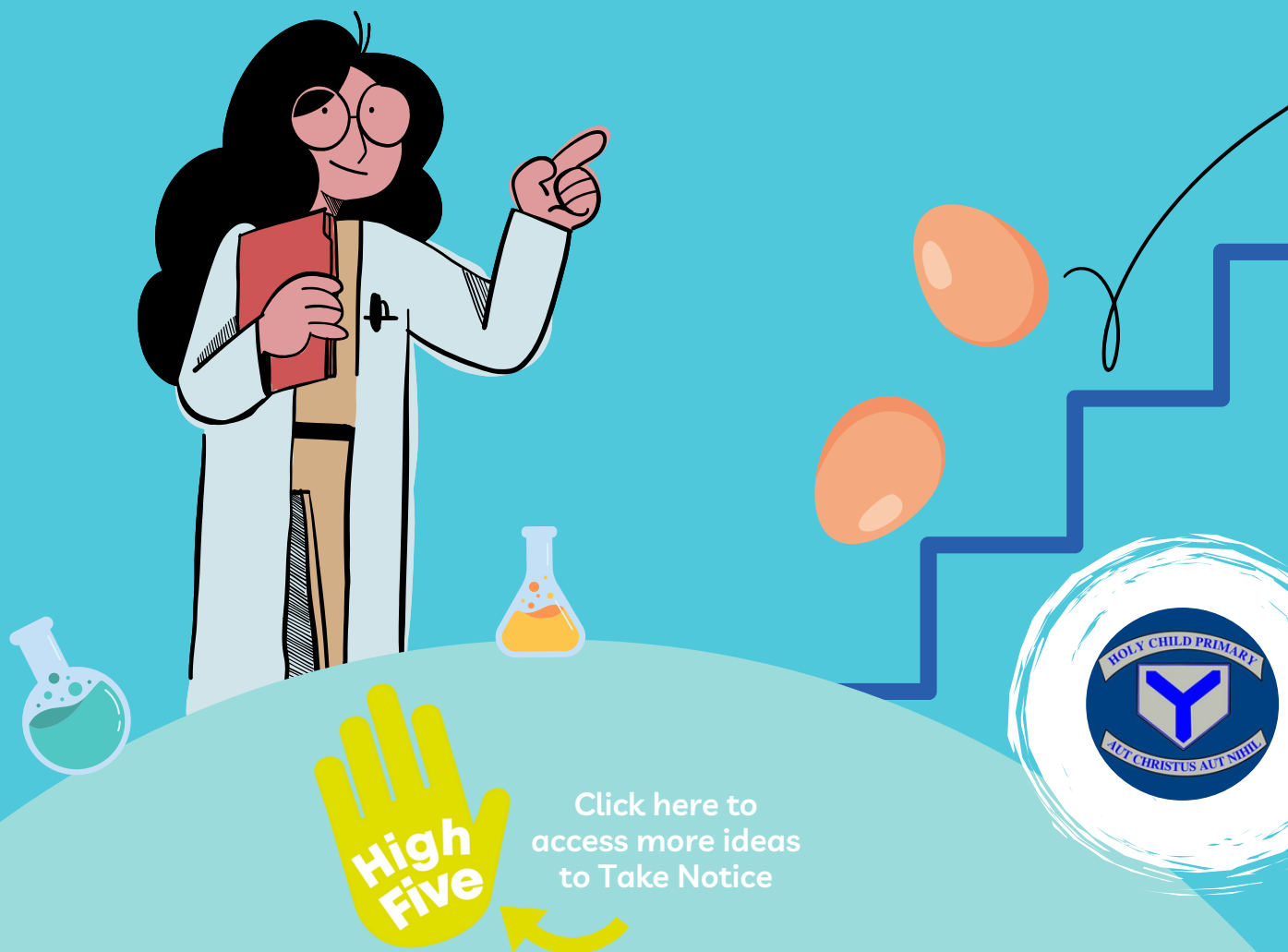
The pupils took part in a Take Notice experiment where they placed a hard boiled egg in a cup full of white vinegar.

They noticed that there was a chemical reaction between the egg shell and the white vinegar at this point, bubbles started to form on the egg shell as it began to dissolve and the cup was slightly warmer.

After one day they noticed the vinegar looked cloudy so replaced it gently with some fresh white vinegar and left it for another few days.

Finally they removed their eggs from the white vinegar, washed away any excess egg shell using water and were left with a rubber bouncy egg.

The Primary 4 pupils then had fun bouncing their eggs at their tables. It was a successful eggsperiment.



Click here to
access more ideas
to Take Notice

Easter Eggs

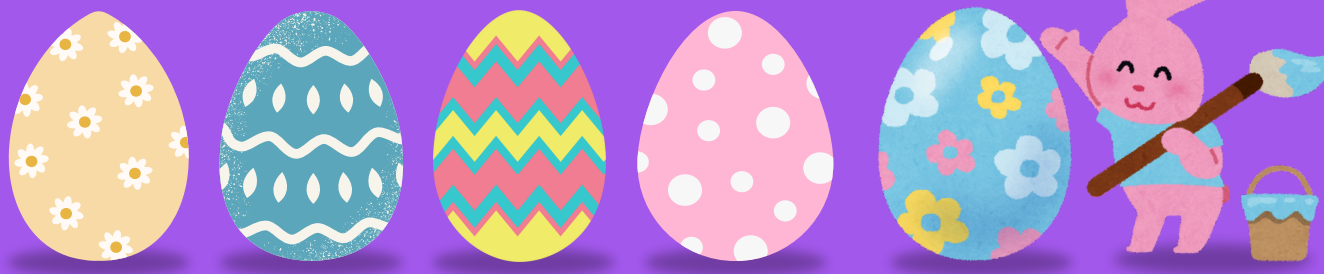
Why Eggs at Easter I hear you say?

A lot of us will enjoy eating a delicious Chocolate Easter Egg on Easter Sunday, but where did this tradition come from?

At Thornberry our pupils' curiosity led us to find out! Originally eating eggs was not allowed during the week leading up to Easter (known as Holy Week). So any eggs laid that week were saved and decorated to make them Holy Week eggs, that were then given to children as gifts.

The first chocolate eggs appeared in France and Germany in the 19th Century. They very quickly became popular and remain a favourite tradition with chocolate-lovers today.

The first hollow chocolate Easter eggs to be sold in the UK were released in 1873 by the company Fry's.



So just like we do at Thornberry, join us in hard boiling some chicken eggs and decorate them using paint. Get creative with the patterns you design and gift them to your friends and family once you are done.



Click here to
access more ideas
to Keep Learning



Easter Chocolate Bark

The children in Tamnamore have been very busy in the kitchen using their baking skills to give back to their friends and family. They have turned to the trusted Tamnamore recipe book for some inspirational Easter baking ideas.

The children worked together collaboratively in order to make some delicious Easter Chocolate Bark.

Once the Easter Chocolate Bark was done and of course after a taste test, the pupils took their baked treats home to have a wonderful tea party with their loved ones.

The pupils have agreed to share their delicious recipe with you, so why not try baking this delicious recipe yourself.



Tamnamore Recipe Book Easter Chocolate Bark Method

- Break the chocolate into small pieces in the heatproof bowl and place over the saucepan
- Stir the chocolate as it melts using the spatula
- Grease the baking tray and cover with greaseproof paper
- Put the mini eggs, chocolate buttons, etc. into the food bag and crush up using the rolling pin.
- Once the chocolate is melted, pour it onto the baking tray

- Tilt the tray from side to side until the chocolate is spread evenly over it
- Use your sweets to decorate the chocolates as you wish
- Allow the chocolate to harden before carefully peeling off the greaseproof paper. Break the chocolate into different shapes and sizes of shards
- Package the shards of chocolate bark in bags
- Give your handmade chocolate bark to your friends and family as an Easter gift.

Equipment

- 1 Large heatproof bowl
- 1 large saucepan
- 1 spatula
- Greaseproof paper
- Baking tray
- Food bag
- Rolling pin
- Paper bags

Ingredients

- 1kg of milk chocolate
- Sweets to decorate
- Chocolate buttons
- Coloured sprinkles
- Dried Fruit
- A little butter to grease the baking tray



Click here to
access more
ideas to Give



Inbox

Celebration of Classroom Assistants

PBS&P Behaviour Support Assistants in the Derry / Strabane area were invited to the Celebration of Classroom Assistants @ Ulster University as part of Neurodiversity Week 2025.



I am sure that there is a Classroom Assistant at your school who does an amazing job in supporting neurodivergent children and young people.

Recent research at Ulster led by Professor Una O'Connor Bones, 'A profile of Classroom Assistants in Northern Ireland', shows that Classroom Assistants play a key role in the neurodiversity landscape and often go about their professional role without public visibility or recognition.

Neurodiversity Celebration Week is a great chance for you as a Principal in the Derry and Strabane District Council area to support the visibility and valuing of Classroom Assistants.



Schools Present included...





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

Family Time at Easter

As the Easter holidays approach, it presents a wonderful opportunity to relax and spend quality time with your children.

Connect



As we welcome the joyful season of Easter, it's the perfect opportunity to connect as a family and create lasting memories. Together you can unleash your creativity with fun projects like decorating eggs, making bunny masks and creating spring themed decorations.



Be Active



This Easter as a family get outside to stay active together. Engage in fun activities like playing in the park, go on an Easter Egg hunt or simply go a walk in your local area. Embrace the beautiful spring weather and create lasting memories as a family while enjoying the great outdoors.



Keep Learning

This Easter, why not make it a memorable experience by learning and trying new things together with your children. You can start by exploring fun Easter traditions from around the world. Research different customs, then choose a few to try as a family!

Give

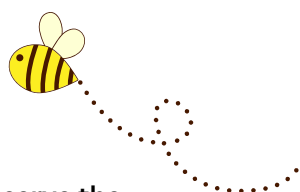


This Easter encourage your child to spread some kindness. You and your child could make handmade Easter crafts and cards for your family and friends. It's a wonderful way to celebrate together and share the joy of the season. Your child can show your loved ones how much they mean to you with your creativity and thoughtfulness!

Take Notice



This Easter, take a moment to observe the changes in the weather with your children. It's a wonderful opportunity to connect with nature and engage their senses. Consider going on a spring scavenger hunt in your garden. Encourage them to look for blooming flowers, listen for birds chirping, and feel the warmth of the sun. This interactive experience will not only foster their curiosity but also make for some memorable family moments.



Click here for Easter events



discover
northernireland
.com



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!





Do I encourage the children to be autonomous learners in the playful environment and classroom? Click this image to view A Playful Learning Continuum from CCEA. Spend time with your colleagues to reflect on the questions and consider how a creative approach to outdoor learning could reduce tension, develop collaboration and promote independent learners.

Pre-School

Are children allowed to move resources from one area to another? Is this permitted if they put them back to their original place when they're finished playing?



Foundation Stage

Am I encouraging a child-led play environment where children's interests and learning needs are nurtured and built on?



Key Stage 1

Do I encourage the children to co-create learning logs from their own experiences to record their play/playful experiences in an independent or group learning journal?



Key Stage 2

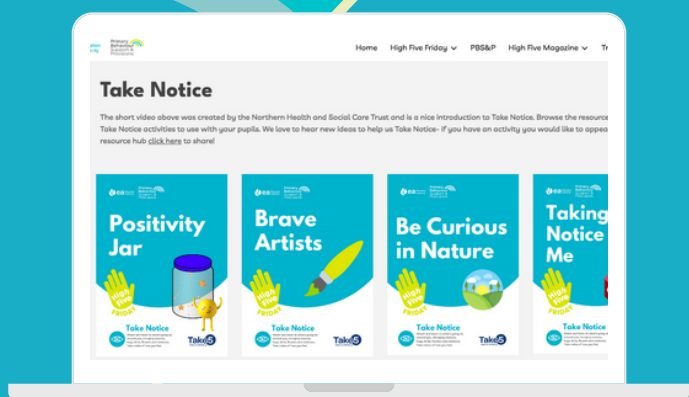
Does the environment nurture a culture of independence, enquiry and investigation? Do I encourage children to make their own decisions and find out information for themselves?





High Five Access More

Access High Five at any time!



Click on the image above or
scan the QR code to visit the
High Five resource hub

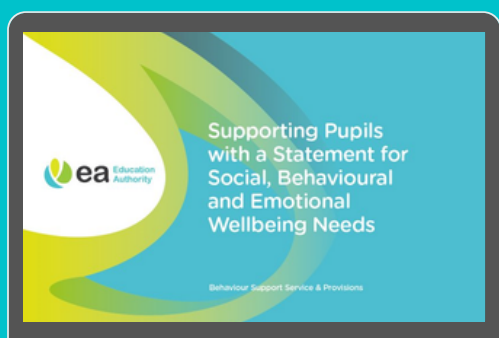


Follow High Five on
Instagram

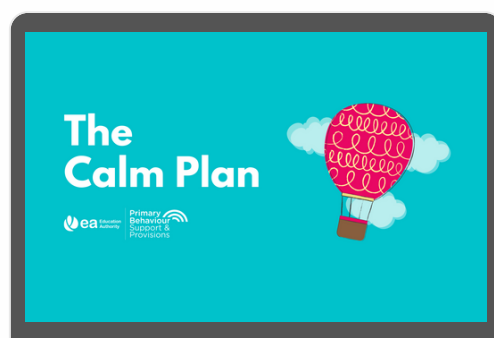


Upcoming PBS&P Training

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



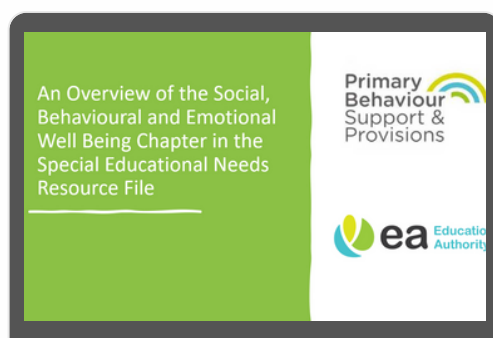
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
01 May, 08 May & 15 May 2025
2:00pm - 3:30pm
(Participants must attend all sessions)



Developing a Calm Plan
28 April 2025 2:00pm - 3:45pm
19 May 2025 2:00pm - 3:45pm

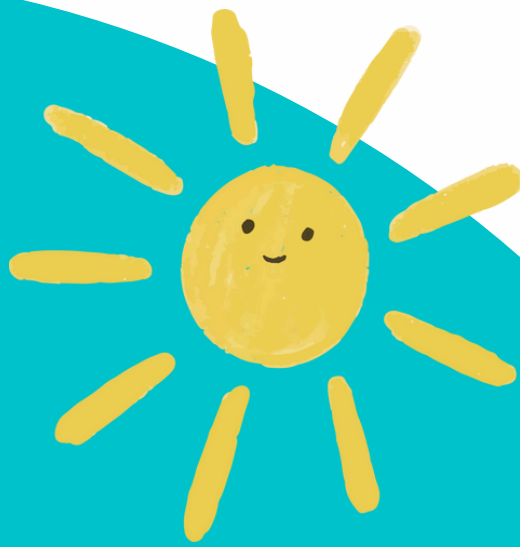


Incorporating the Pupil's Voice within an SBEW Plan
14 May & 21 May 2025
2:30pm - 3:45pm
(Participants must attend both sessions)



An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File
13 May & 20 May 2025
2:15pm - 4:00pm
(Participants must attend both sessions)

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



Upcoming NASS Training Available

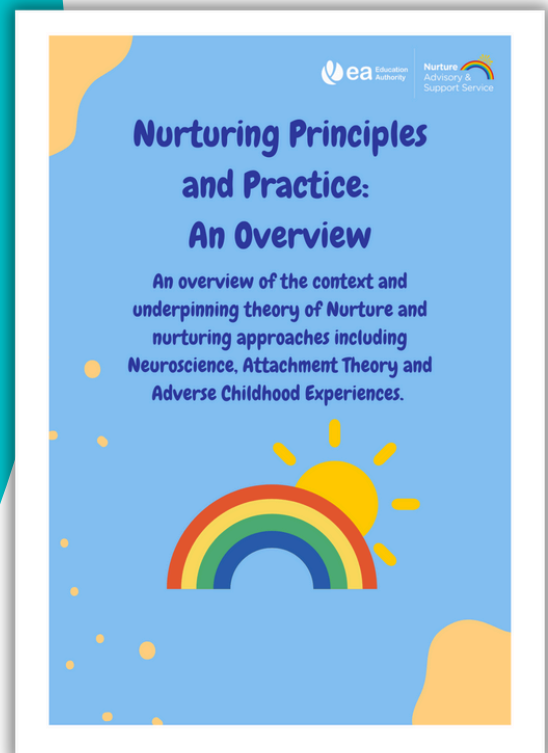


Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.

[Click here to access further training information from the Nurture Advisory & Support Service](#)



Connect and Nurture (CAN)
04 June 2025
3:00pm - 4:00pm



Nurturing Principles and Practice:
An Overview
30 April 2025
3:00pm - 4:00pm

Telephone Advice & Support Helpline



The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm. Please phone the SEND Central helpline on 028 9031 777 and request option 3.

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 1603 calls to the helpline between Sept 24 to March 25



TASH Closure

The helpline will be closed on the following dates:

- 11th April
- 18th to 25th April (inclusive)

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



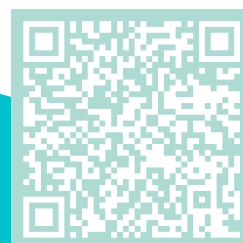
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

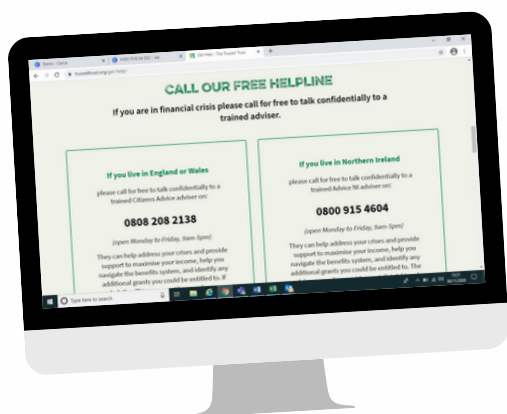


Contact Primary Behaviour Support & Provisions Service

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.



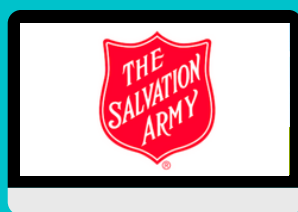
Click here

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.

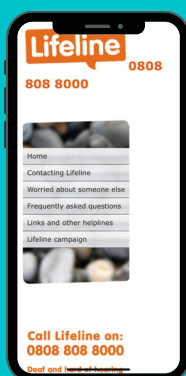


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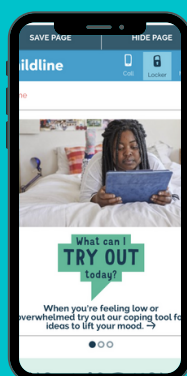
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



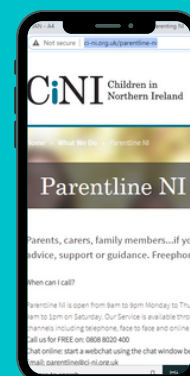
Lifeline



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.