

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

Issue 19: Friday 26 February 2021

High Five

Primary
Behaviour
Support &
Provisions 



Inside this issue

- 03 Take 5
- 04 Be Content: Holy Family P.S.
- 06 Take Notice - Am I Feeling Content?
- 07 Give - 10 Minute Challenge
- 08 Dogs at School
- 10 Keep Learning - Daily Journal
- 12 Connect - Share Your Ideas
- 13 PBSP News
- 14 Be Active Challenges
- 16 PBSP Inbox
- 17 Help Hub - Nurture, Time to Yourself, "Good enough" parenting



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. In this issue we are thinking about what it means to be content. When things aren't perfect and life isn't exactly what we would choose we can still find things that are good enough. Moments of peace when we can enjoy the small things we do have.

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.**

Relaxing with happy thoughts

Thinking happy thoughts can help us to relax and feel content. We can do this by visualising our happy place or by using a positive thought.

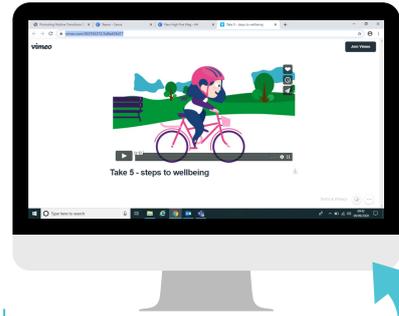
*I am calm.
I am unique and special.
I'm being the best I can be!*

*What does it look like?
What can you hear, smell or taste?
What emotions do you feel when remembering your happy place?
When you feel worried or sad, you could think of your happy place to help you feel safe and content again*



Take5

steps to wellbeing



Watch a short video about Take5 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, 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.

Be Content!

The staff and pupils at Holy Family Primary School talked about what makes them feel content.

"I get such satisfaction knowing that I am supporting and encouraging pupils, so helping them grow in confidence and become more independent." Anne Caithness



Playing Stardew Valley on my laptop makes me feel content. Ronan P

I feel content when I take part in sport. Meghan, Olivia and Jack

I feel content when I'm out playing with my friends. Lily

"If everyone threw their worries in the air, I'd be glad to catch my own. My contentment comes from being grateful for what I have: A great family, great friends, working at a great school, a roof over my head and having Donegal only a stone throw away (in normal times)." Linda Parke



I feel content when I help my brothers with their homework. Ruadhan

I felt content when I scored my first goal for Culmore. Karl



I feel content when I'm with my family. Ellie

I felt content when I finished running a race with my cousin. Sophie

I felt content when I caught the ball in rounders and my team won. Sean

" Building positive relationships with each other and watching children flourish in all areas of their learning because of this , fills me with pride and contentment." Kathy Stephenson



Be Content!

I feel content when I'm helping my mum to bake.
Caitlin



"A sense of support, challenge and inspiration was evident within our staff when completing the Derry half marathon as a team."
- Mr Doherty



I felt content when I taught my cousins their times tables.
Matthew

I feel content when I'm listening to music.
Tia

"Giving to others gives a sense of contentment. The children at Holy Family reach out to help our community at a time of need." Noreen Doherty

"As a class teacher what brings me the most contentment is when a child learns to read in my P1 class. Reading opens the door to the world and so their journey begins..."
Mrs Boggs

I feel content when I'm playing online with my friends.
Conor

I feel content when I complete my school work.
Ava and Aoife



I feel content when I'm building with my dad.
Fionan

I felt content when I finished the Harry Potter books.
Ronan M



"Pupils showing enthusiasm to learn brings great contentment. At Holy Family, teachers plan lessons to motivate and inspire pupils, creating a love for learning." Katie Strathern

We love The Day the Crayon's Quit! It's a funny story but it also helps us to take notice of how we feel. Click on [this link](#) to hear it.



In this issue we are going to think about green crayon. He feels content. He doesn't feel like he has any problems in this moment.

When do you feel like green crayon? Where are you? Who are you with? What are you doing?

I'm sitting by the fire



I'm laughing with my friend



I'm walking in the park



I'm in a bubble bath



Let us know when you feel content like green crayon at primarybsp.enquiries@eani.org.uk

The 10 minute challenge



When we think about being content it's important to give ourselves time to do something we enjoy. Something that helps us feel at peace. Something that makes us feel ok. In this issue we are going to take on the 10 minute challenge.



Whether you are at school or home, challenge everyone to take at least three 10 minute breaks each day. Note down your plans for the 10 minutes on post it notes. You can use a timer to let you know when it's time to go back to work.

Let your school know how you get on with the 10 minute challenge. You can also let us know at primarybsp.enquiries@eani.org.uk

Dogs at School

What do you know about Animal Assisted Therapy? If you are an animal lover with a pet you will know the important impact it has on your life. But did you know that experts believe that having animals around us is good for our health? Animal Assisted Therapy (AAT), where animals interact with humans to provide affection, comfort and support has been used for a long time, and there is increasing evidence to show that it is good for our physical and mental health!

Have you ever noticed how interacting with an animal, whether it be petting, handling, walking or even just watching it can make you feel better? This is because interaction with animals lowers the human heart rate and helps people to relax. Animals don't just make us calmer, some studies have shown that they also make us happier. Research has shown that just petting a dog for a few minutes can raise levels of hormones in our bodies that make us feel better. The most popular animals for therapy are dogs, cats and horses. Did you know however, that pigs, rabbits, birds and guinea-pigs are also sometimes used?

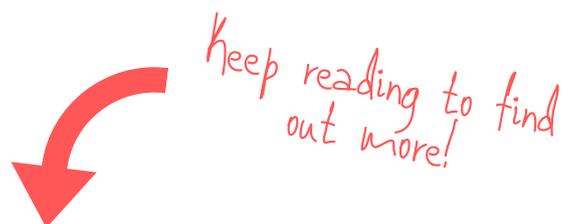
We have been finding out about brother and sister therapy dogs, Cooper and Elsie who have been bringing joy to the lives of pupils and staff at Elmgrove Primary School and Clandeboye Primary School. Mrs Jeffers, Principal of Elmgrove Primary School explained that she first became interested in animal therapy several years ago, whilst exploring support for her son who has a diagnosis of Autism. From her own research, she learned that the Cocker Spaniel was particularly suited to this role because of its calm and gentle manner and friendliness to strangers.



So, around three and a half years ago Elsie became the new family pet and provided invaluable assistance to Mrs Jeffers' son in developing a sense of independence. From an early age, and after some initial training Elsie began to accompany Mrs Jeffers to school where she has been bringing help to children and staff ever since.

Mrs Thomas, a close friend of Mrs Jeffers, who also happens to be a school principal had sadly recently lost her dog at this time, and Mrs Jeffers knew that she was keen to find a new one. It didn't take much persuasion.....

This is a tale of how brother Cooper and sister Elsie became resident therapy dogs in each of the two schools.



Dogs at School

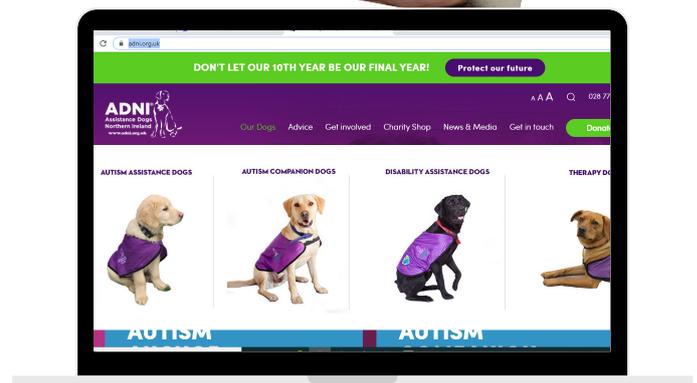
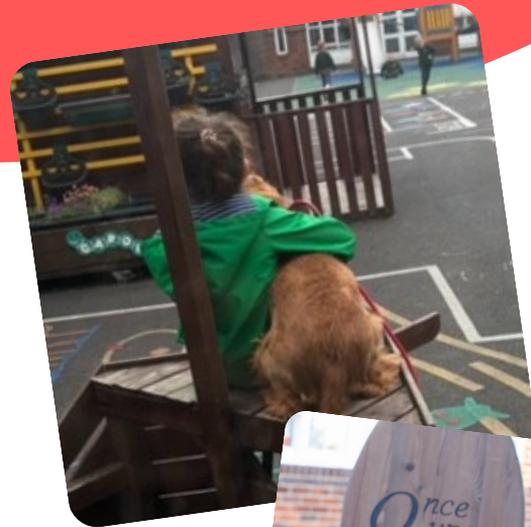
The school principals have described how the dogs come to school almost every day and are very important members of the school community, meeting and greeting pupils arriving at school, attending assembly and visiting classes throughout the day. Elsie and Cooper are able to sense when a child (or adult), is worried or upset and will seek out that person, approach them and distract them to help change their mood.

Staff at school have seen how the dogs' gentle, friendly and affectionate personalities have soothed and calmed a child who is sad or distressed. The dogs are also great at spotting lonely children in the playground and will head in their direction to offer some companionship. The patient and relaxed manner of the dogs has even helped some children improve their motivation and ability to read!

Miss Herron, a teacher at Elmgrove PS commented 'Having Elsie in class teaches the children about empathy, compassion and responsibility but above all, having Elsie makes children feel safe, at ease and reduces stress'.

Elsie and Cooper have become fixtures of their schools, loved not only by children but by staff as well, who have become accustomed to seeing the dogs around the school building and coming into the classrooms for a cuddle.

This is a wonderful story of how two beautiful dogs are helping children and adults alike in local schools. There are hundreds of other amazing stories of therapy dogs helping people in hospitals, nursing homes and schools around the world. It seems that dogs truly are man's best friend!



My Daily Journal



Over our next few issues we are continuing to look at our 'Daily Journal'. Thinking of things that we have learnt during our time at home, plus things that make us feel happy and have made you smile.



Hearing some good news, getting a thank-you from someone and doing something to make someone else laugh could all be things that could make you smile. Do any of these things make you smile?

Spending time with family



Dancing and having fun



Jumping in puddles



When the sun is shining



Having a movie night



What could you do to make someone smile at home or at school?



Did you know it takes fewer muscles to smile than it does to frown?



My Daily Journal



Have a look at this learning journal at the end of every day. Think of one thing that made you smile today, a time you were kind and one wow moment!

I was kind today when



Something that made me smile today



WOW!
I am proud of...





Why not brighten up someone's day and share things from your daily journal. You could tell them...



New things you have learnt

Things that have made you happy

Ways you have been kind

Ways you have been helpful

Things that made you smile

Don't forget to tell people some of your 'wow' moments

You could spread some happiness by sharing with...

The people at home

Friends

Your Teacher

Your wider family



You could ask other people about their time at home or at school. Use the questions from the daily journal.



Pupils at Little Oaks EOTAS have been working hard on their Take Five in the last few weeks



Even during play we can give to others by showing care - doctor on call!



These aspiring chefs are learning new skills as they help with cooking and baking in the classroom



Cavin is staying connected with his teachers via remote learning: Here is his work on how we are all different but each special in our own way. He listed his special talents and celebrated his unique qualities.



Making biscuits for their Jungle topic...Yum! I bet they noticed a delicious smell and an even nicer taste!



Pupils are working on their Be Active with a walk along the quay and playing in the snow!

Daily Walk Challenge

Going out for our daily walk not only keeps us fit and healthy but it also helps us to connect with nature and the community, where we live. On your next walk why not try our 'Daily Walk Challenge'. See how many things you can find and tick them off.



Can you find...



A rainbow



A red door



A jogger



A caravan



A yellow car



A dog



Children



A postbox



Sheep



When you are out doing your daily walk challenge why not take notice of some signs that spring is coming soon.



The Daily Mile

Looking for a way to stay active at home? Why not try The Daily Mile at Home?! The Daily Mile at Home is an easy and fun way to help improve your physical and mental health & wellbeing.

Anyone can take part in The Daily Mile at Home – it's just 15 minutes of walking, jogging or running per day.



CHALLENGE 1

SCOUT'S PACE

Scout's pace is a great way to help you run further.

All you need to do is:

Run for 50 paces.

Walk (or slow jog) for 50 paces.

And then keep going!

Change it up if you want – try doing 20 paces, or 30.

See what works best for you!



CHALLENGE 2

BIRD SPOTTING

Can you spot the birds on your #DailyMileAtHome route?

You might see some in the sky.

Or maybe resting in a tree.

And if you can't see any – can you hear any singing or chirping?

When you get home, see if you can find out the names of the birds you saw and let us know at #DailyMileAtHome



CHALLENGE 3

FINISH LINE FUN

Imagine your #DailyMileAtHome is a big race in front of thousands of people.

Imagine your final sprint to the finish, the crowd cheering loudly.

Can you make your own finish line and have your picture taken as you break through it?

You decide what to use: paper, loo roll, cardboard... or something else!

REMEMBER!



Stay safe. Listen to your grown-up when you are out and about. Keep a safe distance from other people.

PBSP Inbox



Ballykeel P.S. made this lovely display with a picture of every child in the school and the title of "You are a rainbow of possibilities"



Oscar, P2, created a symmetrical pattern with Lego for his Maths on the Move home challenge



Rossa, P2, has been enjoying her winter animals project.



Alice, P7 describing her feelings in an artistic way.



Emily, P1, has been taking good care of her Pet Hero!



April and Violet were being creative and made an origami robin.



Lily, P1 and Fáelán, P3 with their lockdown snowman



Model P.S. Derry have been connecting with their pupils even during snow days!



Corran Integrated PS have been thinking about their Wow moments and they shared a few with us



Grace has been making her own ice cream at home. Wow, delicious!



Jasmine has started learning Spanish online. Hola!



Mrs Macfarlane has been cooking and baking some of the French recipes she saw Rick Stein create on TV. Oh la la!



Tell us your High Five news at primarybsp.enquiries@eani.org.uk



For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. 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



An A-Z of a Nurturing Environment

Inspired by the brilliant “Resilience Alphabet” (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

U is for Understand

Whilst inappropriate behaviour should not be tolerated, showing your child you understand the feelings that caused their actions can help reduce feelings of unacceptance and shame.

V is for Voice

Rather than making assumptions, encourage your child to tell you (perhaps through talking or drawing) about the things that help when they are sad or stressed. Use this valuable information to work out the best ways to support your child.



Taking time for yourself



As grown-ups, we are all doing everything we can to manage the changes that lockdown has brought to our lives; from home schooling to financial worries, to working from home, to missing our friends and family. Self care is more important than ever, so trying to find a bit of time to do something for ourselves is vital.

Restful Reading



Tracy Taylor, one of our Behaviour Support Assistants, has been juggling working from home and home schooling during this lockdown. She is going to share with us how she keeps calm with so much happening at home right now.

"In a world that never seems to stop moving, it can be hard to carve out a moment of stillness. When the rush, noise and stress of our frantic lives leaves you frazzled, here are some recommendations to help you find the calm through the storm."

Tracy's Top Tips for reading to help you de-stress:

1. The book doesn't have to be a best seller.
2. Reading only helps reduce your stress if you pick something you enjoy that won't upset you.
3. Find a calm and quiet place where you won't be disturbed. I love to read while having a warm bath.



Debunking the myth of the Perfect Parent



Being a parent is hard work..... really hard work! It is fair to say that being a parent comes with more responsibility, requirements, demands and worry than any other job. Throw in the Coronavirus pandemic and we are trying to balance this highly important job with that other job called work, adult relationships, running a home and home-schooling, just to mention a few things!

All of this is leaving many parents feeling exhausted, unproductive, frustrated and even hopeless. It is re-assuring then to note that parenting experts believe that for our children to grow up healthy and resilient, we don't need to be perfect parents. Rather, just being **good enough** is perfectly adequate.

Tips for being the "good enough" parent

Use the 70/30 rule

It is unrealistic to be perfect all of the time. Human beings are not perfect....they make mistakes. Putting expectations on ourselves to be perfect will result in us failing, and then feeling guilty. It's also not helpful for our children. If we don't make mistakes they won't learn to either, or to correct themselves when they're wrong. Learn to be a good enough parent 70% of the time and try not to focus on the other 30%.

Look after your own needs

You cannot pour from an empty cup! To manage the challenges of parenting during the pandemic you need to look after yourself. Connecting with others and making time to do things you enjoy will make you feel better and more able to meet the demands you are faced with.

Stop comparing yourself to other parents

Don't worry about what other parents are saying or claiming to be doing. It may not all be true! Go with your instincts and do what is right for your family.

Give yourself a break

If you are having a 'bad day' cut yourself some slack and go easy on yourself. Find some strategies to get through. An extra episode of Peppa Pig and McDonalds for dinner once in a while won't do any long term damage.

Give your children a break

Your children aren't perfect either! Learning to ignore minor annoyances and low level misbehaviours gives parents a break from nagging, and affords children the opportunity to resolve their own conflict and learn from their behaviour.

WOW!
I was good enough today!

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

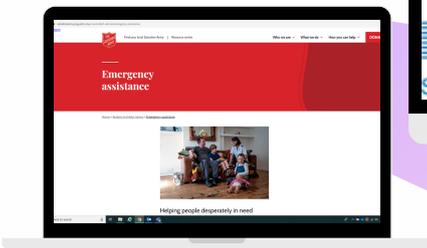
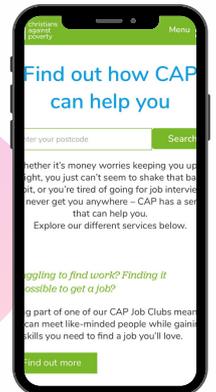
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

The Salvation Army, St Vincent de Paul and Christian Aid Project 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.



Click here for a link to the Department of Education's Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

[Click here to keep up to date with the Public Health agency.](#)

