

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

Issue 26: Friday 18 JUNE 2021

High Five

Primary
Behaviour
Support &
Provisions 



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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. We can't believe we are coming to the end of the school year. So much has happened that was unexpected and challenging. In this issue we are going to take some time to be thankful. We will look back on the last year and allow ourselves to think about the things, events and people we are thankful for.

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 Summer Special

The High Five summer special will be available on 29 June. We will inspire, support and challenge you and your family to be playful as you enjoy a school closure with no home learning!

Check the EA facebook and twitter pages for the link at the end of the month!



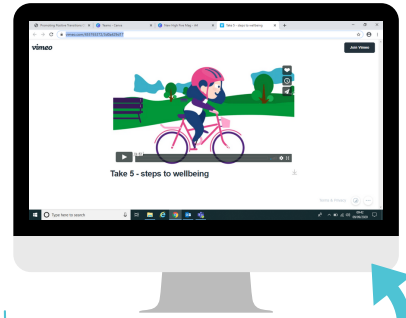
Click Here



Click Here

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 thankful

Presentation Primary School, Portadown, have been showing us what they are thankful for...



'Ms Mulholland is the principal of our school. She had the best day to be thankful for when the whole school came together for the first time in a year for an outside assembly. To celebrate this, we decided to raise money for the children's hospice as we are very thankful for all the work they do for families. We decided to "Pie The Teacher" and raise lots of money'.



'P1 Bears and their teacher Mrs Haddock are so grateful that we are still able to communicate with our friends in Hart Memorial, through Shared Education. Although we can't meet in person, we are able to communicate in other ways. Here we are pictured below the lovely self portraits they made for us, as a way to introduce themselves. How thankful we are to have lots of friends in a different school'.



Primary 1 Little Deers and their teacher Mrs Metcalfe are thankful to be back outside and immersed in nature. 'We have loved watching our frogspawn hatch, our tadpoles are growing so fast and some are even beginning to grow hind legs'.



P2 Tigers and their teacher Mrs McGuigan are thankful for the music. 'We missed being able to sing in class but we used percussion instruments to make a class band. We are thankful for music as it makes us feel happy and energetic and means we can perform together as a class even without song'.



Be thankful



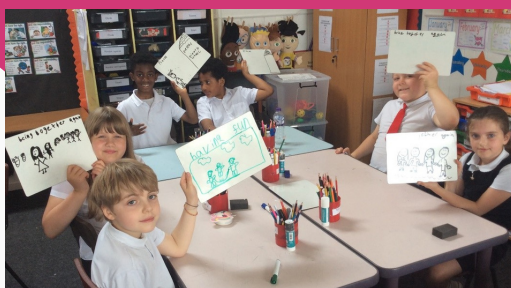
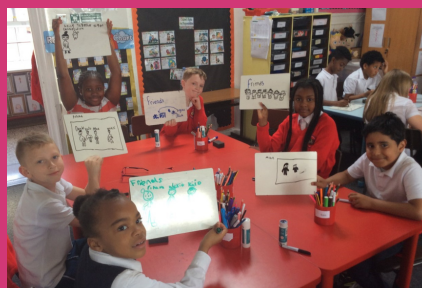
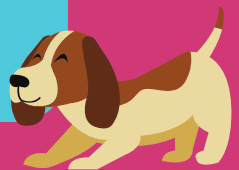
Mrs Thompson and her P3 class are thankful for our school garden. They are learning about mini beasts and have been busy researching what they have found in the garden. Once they studied the mini beasts they created some wonderful artwork which is on display in the school corridor.



In Primary 4 Cats Mrs Powell and her class are very thankful to be able to be creative with our classmates. 'Here we are showing off our super aliens as part of our space topic. We sketched out our designs then made them from clay and finally painted them!'



Primary 4 Pups and their teacher Mrs McEvoy are very thankful for Friendships. The pupils have said 'We all love being back together again; having fun, working together and being with our friends, in our happy and safe bubble'.



Be thankful



P5 Pandas and their teacher Mr Fox are so thankful for the opportunities to have fun with our friends, keeping fit and staying active. 'We learn in our Healthy Kidz and PE lessons how important it is to keep healthy while enjoying the times we share with others'.



Primary 5 Foxes and their teacher Mr Mc Ardle are thankful for Fairtrade throughout the world. They were learning all about Fairtrade. They used Fairtrade chocolate and their brilliant teamwork skills to help make chocolate Rice Krispie buns. The children understand it is important that farmers get paid a fair price for their products. 'To show our thankfulness to Fairtrade farmers, Presentation Primary School are the only school in Northern Ireland that offer Koolschools Fairtrade school polo shirts. Primary 5 Foxes have helped make our school a full Fairtrade school. They celebrated a fun days learning by eating the yummy buns at the end of the day'.



Mrs Toal and the Primary 6 Lions class are so thankful to have such amazing landmarks on our doorstep. 'It is wonderful to have the opportunity to enjoy and appreciate our surroundings again. We are thankful for the opportunity to reconnect with our fantastic community, who stopped to say hello and admire our work (at a social distance). People felt fulfilled at witnessing the children doing what they love best'.



Be thankful



'In Primary 7, the pupils and their teacher Mr Ryan, are thankful for being able to return to our wonderful school playground and learn outside together. We love learning about road and bike safety through the Cycling Proficiency Scheme and Sustrans programme in school. We are thankful for the opportunity to learn outside together as a class, to support each other and to celebrate each other's successes'.



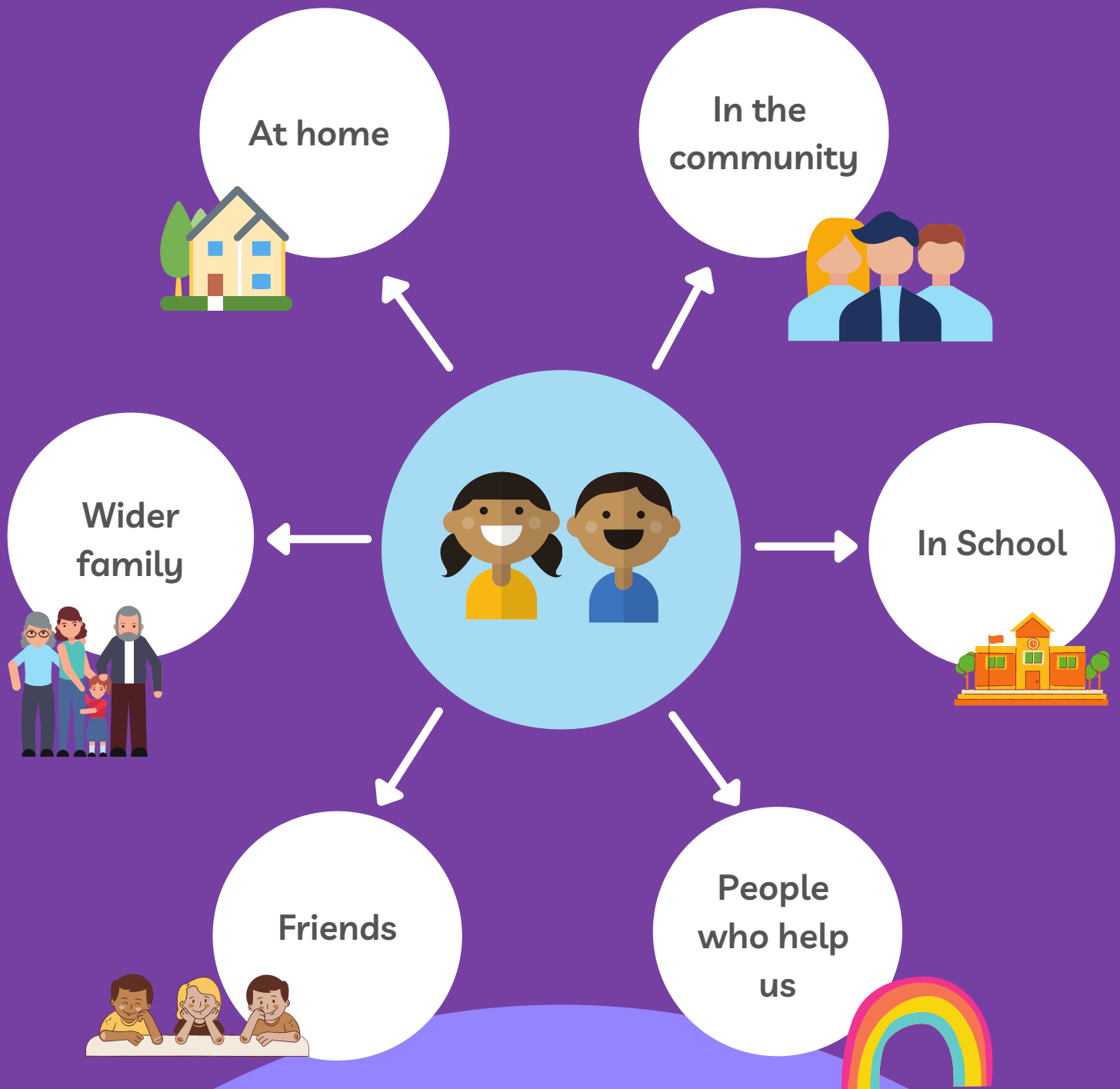
Mrs Gallagher and our assistants have a Sensory Group in school every day. One pupil says 'I am thankful for getting time to do my sensory motor exercises in school. This helps me settle to learn in class'.

Mrs McAnespie and all the children in Presentation Primary School are thankful for being able to take part in the Sustrans Big Pedal this year. 'We were delighted to come in 3rd place out of all the schools that registered for the Sustrans Big Pedal this year. We are thankful that we can work together in Presentation Primary School to positively impact on traffic congestion in our local area. We want to make walking, cycling and scooting safer and more accessible for everyone in our community'.



My Circle of Support


There are lots of people who help and support us every day, these are the people we are thankful for. They could be people within your family, school or local community.



**Can you think of the people
you are thankful for?**

My Book of Memories

Now we are coming to the end of the school year, it is good to look at all the positive things that have happened during our time at school.




What was your favourite thing to play in the playground?

My favourite memory of school is...




What was your favourite subject?



Something that made me smile

What was your favourite thing to do with friends?



I am looking forward to...

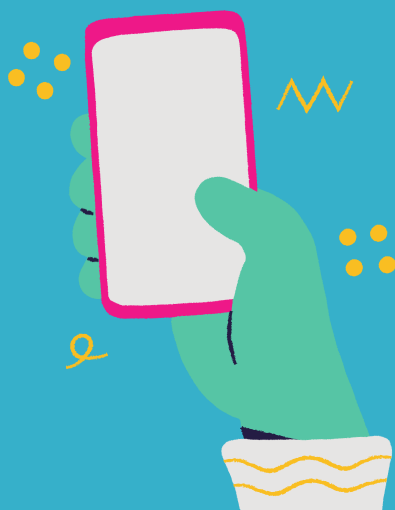
Can you think of a moment you were really proud of?



WOW!
I am proud of...

Take Notice

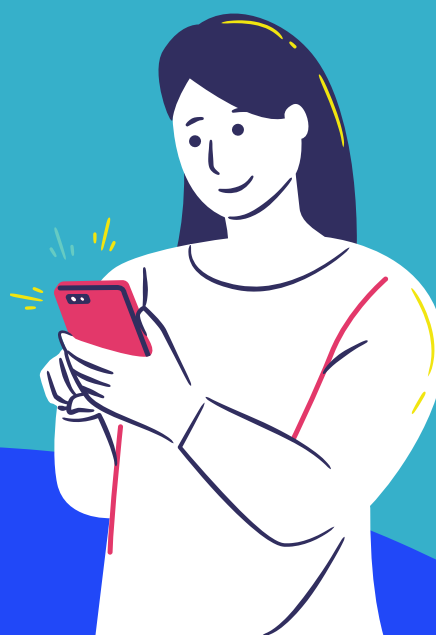
Back when your teachers were children in school photos were taken on a camera and we didn't get to see what they looked like until we had used up the whole film, dropped it off to be developed and then picked up the photos a few days later. The wait was so exciting and the photos were put in photo albums and looked at over and over again.



It's great in school now because you can take photos on so many devices, see them straight away and build up an online album! This means that each June your class can take time to look back over all the photos and remember everything that has happened to your group. There will probably be some big gaps this year with school closures in term 2 and less school trips.

But we all know school didn't stop in term 2! Some of us were in school learning and some of us were at home learning. Ask a grown up at home to help you pick some photos your family took during term 2 and share these with your teacher.

Our take notice activity in this issue is all about photos. See the next page for more...



Take Notice

1

Look at a photo of yourself taken at the start of this school year. Either look in a mirror or at a photo of yourself now and compare. How have you changed?



2

Take ten minute breaks every hour in class and put photos up on the whiteboard to look at together. Enjoy your shared memories and don't forget to include the photos you shared from your time at home during term 2.



3

Dream about next year! What would you love to see in your class album next June? You can choose things that are unlikely to ever happen or likely things!

The whole class standing at the gates of Disneyland!

An ice cream party!

A class trip to the farm

Can you think of anyone in school you would like to say thank you to? Think of the people who have helped you and been kind to you over the past year. There are so many different ways to say thank you...

THANK
YOU

You're the
best!

I'm so
grateful

Thank you so
much!

That is very
kind of you

Thank you
for your help

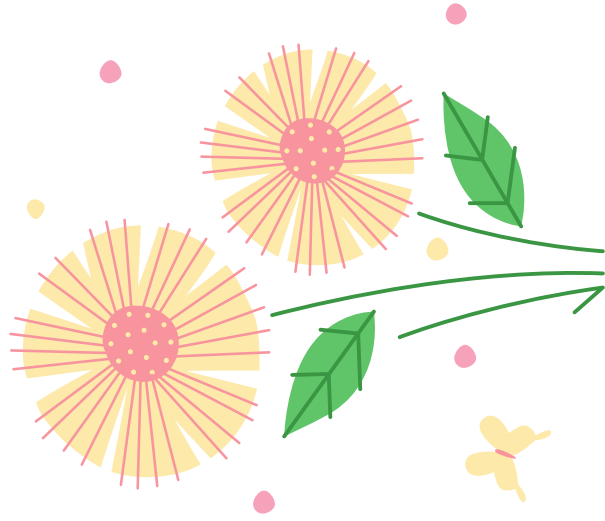
Thanks

Cheers!

You could make a 'Thank you' card for someone in school. It could be for your friend, your teacher, your classroom assistant or one of the adults in school. You can use the designs on the next few pages or design your own.



THANK
YOU!



THANK
YOU!



Simon Says...

To play 'Simon Says' one person is picked to be Simon, the others are the players. Standing in front of the group, Simon tells players what they must do. However, the players must only follow the commands that begin with the words "Simon Says." If Simon says, "Simon says touch your nose," then players must touch their nose. But, if Simon simply says, "jump," without first saying "Simon says," players must not jump. Those that do jump are out.

Simon
Says...



Shake your
hands in
the air



Do 5 star
jumps



Point to
your
head



Shout
'hello'



Clap your
hands



Turn
around



Jump up
and down



Stamp
your feet



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



Take a Mindful Moment

As a parent it is important to try to take 5 minutes to yourself everyday.

Mindfulness 5-4-3-2-1

The purpose is to use your five senses to bring the mind back into the present moment. To begin, sit in a chair, position your feet flat on the floor, and name each of the things on the list below. You could sit outside with a cup of coffee and concentrate on;



5 things you
can see



4 things you
can touch



3 things you
can hear



2 things you
can smell



1 thing you
can taste



Gratitude Break

Take a moment to think about what you are grateful for in life:

- People you are grateful for
- Places you are grateful for
- Things you are grateful for



Take a break from
social media - Do
things that make
you forget to
check your phone.

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

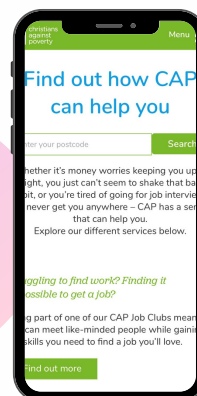
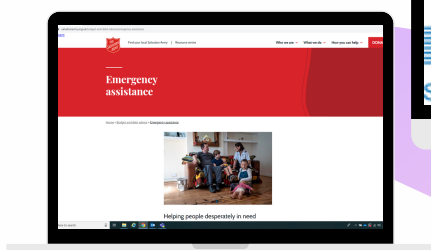
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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

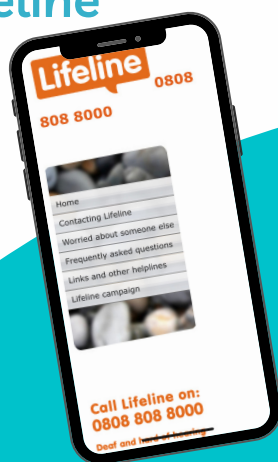


Click here

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



Lifeline



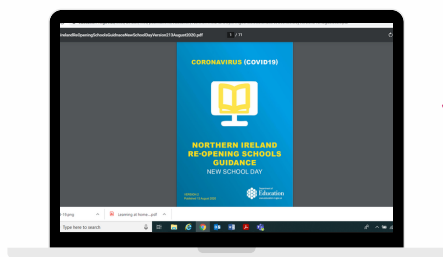
Childline



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.



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.](#)

