Education Authority

High Five

Primary Behaviour Support & Provisions

Issue 7: JULY / AUGUST 2020

When schools are open it's our job to help people when life is tricky. Our symbol is the rainbow because we know there is always hope that things will get better. Right now life is tricky for everybody so while schools are not open as normal we are going to send out this newsletter with ideas to help.

This is our virtual high five to help us all stay connected even while we are apart.

SUMMER SPECIAL

Welcome to High Five!

Welcome back to High Five. In this summer special we want you to think about being the best you can be. You have made it through lockdown with your family and now it is time to enjoy your summer holidays!

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.**

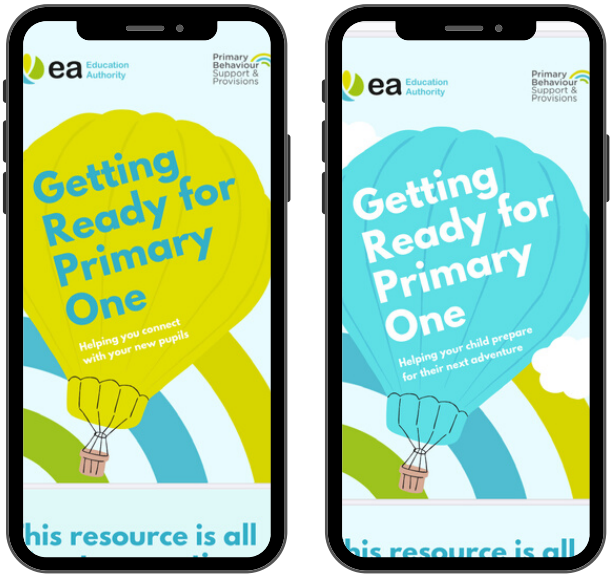
Getting Ready For P1

The move from preschool settings to Primary 1 is always a big step but this year it will come after a long time at home! We have put together two resources to help. One with ideas for school staff to help you start connecting with your new pupils. One with ideas for families to help prepare over the summer for P1.

The resource for families was put together by a member of our team who is currently going through this stage with her own child.

Schools click here

Parents click here



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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.

Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.

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.

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.

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.

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Have you ever seen this before?

This is the logo for the Education Authority which is an organisation that exists for one reason- to **inspire, support and challenge all our young people to be the best they can be!**

The next time you see a person with this logo on their van, or their badge or on their HIGH FIVE newsletter you can remember why this person does their job- to inspire, support and challenge you to be the best you can be!

This summer issue is packed full of ideas to inspire, support and challenge you to be the best you can be. Enjoy your summer!

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

Every time you see one of these symbols in the newsletter a member of the Primary Behaviour Support and Provisions staff will tell you someone who inspired, supported or challenged them to be the best they can be!

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You Have One Job!

What age are you? That's it! Your one job is to be that many years old. Talk to a grown up about all the things children your age do. If you have post it notes write your ideas down, stick them on the fridge and turn them into a to do list! Here's an example from a 9 year old to help you get started!

9 year olds build cool things with lego

9 year olds play with their friends

9 year olds make a mess with slime

My one job is to be 9 years old!

9 year olds look after their toys

9 year olds watch their favourite show or YouTube channel

9 year olds look after their pets

It's **not** my job to
- make the world fair
- fix other people
- be the best!

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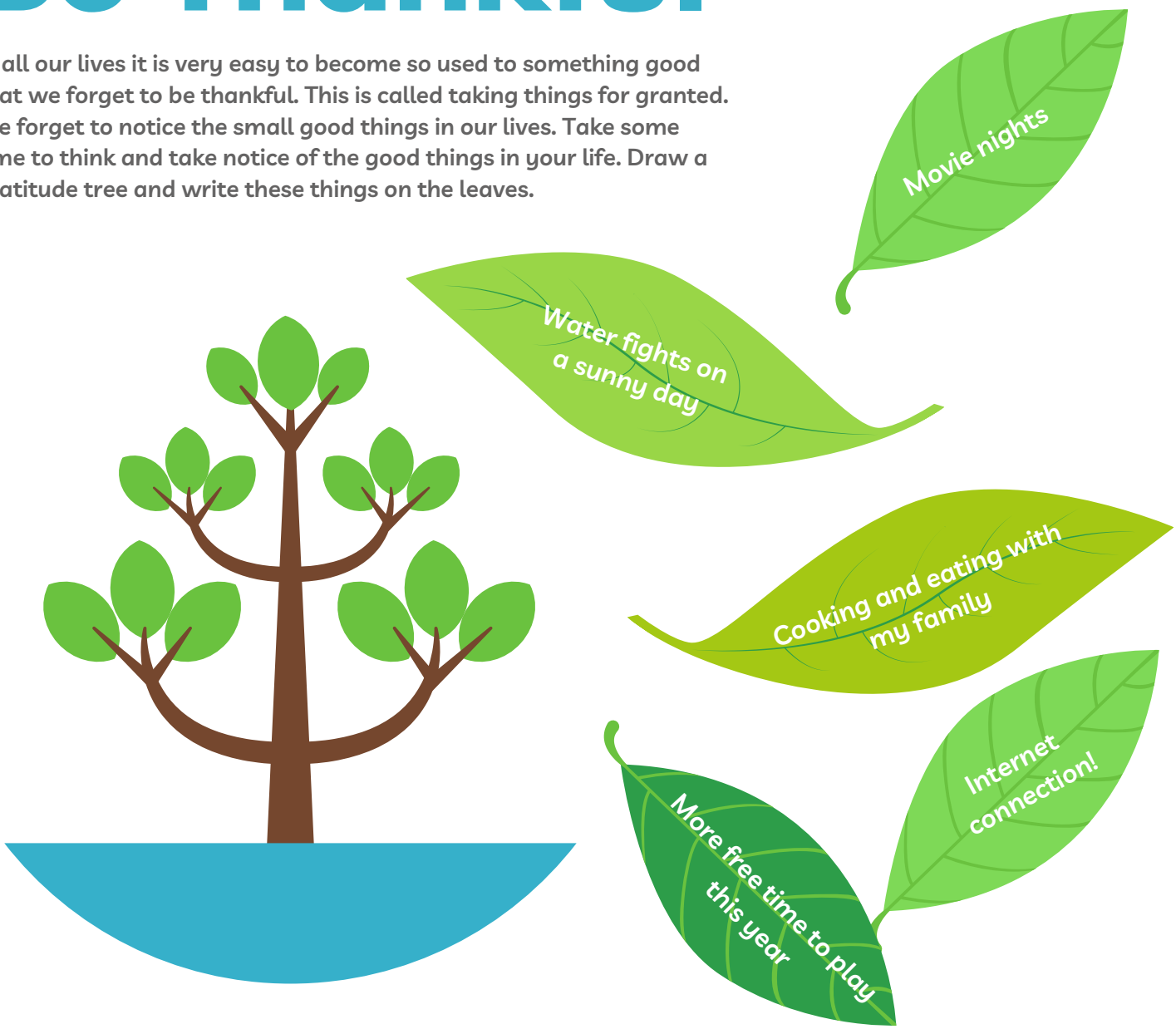
Take Notice!

Be Thankful

In all our lives it is very easy to become so used to something good that we forget to be thankful. This is called taking things for granted. We forget to notice the small good things in our lives. Take some time to think and take notice of the good things in your life. Draw a gratitude tree and write these things on the leaves.



Ms McCrossan was inspired by Helen when she shadowed her at training- she was a fountain of knowledge and energy!

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Take Notice!

Be Creative...

...rock your summer!

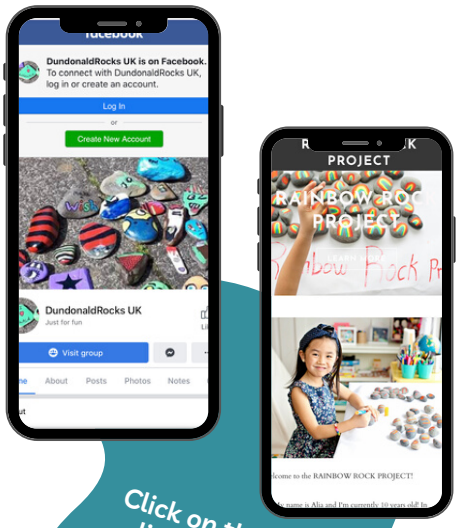
Our creative challenge to you this summer combines being outdoors, creative ideas and kindness! Lots of people have been creative with rocks, painting them with pictures, making them into something else and hiding them for people to find.

Kieran James decorated stones of hope to decorate his sunflower patch!

1. **Go for a walk!** Look for some interesting rocks and bring them home to paint,

2. **Get creative! Make a plan for your rock or just make a mark and see where it takes you! You can use normal paint, nail polish, markers- be curious and see what works best!**

3. **Give it away!** Either take the rock back to where you found it and leave it for a stranger to find or give it to a friend, neighbour or someone in your family.



Click on these links to be inspired by two rock painting projects!

During lockdown Mrs Garvin was supported by her friend Charlotte- they chatted a lot!

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Take Notice!

Be Safe

Road Safety

Click here to go to NIDirect.gov.uk page on kids Road Safety

Lots of us have been enjoying family walks or going cycling in the lovely weather we've been having. When you're walking or cycling on or near roads, it's very important to be alert and know how to keep yourself safe.

- **Always remember your Green Cross Code when crossing the road – Stop, Look and Listen**
- **Be alert for dangers when you are walking on or near a road – if you wear headphones when out walking or on your bike, you won't be able to hear vehicles approaching.**
- **Be Safe, Be Seen! Just because you can see a car coming, doesn't mean the driver can see you. Wear reflective clothing and make sure you are safely off the road when a car goes past.**

Water Safety

When the weather is hot, we love nothing more than playing in water to cool ourselves down. Water can be lots of fun, but we need to be very careful that we know how to use it safely!

- **Always swim with an adult**
- **Always swim in a safe place - rivers and quarries look nice but their extremely cold waters can be very dangerous.**
- **If you fall in, float, breathe, relax**
- **If someone else is in trouble, call 999.**

Farm Safety

If you live on or near a farm, you might be spending a lot of time there this summer and you might even be helping out! Farms can be very dangerous places though, so you should always be aware of the dangers and know how to avoid them.

- **Slurry - when it's being mixed, slurry can release an extremely dangerous gas. Stay out of slurry tanks and pits.**
- **Animals - Baby animals are cute but be careful of their protective mothers!**
- **Farm machinery - Tractor drivers can't always see what is near their huge wheels. Be aware of farmyard vehicles and stay out of their path.**
- **Always stay with an adult**

Mrs Galbraith was challenged by her brother to take a dog walking job when she was scared of dogs- she's not scared anymore

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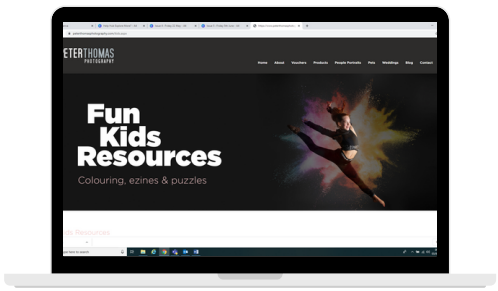
Summer Snaps Like Never Before

This summer your holiday pictures are going to be very different! We are able to do lots more near our homes but even that will be different from usual. Our challenge to you is to take photos over July and August of your everyday life. Take notice of the changes whether it's sitting spaced out in the cinema or your ideas for a staycation.

Peter Thomas has loved photography since he was a child- now he does it for a job and has even won awards for it! During lockdown he has been helping families with fun resources. Here are his top tips for capturing the everyday over July and August...

Click here



Not too sunny!

If you are photographing a person and it's really sunny weather, make sure the sun isn't in their eyes! Direct sun can make your parents look even older and it's bad for their eyes. Move to a shady place like under a tree. If you don't have a shady place turn the person around so the sun is on their back, not on their face. If it's still really sunny, you can wait until the sun goes down a little. As the sun sets it can be very beautiful, but you'll have to stay up late! Remember, never look at the sun directly through your camera as it could really hurt your eyes.

Frame it up

Think about what the most important thing is in your photograph. It might be a person, a pet or an object. When you look at your camera screen, imagine it's divided into 3 slices from top to bottom. Now place the main subject on one of those lines, called 'thirds'. This can make your photograph very interesting to look at. If you want to take this to the next level, imagine your screen is also divided into 3 slices from left to right. Play around and see what looks best!

Mangle the Angle

Everyone takes a photo holding the camera at face height and pointing it straight. How boring - why not try something different? Get down low - even lie on your tummy. Or get up high and shoot down the ways. If you are getting high be sure to have an adult with you and be safe!

Now you know some of the rules of photography (light, framing, angles), lets break the rules. Photography is probably the only hobby you will learn that you are actually encouraged to break the rules! Play around, practice and see what you can come up with!

Keep in touch and share your Summer 2020 photos with us at primarybsp.enquiries@eani.org.uk

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Keep Learning!

Be Curious

Be curious and come up with your own what if questions. Let us know how you get on at primarybsp.enquiries@eani.org.uk

Some great discoveries are a happy accident - just like the slinky and penicillin! But most great discoveries start with one simple phrase - what if? Imagine the great day someone said, "What it we put some butter and sugar in with the popcorn?" Use your summer holiday to practice being curious. You never know what you will discover! Here are a few ideas to get you started.

What if you pour juice into your bowl of ice cream? What flavour works best? What happens to the ice cream? How much juice is just right?

What if a dog was as big as a horse?

What if you dip your chips in honey, strawberry jam or ice cream?

What if I put ketchup on my banana?

Mrs Kelly was inspired by her sister to start growing her own vegetables because she is always showing off the fresh vegetables she has grown. So Mrs Kelly planted some lettuce, herbs and other vegetables in the spring. Now she just walks out to her garden if she wants any lettuce, spinach or chives for a salad!

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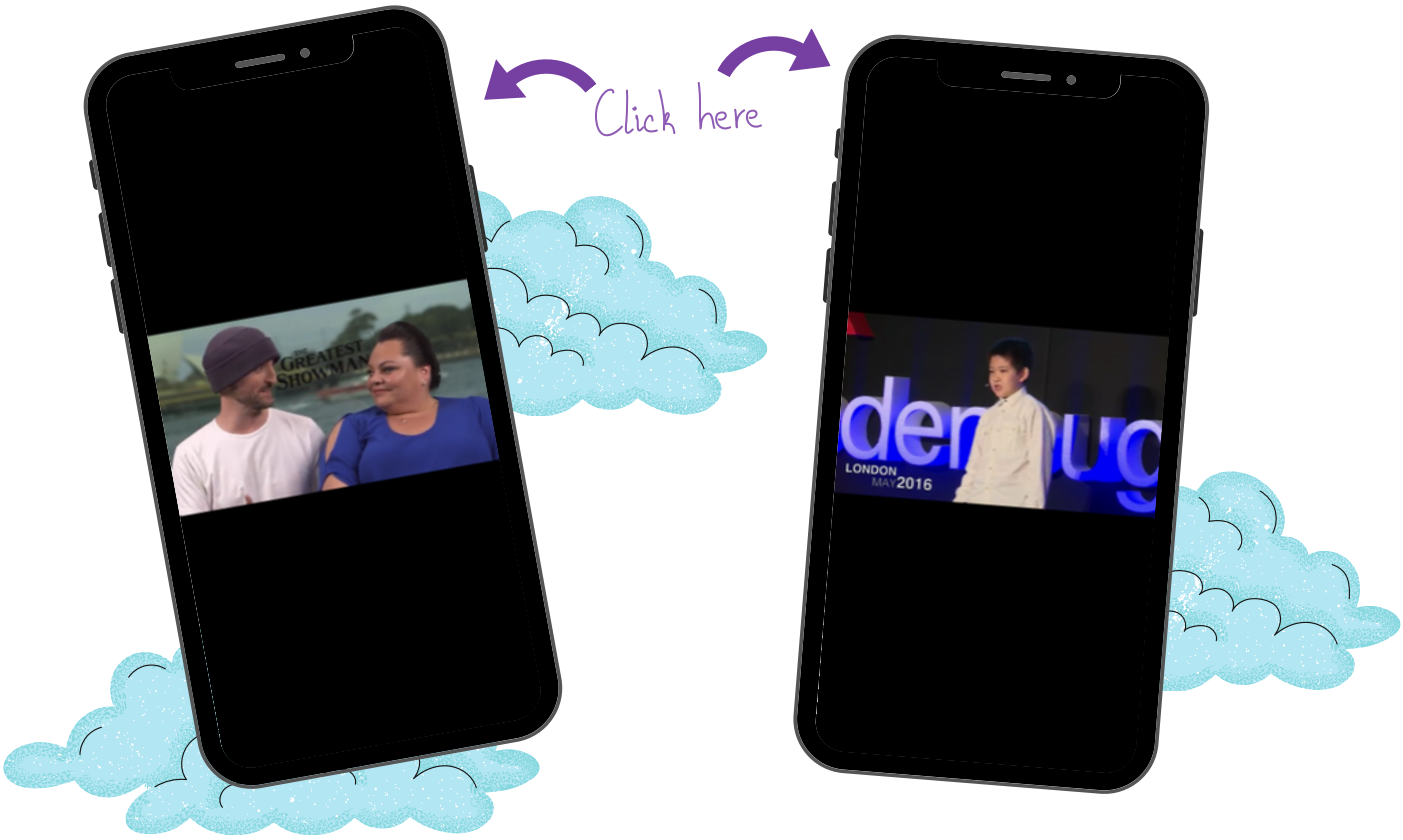
Keep Learning!

Be Brave

One of the best things about working in a school is seeing children who are nervous and scared be brave and have a go. It is always the best gift to see you grow in confidence and experience delight in achieving something you thought would be too hard! Click on the links below to see what we mean! Be inspired by the people in the videos as they talk about a time they had to be brave and face a challenge.



Mrs Murrock's biggest support was her Dad who always told her she could be whatever she wanted to be if she put her mind to it, and he'd be proud as long as she did her best. When she was thinking about moving back from England, he told her to stop thinking about it and just do it and that it would all work out. He was also always right!

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Keep Learning!

Be Hopeful

Have you ever thought about the future you? What job do you think you will have? Where will you live? Who will you live with? What will you do in your spare time? When you think about the future this way you are being hopeful. It can be a small way into the future (I am hopeful that I will have a cup of tea when I get home) or a long way into the future (I am hopeful that I will be a firefighter one day). Being hopeful means believing things will turn out ok even though life is tricky along the way. Challenges don't last forever!

Talk to someone about the now you- what is your life like right now?

Talk to someone about the future you - what will your life be like then?

Think about what needs to happen between the now you and the future you

Mrs Harrison's neighbour Kate has challenged her to take up the organised mum challenge where you do 30 mins of cleaning everyday. She has managed 6 days so far!

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Connect!

Be Aware of Others

Being aware of others involves connecting and taking notice. You use the skill you practiced in our last issue of reading faces. You take notice of how other people are feeling. Use the summer to practice with the people in your home. Notice when someone needs a little bit of time on their own. Notice when someone needs a hug. Notice when someone wants to join in a game. When you go back to school use this new skill to take notice of the other children in your class. Use the challenges below to get you started.

Take notice of who would like a cup of tea or coffee

Take notice of who needs a bit of time on their own

Take notice of who wants company and a hug

Mrs Thompson has been inspired (and challenged at the same time!) by her brother Ian. Ian has a lot of medical needs and finds daily life challenging, yet never complains and is always smiling!

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Connect!

Be Playful

Albert Einstein said that play is the highest form of research. It's important to make time just to be playful and silly. If we are serious all the time we won't be great thinkers. Enjoy these silly games- the longer you play them the sillier they get! They are easy to play anywhere, including long car journeys!

Would you rather?

The aim is to come up with ridiculous choices - lovely or otherwise.
Would you rather fall in a bucket of snakes or a bucket of wasps?
Would you rather have a mountain of ice cream or a mountain of cake?

Fortunately, Unfortunately

Each person takes turns to add a sentence to a story alternating between fortunately and unfortunately...see how long you can last!

1. Fortunately I found £100
2. Unfortunately it belonged to my brother
3. Fortunately he had no idea that I had it
4. Unfortunately Mum knew and took it away
5. Fortunately...etc

Mrs Hendron's greatest support is her dad. His calm, level-headedness and sense of perspective has always helped her to work through challenges and difficulties. He's her greatest hero!

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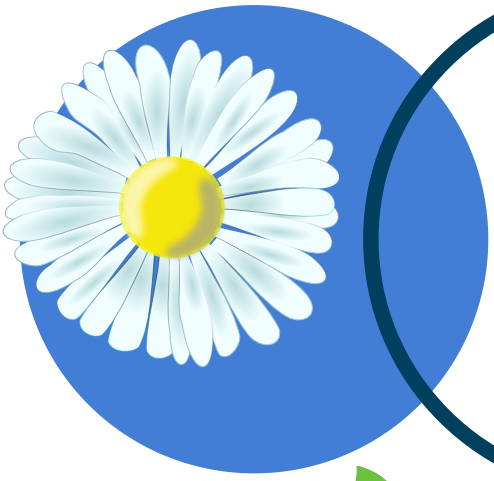
Connect!

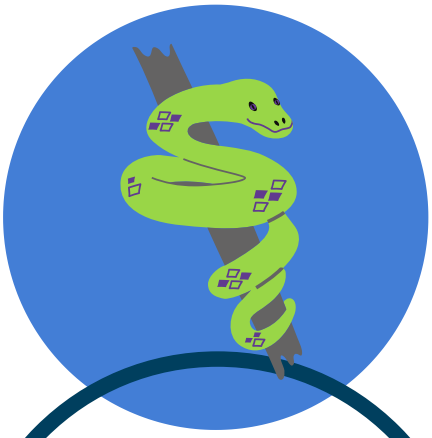
Be Included

It is more important than ever that you feel included in the world around you. However, we have all been in lockdown in our homes for so long we might need to encourage everyone to come out of hibernation.

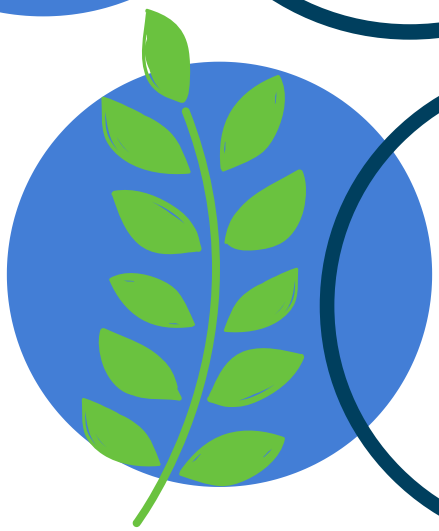
Be the change.... arrange to meet a friend outdoors safely. You never know, they might not have the courage to ask and you might brighten their day. Here are some ideas for things you could do together:



Go for a walk and do a nature challenge. Make a daisy chain or find a butter cup.



Use the outside space as your playground. Use your imagination- are you on a pirate ship or in the jungle?



Draw or create pictures using leaves and twigs you find on your walk.

Mrs McCloskey was challenged by her pupil, Mark. He taught her how special and clever her voice is and how it could make a difference for him.

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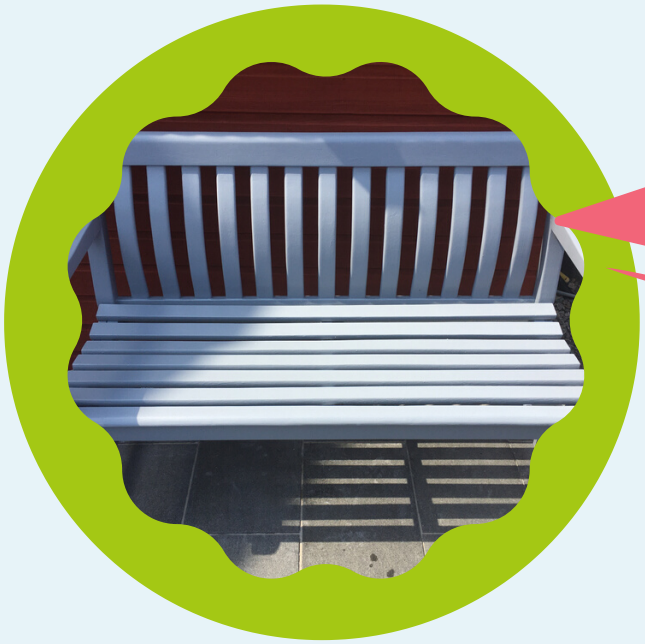
Two people who were inspired to take on a challenge!



Sonja from Silverwood was inspired by the memory of her dad so she took on the challenge to restore his bench during lockdown. She very carefully sanded it down, and painted it a vibrant colour. It took 4 coats and it turned out great. When the weather is nice she sits on this seat in the morning with a cuppa or snuggles up with her 2 grandsons and thinks happy thoughts of her dad.

Clayton from Tonagh PS was inspired by the important work of NHS staff so he took on a challenge and shaved his head to raise money for them!

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Be Active!

Be Healthy

A great way to stay healthy in summer is to make a fruit salad- it's refreshing and really good for you! Design your own and make it with your favourite fruit. See the facts below to find out how healthy our fruit salad is!

85% of the world's oranges are used to make orange juice!

There are so many apple varieties that if you were to eat an apple a day it would take you over 27 years to try them all

Eight strawberries can provide more vitamin C than an orange! They help keep our bones and skin healthy.

Bananas contain potassium, magnesium and tryptophan which can boost your mood and help you feel happier!

Kiwi contains a nutrient called lutein which is important for healthy eyes!

Pineapples are international symbols of welcome. This sweet, delicious fruit is a symbolic way of saying 'You are perfect!' when presented to someone

Mrs Briggs was inspired by her Principal Mr Buchanan. He believed in her and told her to reach for the stars! She did indeed touch the stars when she received a County Antrim scholarship to Queen's University and the rest is history!

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Be Active!

Be Independent

Whenever we are inspired to take on a new challenge it is nice to know we have people there to support us and help us while we learn. But as we practice we find we need less and less support. Then one day we become independent! Over lockdown we have all become independent with new skills. Make a list of all the things you can do independently now without support. Choose one more challenge to take on for the summer. Work out who will support you while you learn and make a plan together!

Three children who spent lockdown being the best they could be are Kacey, Sean and Aoibheann. Kacey learned to fish independently. Sean mastered cycling independently without stabilisers. Aoibheann learned to bake independently using Granny's old recipe for inspiration and support!

Let us know a challenge you are taking on to become independent over the summer at primarybsp.enquiries@eani.org.uk

Mrs Gould has been supported by her husband Adam every day as he has taught her new things on the computer to help her work from home.

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Be Active!

Be Happy

When we exercise, our body releases endorphins and this produces feelings of happiness! The body also releases endorphins when we laugh - so have a giggle while you do this activity!

This can be played on your own or makes a fun game for 2-4 players!

Active Bingo!

On your own:

- Tick off each activity when you have done it.
- Make a whole row, column, or work hard for a full house!

With more players:

Requires a caller and two or more players

- Print or write out two copies of the card.
- Cut one copy into halves or strips so each player has a different set of activities.
- Caller chooses random activities from the whole card to call out.
- Whoever has the called activity does it and then crosses it off their bingo card.
- The first person to do all the activities on their card wins!

Do 30 push-ups	Hop on the spot for 30 seconds	Do 20 squat jumps	Pass a ball (or pair of socks) around your waist 30 times
Sit down and jump up 20 times	Do 30 bunny jumps	Balance something on your head for 10 seconds	Do 30 star jumps
Do a yoga stretch for 30 seconds	Sit down and twist round to look behind you. Hold it for 10 seconds	Balance in plank position for 15 seconds	Balance a pair of socks on a part of your body for 20 seconds
Run on the spot for 30 seconds	Balance on one leg for 20 seconds	Do 20 sit-ups	Curl into a ball, then stretch out long 15 times

Miss Cullen was challenged by her boss, Richard, to reflect on and learn from every experience whether good or bad. This challenge has helped her both personally and in her work. Thank you Richard!

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Give!

Be Caring

We have heard lots of your stories about how you have been caring throughout lockdown. Caring for neighbours, acts of kindness, looking after pets, growing plants. Here are just a few more examples. Keep sending us pictures of how you are being caring - we love seeing them!

Alannah has been busy potting beetroot with the help of her little brother Daniel.

Daniel has worked hard at making a vegetable garden.

Seth has been helping to care for his new baby sister. What a great helper!

This is just one of the animals that Deaglan has been caring for during lockdown.

Maeve and her brother Ben have been making their own hanging baskets

Here is Hollie looking after her new puppy!

Mrs Mallon was inspired by her grandfather. He was the kindest person she has ever known and was a gardener who could grow just about anything- now when Mrs Mallon is in her own garden she always feels close to Granda Seamy.

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Give!

Be Generous

Being generous doesn't always have to mean giving **things**...we can also be generous with our time. Be generous with your time this summer and give your time to somebody who needs it.

Spend some time making a nice card or picture to give to somebody. It will show you care and they will have it to look at when you aren't there.

Have a socially distanced visit with somebody you know who lives alone.

Give your time to help out! Help a little brother or sister to learn something new or help a grown up with a job they are doing.

Mrs Scullion has always felt supported by Lynn. She is always there to answer her questions. She has such a calm presence and is a logical thinker. Lynn makes Mrs Scullion's work a lot easier and more enjoyable with her ideas!

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Be A Problem Solver

Give!

Maxime from Victoria PS spent lockdown being the best he can be. Here is his 3 step guide to being a problem solver!

Every day in life, we come across some problems. These can be very big or very small. It can be what to have for your lunch or how to do a tricky piece of schoolwork at home. It may be how to deal with your brother or sister or how to battle through a challenge in your computer game. It is important to tackle problems with a clear head and to think creatively how to solve it. Try not to let your emotions take over and make the problem seem bigger than it is!

3 Steps to Problem Solving

By Maxime

1. **Find a different angle** or look at it differently. Break the problem down into manageable chunks.

2. **Think.** Is this something you can do yourself, if so keep trying and solve the part that you can solve. Then you might know better how to do the tricky part or you might have to ask for help.

3. **Give things a go** – try your best solution and if you fail, do not be disheartened. Just go back to step 1 and try again!

Mrs Morrison's P7 swimming teacher challenged her to persevere even when it takes a long time to learn something. He taught her about stamina- you can't go to 64 lengths in the first week. That was a long long time ago but Mrs Morrison is still a regular swimmer!

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Who Inspires Supports and Challenges you?

Talk about the people who have inspired you in the past and people who inspire you now. The people who make you want to try to be the best you can be.

Talk about the people who have supported you in the past and people who are supporting you now. The people who are there to help you be the best you can be.

Talk about the people who have challenged you in the past and people who challenge you now. The people who know you need to take risks and try new things to be the best you can be.

Let us know who inspires, supports and challenges you at primarybsp.enquiries@eani.org.uk

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Think Feel Act

HELP HUB BITESIZE TIPS

Sometimes when you tell your child to do something they go with it.
Sometimes when you tell your child to do something they don't!
Understanding the Think Feel Act model helps us see that the words we use are really powerful!

Next time you tell your child to do something use the be the best you can be language from this issue. Use your language to prompt positive thoughts which will lead to good feelings and helpful actions. But remember - every child is different and it takes time to learn the words to say and the words to avoid! Learn from every interaction!

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Inspire, Support and Challenge

HELP HUB BITESIZE TIPS

Parenting at the moment has been very challenging. Juggling home schooling, working from home and younger siblings has not been an easy task. Our children may have also found lockdown difficult with less peer interaction and the limit on outdoor activities. The world is a different place now and it is our hope that society will be more focused on the emotional well being of everyone around them. It is important that we find the balance between ensuring our children can be the best they can be and pushing them beyond their limit. To help, consider how you can inspire, support and challenge your child.

Inspire

There is an important difference between comparing ourselves to someone and being inspired by them. When we compare we usually end up feeling worse about ourselves. When we are inspired we can appreciate good things for another person and be motivated to make positive changes. This is important for us as adults to remember, especially on social media or school WhatsApp chats. It's also important that we help our children to be inspired rather than compare themselves. **Comparing leads to competing, inspiring leads to learning.**

Model how you have been inspired by someone in your life. Share with your child a time when someone has inspired you to reach your potential and how this has shaped your life.

Support

Support is very different to doing it for them. We have to stop our natural instincts at times and **guide them to achieve rather than push them to succeed**. Use Maxime's 3 steps to being a problem solver to support your child as they work through a challenge - even if you already know a solution! Most importantly support your child when they make a mistake - let them see that no matter what, you are there to help!

Challenge

Set goals with your child to help them stay motivated to be the best they can be. **Involve them in the planning of the goals and they will be more likely to smash them**. Use the language of challenge regularly so that your child becomes used to it and feels safe having a go.

Grown ups, the Help Hub is just for you. We know that you are all having to adapt and manage a lot more challenges than usual- we would like to help! Are there any specific issues or topics you would like us to cover? Get in touch and let us know at primarybsp.enquiries@eani.org.uk.

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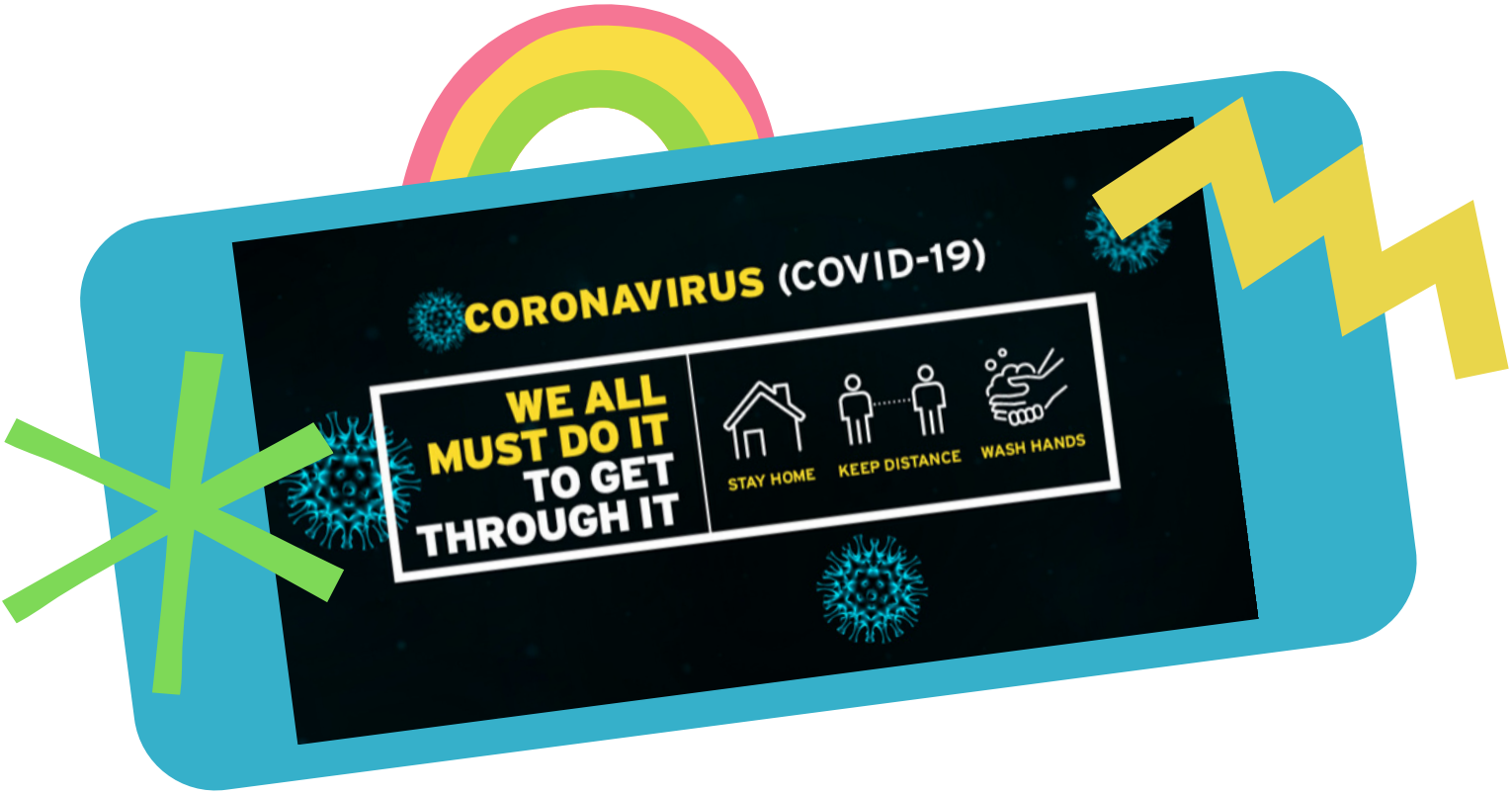

Click here for a film about staying home

Click here to learn about keeping distance!

Click here to see how to properly wash your hands- sing a long!

Click here to keep up to date with the Public Health agency

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