

Issue 89: Friday 24 Jan 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. Our theme in this issue is Be Flexible. Reducing tension helps us to be flexible and being flexible reduces tension so the activities this week will all help you implement the second High Five Core Principle - Reducing Tension.

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](mailto: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.**

## Children's Mental Health Week 2025

Children's Mental Health Week 2025 will take place from 3rd - 9th February 2025.

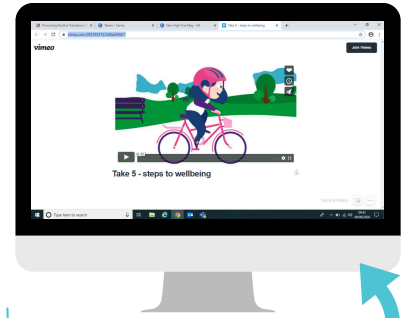
“The theme for 2025 is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop.”



Click here for further information

# 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 Flexible

Sometimes we find ourselves in situations where we find it hard to be flexible. For example...sharing a toy with your brother or walking away from a game when it's time to have dinner or go to bed.

This week our High Five Challenge is to Be Flexible. We are going to try out being flexible by having fun together, reading stories and trying out some flexible phrases! Let's start with the flexible phrases...

## Flexible Phrases Flexible Phrases



**Nevermind!**



Something unwelcome has happened like a spill, something breaks, a mistake in learning. Saying "nevermind" helps us to remember that while we wouldn't have chosen this it's not the end of the world.



**What if...?**

Saying "what if" helps us turn an unexpected event into an opportunity.



**Even if...!**

Saying "even if..." helps us remember that things don't always have to go exactly the way we want them to. We'll still be ok.



# Flexible Phrases

In your journal make a note of all the times you find it tricky to be flexible. Next think about which flexible phrase would help you.



## Flexible Phrases Flexible Phrases

**Nevermind!**

I spilled my juice - **nevermind**. I can just wipe it up!

When I make a mistake in numeracy:  
**what if** I try a different way?  
**what if** I ask a friend for help?

**What if...?**

**Even if** I'm not at the start of the line it's ok. I'll still get out to the playground!

**Even if...!**



## Uno Exercise

Play this game of chance where you won't know what you have to do next! Have a go at using your flexible phrases and have fun!

# Flexible Phrases Flexible Phrases



Touch your toes  
3 times



7 squats



Run around the  
group 9 times



2 star jumps

### Instructions:

1. Assign an exercise to each colour of Uno card (see above for an example)
2. Decide what the number on the card means for each exercise (see above for example)
3. Take turns to pick a card - complete the exercise
4. Repeat until there are no cards left or you are all exhausted!



Click here to access more  
ideas to Be Active

Being flexible when connecting with others can be tricky because often we have different ideas of what to talk about, what games to play and even the rules of games. We have to practice not being in charge of everyone all the time. Our flexible phrases are really useful to have ready when we are spending time with other people.

## Flexible Phrases Flexible Phrases

What if...?

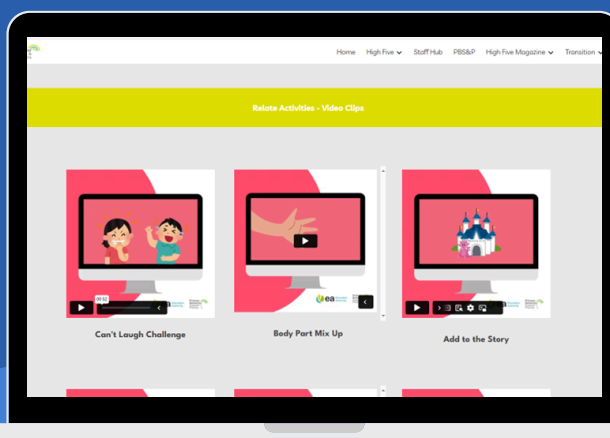
Even if...!

Nevermind!



Play Add to the Story to see how fun it can be to be flexible and let your friends direct parts of the game with you. Click on the image to find out how to play.

Click here for more fun and flexible games to play together.



Click here to access more ideas to Connect

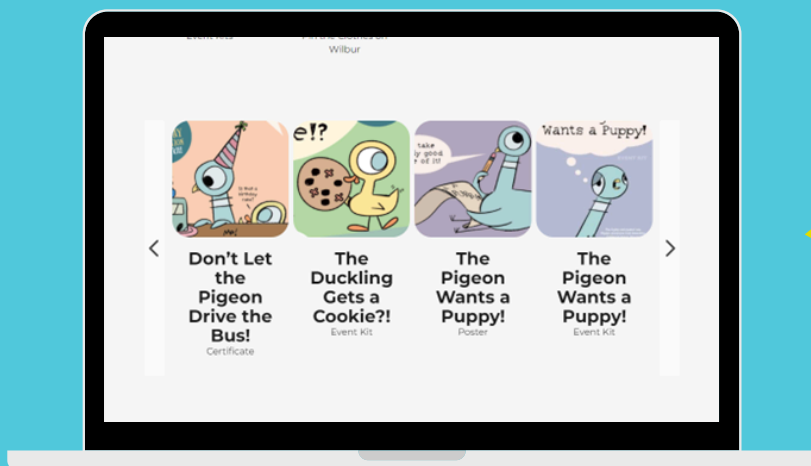
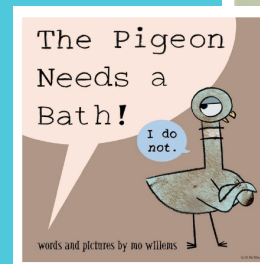
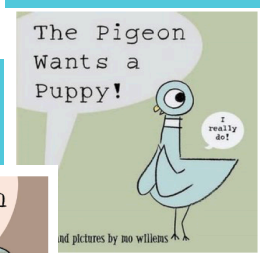
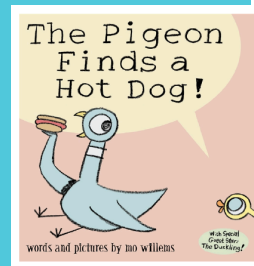
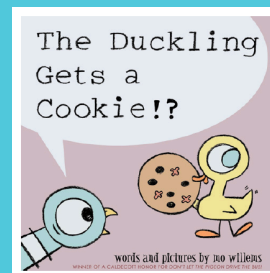


## The Inflexible Pigeon

Sometimes we find ourselves in situations where we find it hard to be flexible. For example...sharing a toy with your brother or sister, walking away from a game when it's time to have dinner or go to bed.

This happens a lot to the Pigeon in the stories written by Mo Willems. Have a look in your school library to see if you have any of these books. Read each one and take notice of the reasons the Pigeon finds it tricky to be flexible each time.

Teach the Pigeon our flexible phrases- imagine how the stories would change if the Pigeon used these? Can you think of any more flexible phrases that might help?



[Click here for more Pigeon activities](#)



[Click here to access more ideas to Take Notice](#)



It's easier to be flexible when we have time to prepare and the change isn't unexpected. But sometimes there isn't time to prepare- the change is unexpected and quick. Try playing Quick Changes to help practise this speedy skill- don't forget to use your flexible phrases to help!

## Quick Changes!

**1**

Choose a simple game that you all know how to play- like Simon Says

What if...?

What if we say Rita instead of Simon?

**2**

Start playing, but every few minutes, let someone change the rules or add a new twist to the game.

What if everyone hops on one leg while we play?

Flexible Phrases Flexible Phrases

Nevermind!

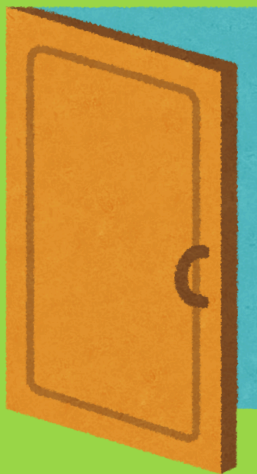
Even if...!



Click here to access more ideas to Keep Learning

When we Take 5 and Give we often focus on meeting the needs of others around us even if it means doing a bit of extra work, waiting for a turn or going with someone else's ideas for games or trips out.

Think about the small moments throughout your day at school and at home where you can be flexible and Give to those in our school and families. Here are some examples to get you started:



Let people walk through a door before you if you arrive at the same time



Break the last cookie in half and share it with your sister



Let someone else have a turn in goals



Click here to access more ideas to Give



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](mailto:primarybsp.enquiries@eani.org.uk)





## Be Flexible

The ability to be flexible and adaptable in various situations is an essential skill for our children and ourselves. Show them how you handle unexpected changes with a positive attitude, demonstrating resilience and problem-solving skills.



### Be Active

Lots of games. This not only fosters a sense of fair play and respect for others but also teaches valuable social skills. By encouraging children to share and cooperate, we are helping them build strong relationships and develop empathy.



### Connect

Provide opportunities for decision-making by allowing children to make choices in their daily routines, such as selecting their outfits or choosing between activities. This empowers them and builds confidence in their ability to navigate change.



### Take Notice

Notice children's efforts to be flexible and adaptable, even when things don't go as planned. Highlighting their ability to adjust and find solutions helps our children join the dots between being flexible and positive outcomes.



### Give

Encourage creative play and problem-solving exercises. Activities like building with blocks, solving puzzles, or engaging in imaginative play can develop our children's abilities to think creatively and adjust their strategies when needed. By nurturing these abilities, we can help children grow into adaptable, resourceful, and resilient peoples.



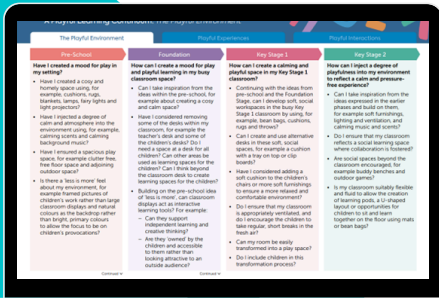
### Keep Learning

Encourage open-mindedness by introducing them to diverse experiences, cultures, and ideas. This can be done through books, movies, travel or simply engaging in conversations about different perspectives. By understanding that the world is full of variety, children learn to accept and adapt to new situations more readily.

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!







How flexible are we as staff? 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 flexible approach to teaching will reduce tension for both staff and pupils.

Pre-School

Do I ever take time to simply play alongside the children and, in doing so, extend the children's ideas and learning spontaneously?



Foundation Stage

Do I maintain a light-hearted tone where a degree of spontaneity and impulsivity is evident, and am I outgoing, energetic and active in manner?



Key Stage 1

Through my playful demeanour, do I create a low-stakes atmosphere in my classroom where successes are celebrated and mistakes are accepted as learning opportunities?



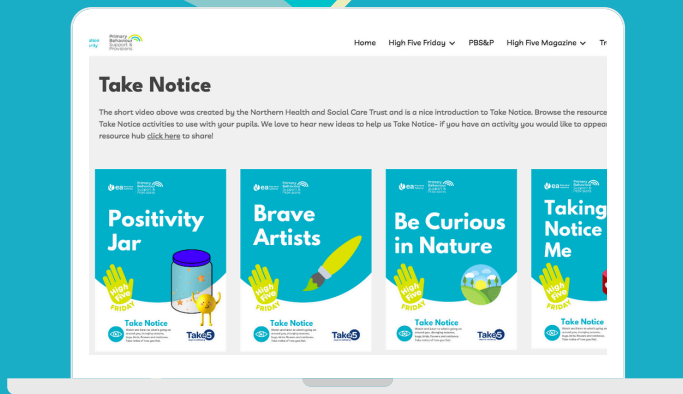
Key Stage 2

Do I make effective use of humour, laughter and banter in my classroom to create a positive rapport and to allay the power dynamics of a teacher-pupil relationship?



# 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

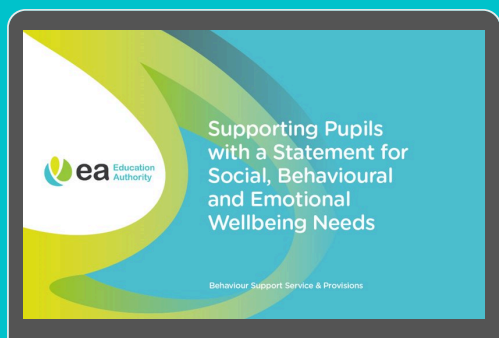


Follow High Five on  
Instagram



# Upcoming PBS&P Training

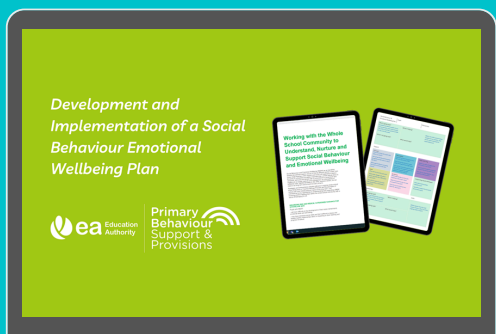
Click the images below to register for these training sessions available to school staff



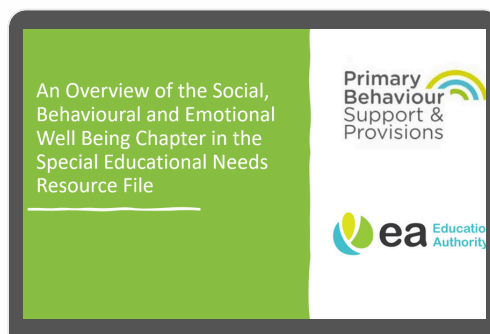
**Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs**  
06 March, 13 March & 20 March 2025  
11:00am - 12:30pm  
(Participants must attend all sessions)



**Developing a Calm Plan**  
17 Feb 2025 2:00pm - 3:45 pm  
24 March 2025 2:00pm - 3:45pm



**Incorporating the Pupil's Voice within an SBEW Plan**  
19 March & 26 March 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**  
27 Feb & 06 March 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

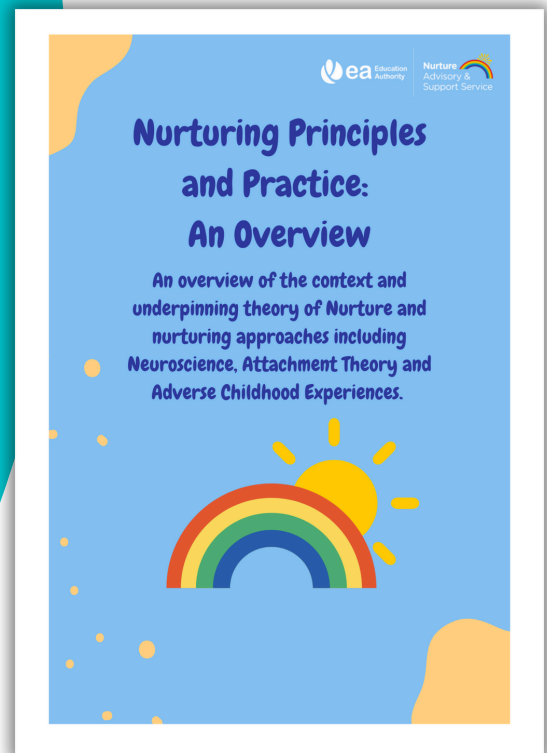


Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.

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



**Connect and Nurture (CAN)**  
**26 March 2025**  
**1:30pm - 2:30pm**



**Nurturing Principles and Practice: An Overview**  
**19 February 2025**  
**1:30pm - 2:30pm**

# 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 1003 calls to the helpline from September to December 2024



## TASH Closure

The helpline will be closed on the following dates:

- Wednesday 5th & Thursday 6th February
- Wednesday 12th, Thursday 13th & Friday 14th February

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





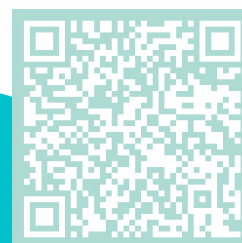
## Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

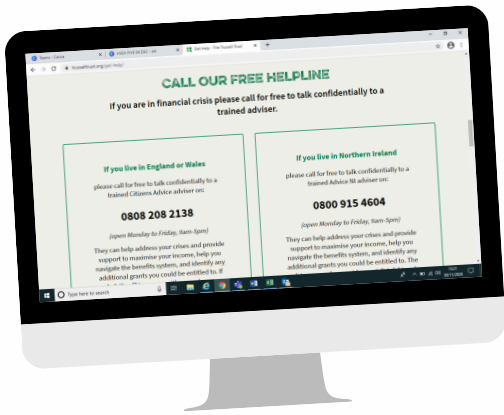


### Contact Primary Behaviour Support & Provisions Service

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.

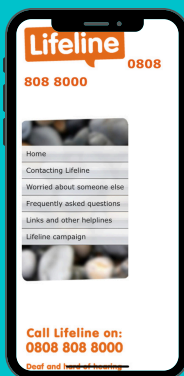


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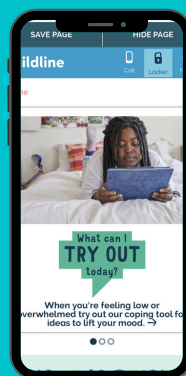
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



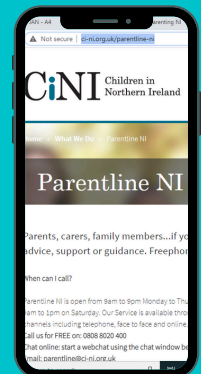
Lifeline



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.