

Issue 75: Friday 19th April 2024

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 to Be Innovative. The world would be a very different place if there were no innovators! High Five invites you to pause and consider how to nurture innovation in our school communities.

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.**

Early Years Transition

SEN Early Years Inclusion Service, EA Pupil Support Services and Primary Behaviour Support & Provisions are delivering an online professional learning session on supporting transition in early years, whether it's from home to nursery or nursery to P1.



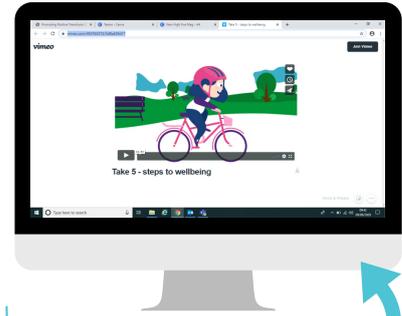
Register now!

Final date available!

Click this image to register for one of the available sessions
25 April 2pm-3:30pm

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 Innovative

Our High Five challenge in this issue is to Be Innovative. This means coming up with a new way of doing things, whether it's solving a problem by inventing something new or coming up with a new style of music.

There are three things that set innovators apart:

Mistakes don't get them down!



They ask "what if" a lot!



They have strong inside motivation



Innovators are often described as rule breakers but that's ok. Have a think and talk in your class about which rules are ok to break and which rules need to be kept.

Innovators:



Mistakes don't get them down!

To be an innovator you have to be ok with mistakes. Each mistake is just another step closer to the answer! Google Famous Failures and find out how many successful innovators made lots of mistakes along the way. Imagine how different the world would be if they had given up at the first mistake, or even the 100th mistake!

What do you feel when you make a mistake?

Do you worry about what other people might think of you?



They ask "what if" a lot!

Innovators don't just accept things the way they are. They ask a lot of questions. What if my phone was part of my watch?

This is good but could I make it even better?



They have strong inside motivation

Innovators are motivated by the new ideas, not what other people think about them. Inside motivation helps them to notice the things that are working and the things that are not. It's this motivation that helps them keep going even when things go wrong over and over again!



Split your class into groups of up to 5 people. Be innovative in your group as you take on these three challenges.

1

Invent a ball game

Each group has one ball (the balls don't have to be the same for each group) and must work together to invent a game. Come up with the rules and then teach another group in your class how to play.



2

Design an obstacle course

Bring out a range of equipment from the PE store. Each group chooses a few items and puts together an obstacle course. Think carefully about what skills are being improved by completing your obstacle course. Demonstrate how to use the obstacle course and then all the groups have a go at each other's courses.



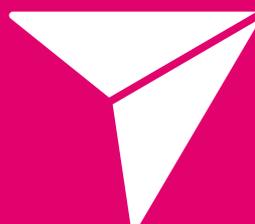
3

Invent a new playground game

This time your group has to invent a new game but with no equipment. This game should be possible to play outside fairly quickly. Once you have the game mastered teach it to a group in a different class.



Click here to access more ideas to Be Active



We would love to feature the games you have invented on our resource hub. Ask your teacher to click here to share your ideas.



Mo Willem's is one of our favourite authors! His series of books about the Pigeon are so funny but they also help us learn a lot about ourselves. He is a great innovator! We can just imagine him sitting in his studio one day and thinking to himself "what if a pigeon wanted to drive a bus?"

Click here to watch Lunch Doodles With Mo Ep 1. You will need three clean pages and pens.



While you watch the episode and doodle / draw show your group your pictures. You are all having a go at being innovative so they will all be a bit different.

Visit Mo Willem's website for more useful activities



Click here to access more ideas to Connect

Being innovative doesn't necessarily mean creating something completely new. Sometimes it means taking something that already exists and doing something new with it. Music is a great place to start!

Doodle the Lyrics

Remember when we watched Lunch Doodles with Mo Willems and he taught us to doodle. Doodles aren't planned - you can just have fun with them. To doodle with lyrics you take a simple song you all know really well and sing it to different words! Just make it up as you go along. It's fun seeing what silly lyrics you come up with.



Change the Lyrics

This time it's like doing a drawing rather than a doodle. You have space to plan it out. Take notice of any words that need to rhyme or the number of syllables needed to fit the music. Choose a theme or topic for the song.

Turn to the next page to see an example and our recommended song list (disclaimer - High Five staff have a very old fashioned taste in music).



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

Take Notice

Have a go at changing the lyrics. Here is an example of one we started and a list of songs to get you started.

I'm Hungry

(to the tune of Happy)

Because I'm hungry
(clap along if you are a
child without a feast)

Because I'm hungry
(clap along if you know
all the things that you
want to eat)

- Any song from a Disney film
- I'm a Believer - The Monkees (Shrek)
- Any nursery rhymes

Share your songs with
us at
[primarybsp.enquiries@
eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



Click here to access
more ideas to
Take Notice

Top Tips to Being Innovative

We are all curious by what happens in the world around us. We can learn new things by asking questions...

Many inventors got their start by trying to improve on something that already existed, trying to come up with better, more effective versions of something that already exists.



Here are some top tips to being innovative...

- Start with something you already know and see if you can build upon it
- Start with small steps, and build upon them over time
- Don't always expect sudden 'eureka' moments
- Collaboration - Listen to and value the ideas of others - Be open to sharing your work and ideas
- Mistakes are an important part of the learning process - Try to keep going, even when things don't go to plan. Remember you can always ask a friend or adult for help.
- Take time to pause and reflect on your ideas
- Be open-minded to new ideas
- Try to find the value in an 'accidental' or unexpected outcome



Can you think of ways to make the following objects more effective?



Torch



Backpack



Board Game



Tent



Click here to access more ideas to Keep Learning

Little Oaks EOTAS

In February, The Little Oaks team supported 'Kenny's Campaign' to raise money for local charity Foyle Down Syndrome Trust.

Kenny Donaghey walked 100,000 steps in 24 hours challenge to mark the successful heart repair anniversary of Rosa Donaghey – daughter of PBS&P Intervention Officer Michelle.

They raised an outstanding amount of £10,500!

The photograph includes PBS&P staff, who joined from North West Teacher's Centre, to walk part of the journey and provided support and much needed snacks!

Can you come up with some new innovative and creative ways to fundraise for people in your local community?

Have a brainstorm as a class to come up with some new interesting ideas...



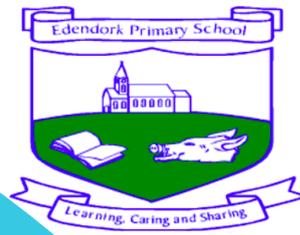
Can you think of anymore?



Click here to access more ideas to Give



Inbox



Take 5 Schools

Edendork Primary School

The boys & girls of Edendork P.S. had great fun dancing at the Ceili during 'High Five Friday'.



Click here to visit Edendork's school website to watch some of the brilliant dancing and fun during their Ceili



PBS&P Whole Service Day

Staff from Locality South West PBS&P recently attended their Whole Service Day at Tamnamore EOTAS Centre. To finish their day they played 'The 1% Club' quiz.



Tamnamore





Inbox



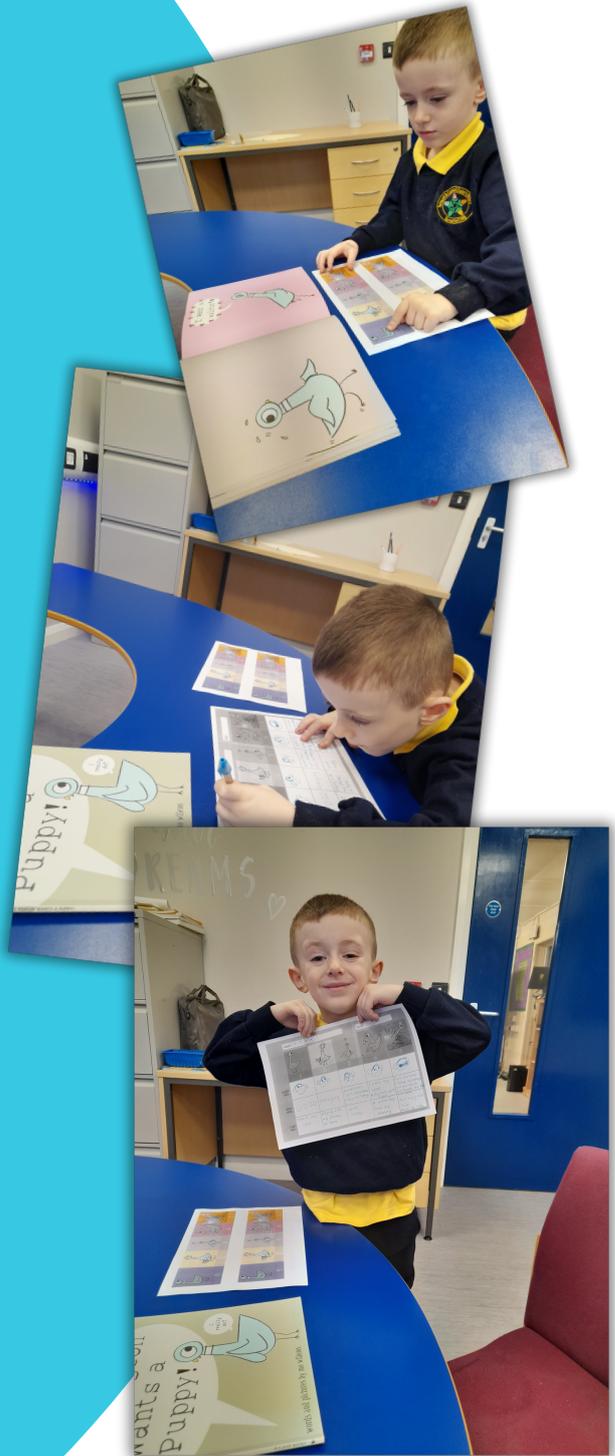
Little Oaks

“Learning to identify emotions through the 1-5 scale and Mo Willems’ pigeon stories is a fun, interactive way to help the child understand, recognise, and name their emotions”

Ashlene McClelland
Little Oaks Teacher



Click here to visit
Mo Willem’s site



Click here to access
training on the 1-5
scale





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





Be Innovative

Top Tips for Being Innovative for Children

1

Develop Curiosity

Children are constantly interested in unusual things. They will surely try to learn more and better themselves, which will inspire them to innovate, if we foster their curiosity and allow them to explore.

2

Encourage Risk Taking

Children should be encouraged to take risks by their parents and teachers. Risks are necessary for learning and improvement in everyone. Therefore, grown ups should encourage children to take risks rather than protecting them from them so that they can learn to become resilient and how to handle the various risks and challenges they will encounter in the future.

3

Freedom of Choice

Children are typically guided by their parents or teachers. It has certain advantages, but grown ups shouldn't make all of the decisions for children. Children should be taught how to deal with the effects of their choices since it will encourage their creativity and innovation.

4

Finding a Purpose

Asking a child to participate in a challenge that needs them to come up with a solution or produce something that will actually help them with solving problems. It is one of the finest methods to ignite the spark of their innovative and creative thinking.

5

Encourage Play

In order to help children develop their imaginations, we should encourage them to play freely. Children learn to be creative via play, which supports in the development of their minds and ability to think clearly. They experience a sense of positivity and inventiveness when they play. So, instead of screen time inside, encourage more outdoor play, they are always eager to play.

Outdoor Play for Children

Outdoor activities for children are important to your child's learning and wellbeing. Tips, advice and inspiration for getting children outdoors and enjoying nature together with you, wherever you live.



Bee and nature friendly activities - Build a bee hotel or plant some bee friendly pots. Click here for some more activities.



Collect items from your garden or the park and make a mini garden... on a paper plate! Click here to watch the video on how to create your own.



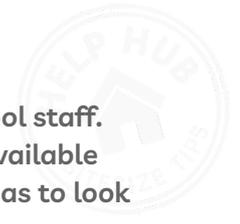
Introduce children to nature - Explore, run, play and have fun! Click here for more ideas.



Find out what children can learn from looking after plants. Click here for some ideas.



Click here for some more fun family friendly activities.



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!



Nurturing Innovators

Consider how you can nurture innovators in your class by focusing on the three characteristics identified in our introduction.



Mistakes don't get them down!



They ask "what if" a lot!



They have strong inside motivation



In the following pages you will find simple ideas to get started in each area.



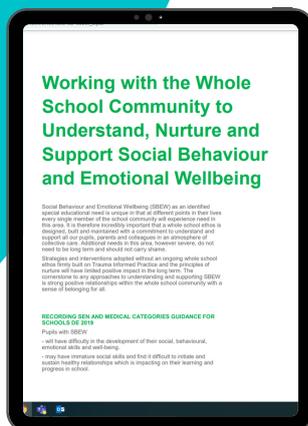
Nurturing Innovators



Don't let mistakes get you down

- When you model or introduce a task tell the children to watch out for you making a mistake. Once they spot it work out the solution together.
- Check out the Keep Learning section of the High Five Resource Hub to find activities which will help your children view mistakes more positively.
- The DE SEN Resource File is packed with ideas on how to design, build and maintain a school ethos which is a safe place to make mistakes.

Click here to visit the High Five Resource Hub



Click here to access the SEN Resource File

“Reflect on current responses to mistakes—do they reduce tension and encourage learning from trial and error.”
DE SEN Resource File

Nurturing Innovators



What if we try a lighter ball for basketball?



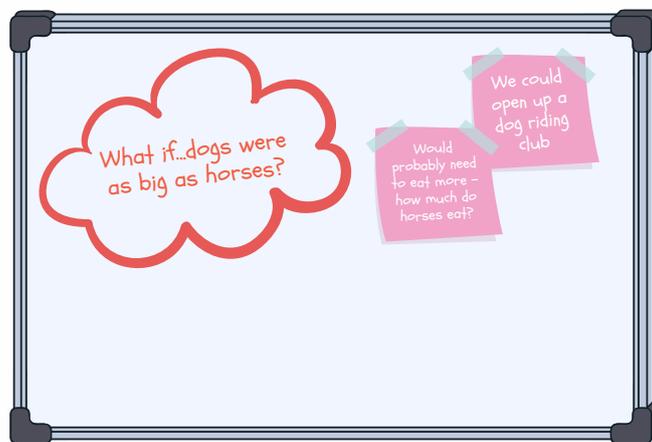
What if ice - cream grew on trees?

You need to carry the ten into this column

What if you carried the ten into this column?

Ask "what if" a lot!

- Model asking “what if” about almost everything- can either be funny ideas or ones that lead to creating or learning something new.
- Try “what if...” Wednesdays. Each Wednesday write up a “what if...” for the day- your class can pop up as many responses as they can think of. At the end of the day look at all the responses together and discuss.



- When you are helping one of your pupils use the “what if” script when you guide them in the correct method. This encourages a trial and error approach and is more likely to lead to independent problem solving in the long term.

Nurturing Innovators



I notice you're getting the ball in the hoop more times than last week.



Ah- I wondered how you were going to solve that one. Seems to have worked out well. Did you try any other ideas that didn't work so well?

Nurture strong intrinsic motivation

Replace praise with showing an interest. Notice their learning journey rather than communicating approval or disapproval. This helps your pupils to focus on their ideas, mistakes, solutions and progress without worrying too much about what others will think of them. Even when it's mostly positive, an emphasis on external approval increases tension and stifles innovation.

"The advice to catch them being good leads to children experiencing constant evaluation."

Daniel A. Hughes
DDP International conference 2021



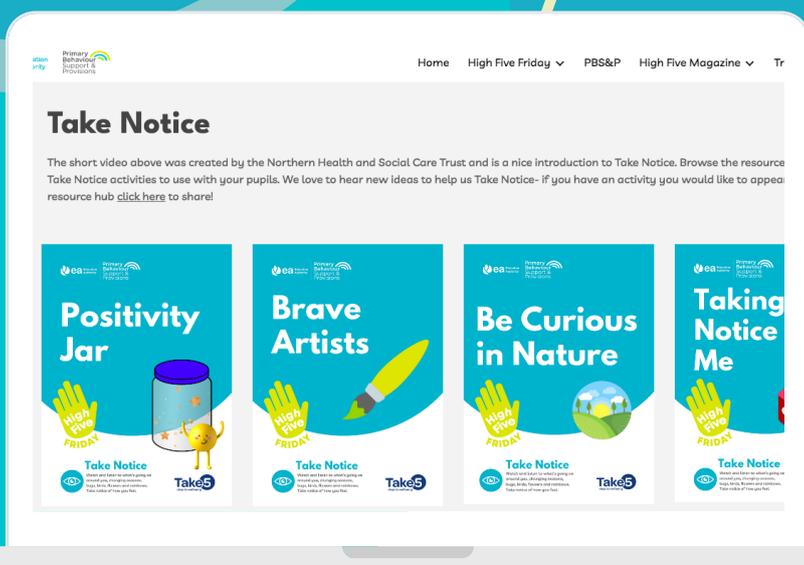
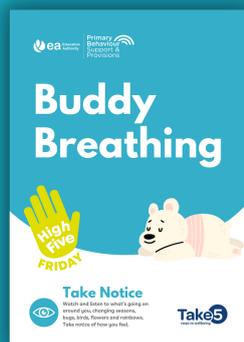
Click here to visit Dan Hughes' website



High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. The Hub allows access to over 200 resources including:

- The fortnightly PBS&P High Five Magazine
- High Five Friday information and activities
- Staff Hub
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting



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



Upcoming PBS&P Training

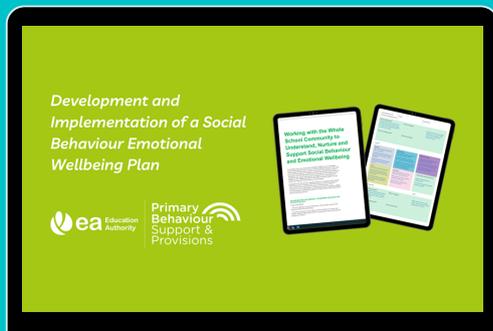
Click the images below to register for these training sessions available to school staff



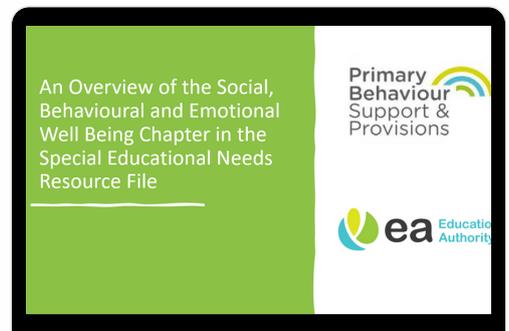
Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs
08 May, 15 May & 22 May 2024
11:00am - 12:30pm
(Participants must attend all sessions)



Developing a Calm Plan
22 April 2024 2:30pm - 4:15pm
10 June 2024 2:30pm - 4:15 pm

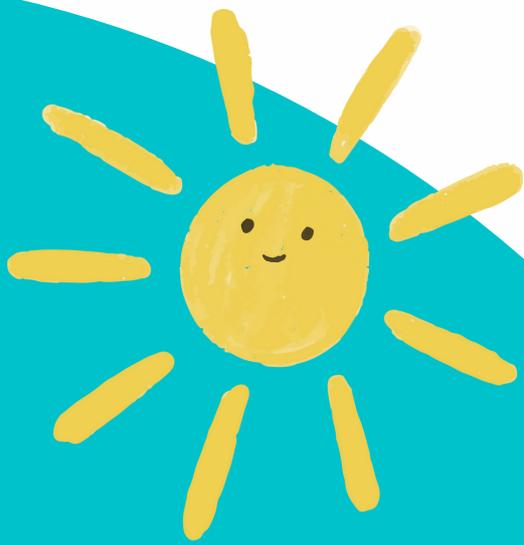


Development and Implementation of a SBEW Plan incorporating the Pupil's Voice
17 May & 24 May 2024 2:30pm - 3:45pm
(Participants must attend both sessions)



An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File
02 May & 09 May 2024 2:15pm - 3:45pm
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.

Connect and Nurture
A rethinking of circle time bringing it in line with neuroscience research, nurture principles and trauma informed practice

Regulate
A regulatory activity to begin and end the session

Reason
A book or story to help us reflect and learn

Relate
An activity to help us make connections and relate to others

Connect and Nurture (CAN)
07 May 2024
2:30pm - 3:30pm

NURTURE IN FIVE
A research based and inclusive sequence of well-being activities to support pupils with the development of emotional regulation strategies

Step 1 - Warm Up
Energetic, non-competitive and fun games

Step 2 - Stretch Out
Yoga, Tai chi or Pal dan gum inspired stretches

Step 3 - Hands On
Peer or self-massage

Step 4 - Breathe In
Diaphragm belly breathing exercises

Step 5 - Wind Down
Mindful relaxation

Nurture in Five
30 April 2024
Time: 2.30pm - 3.30pm

Theraplay Informed Practice
Sunshine Circles

CHECK-INS

ACTIVITIES

FOOD SHARE

An activity-based intervention to promote school-based attachments

Challenge Structure Engagement Nurture

Theraplay Informed Practice - activities to build attachment
14 May 2024
2:30pm - 3:30pm

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

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 1329 calls to the helpline between Sept 2023 & Feb 2024



TASH Closure

The helpline will be closed on the following dates:

- Monday 06 May
- Monday 27 May

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.

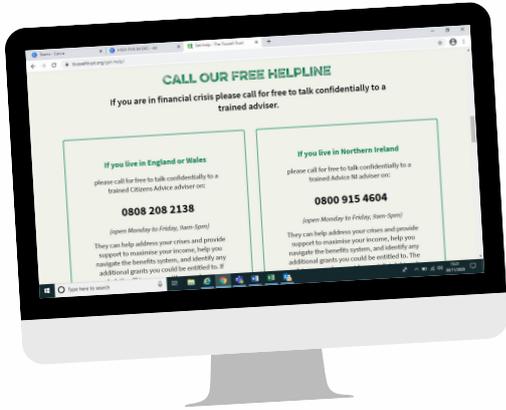


Contact Primary Behaviour Support & Provisions Service

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.

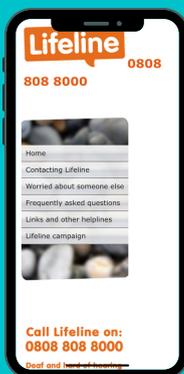


Scan the QR Code

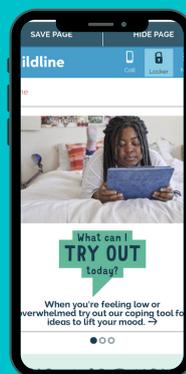
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



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.