



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

Issue 20: Friday 12 March 2021

High Five

Primary Behaviour Support & Provisions 



Inside this issue

03 Take 5

04 Be Patient: The Marshmallow Experiment

06 Take Notice - The Purple Crayon

08 Give - World Down Syndrome Day

08 Interview with a Hero

10 Keep Learning - Daily Journal

12 Connect - The Patience Game

13 Be Active- Daily Mile Challenges

14 PBSP Inbox

15 Back Together Again Programme

16 Help Hub - Nurture, Time to Yourself, helping your child be patient, Down Syndrome Initiatives



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. With Spring in the air, it's easy for us to look forward to the months ahead and be impatient for what is to come - whether it's schools going back, moving on to something new or looking forward to life being "normal" again. But just like the new buds that are beginning to peek their heads above ground, we need to be patient whilst we wait for life to move along. If the buds are too impatient, they get caught out in late frosts, so they have to wait for better weather. In this issue, our focus is to Be Patient.

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.**

Free online courses

The Solihull Approach are currently offering free online courses to parents in Northern Ireland:

1. Understanding pregnancy, labour, birth and your baby
2. Understanding your baby
- 3.a. Understanding your child (0-19 years) - main course
- 3.b. Understanding your child with additional needs
4. Understanding your teenager's brain (short course)

They are also offering a course for teenagers entitled:

Understanding your brain (for teenagers only!)



Go to
www.inourplace.co.uk
and enter the 'access code' NIBABIES

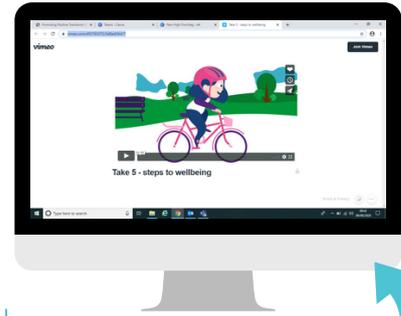
Take5

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.



Watch a short video about Take5 here



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

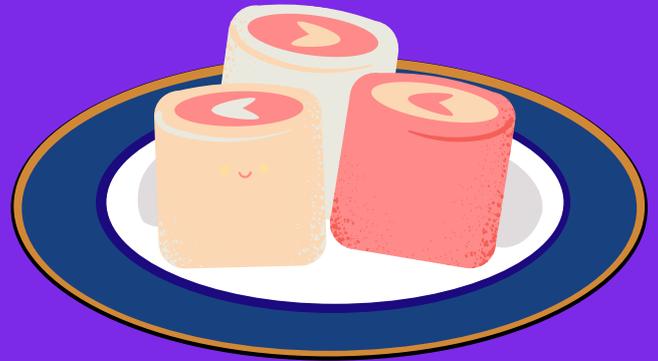
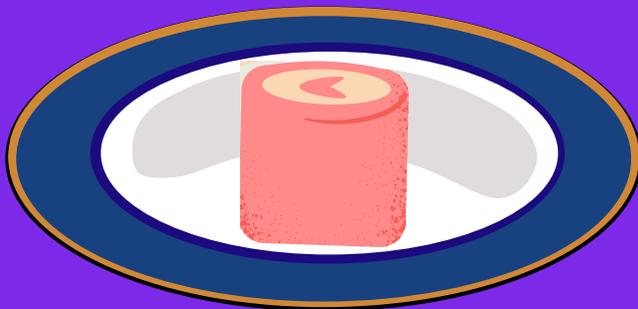
Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.

Be Patient!

The pupils at Fir Trees EOTAS took the marshmallow experiment challenge and gave their ideas about being patient.

The Marshmallow Experiment

Here is a marshmallow. You can eat it now, but if you wait for 5 minutes, you can have three instead of one. What would you do?



I smelt them to remind me it would be worth the wait.
AJ (6)

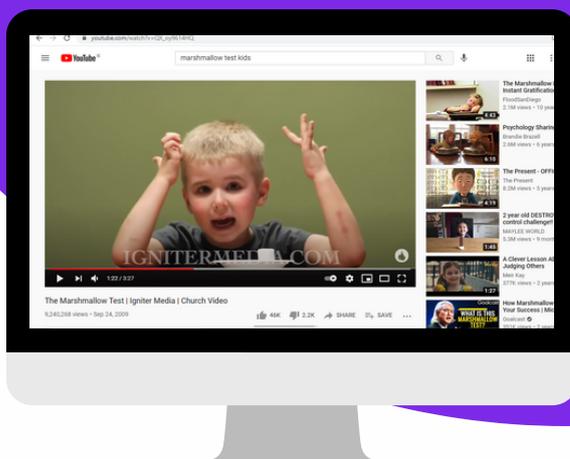
I did "sniff the flower, blow out the candle" to help me.
Paul (7)

It helped because we were all waiting and helped each other.
AJ (6)

It would have been more difficult if one of us had eaten one.
Paul (7)

I waited lots of minutes because I knew it would be better than 1.
Theo (5)

[Click here to watch a YouTube video of some children having a go at the Marshmallow Test.](#)



Be Patient!

P

Persevere

I am
problem
solving

A

Accept

I am
responsible

t

Tolerate

I am
practising

i

Independent

I am self-
reliant

e

Endurance

I am
having a go

n

Notice

I am
learning

t

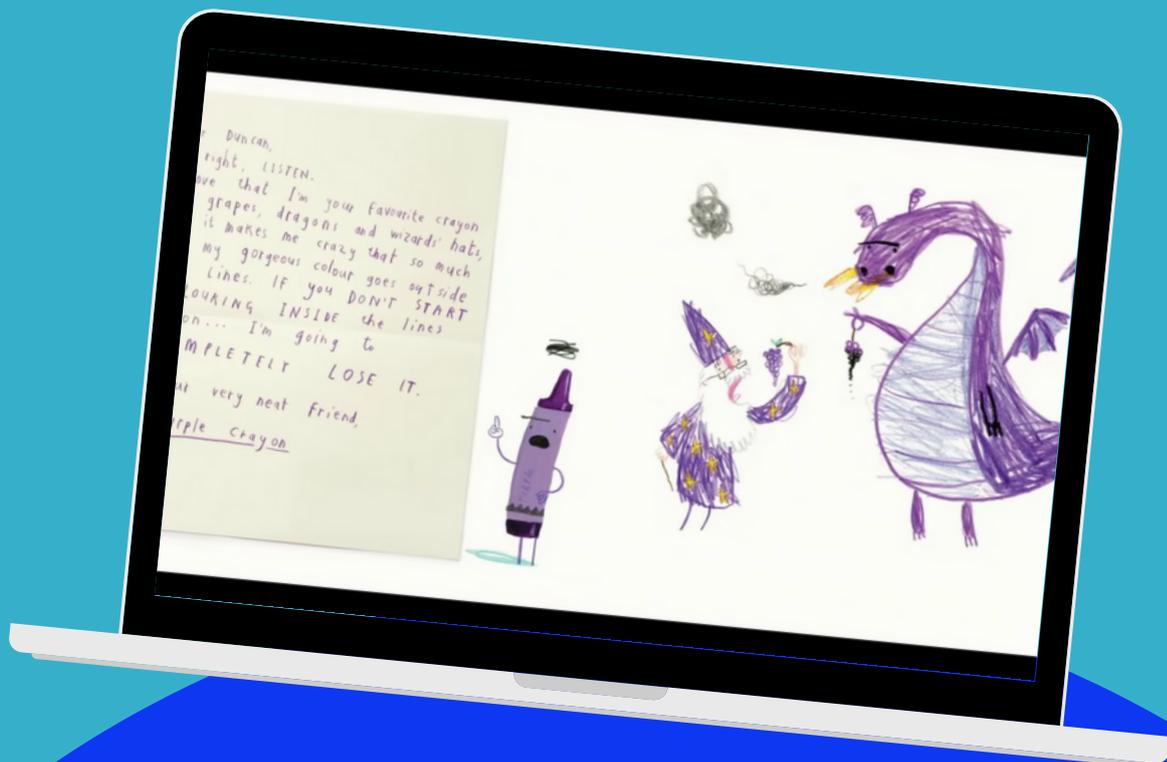
Tactful

I am
thinking

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.

Last issue we took notice of when we felt content like Green crayon.

In this issue we are going to take notice of when we feel like Purple crayon. He feels impatient with other people because they aren't doing things the way he would like them done!





'This is Tess, she is 18 months old. She loves music, dancing and playing with her older brother Peadar. Oh yes, and Tess has Down Syndrome. Tess is an absolute hoot. Her wee smile when she wakes brightens every single morning and we are so, so glad that she is ours.'

-Tess's mum Ailís Cullinan-Keown



Ailís has set up the "Little Hands" initiative raising awareness, providing information and celebrating Down Syndrome! For more information click [here](#).



World Down Syndrome Day

World Down Syndrome Day takes place on 21st March each year. 'Little Hands' are encouraging people to walk or run 3 miles or 3 kilometres on 21st March as part of their '3, 2, 1...Go!' initiative.



So get those trainers on, grab the rest of your family and get physically and socially active in promoting awareness and acceptance of differences!



Further Information for schools and parents on 'Little Hands' can be found in the Help Hub.

Meet Peter



Dr Peter Boylan works at Salisbury Medical Centre in Belfast and he has been involved in the vaccine rollout across Northern Ireland. Mrs Hendron asked how things have changed since the lockdown started.



How has your work been affected by the Covid-19 pandemic?

It's very busy! We still attend to patients and their medical problems as before, although the COVID pandemic has changed the way we do this slightly. In addition we work in the "Covid centre" for patients who have confirmed or suspected Covid-19, as well as running Covid vaccination clinics.

How do you feel about the arrival of the Covid vaccine and being involved in its rollout?

It's very exciting! We're very pleased and proud to be part of it. People are delighted to be getting the vaccine.

How has your work changed since the beginning of the vaccination programme?

Lots of things changed very quickly when the pandemic struck. For instance, we're dealing with medical problems in different ways now including by telephone, video calls, and photos. We're still seeing people face to face if needed.

What challenges has delivering the vaccination programme created for your practice?

It was daunting to organise it in such a short period of time but all our staff have been brilliant and have risen to the challenge.

What response to the vaccine have you received from patients?

It has been very positive! We started off vaccinating the oldest patients in the practice and the reaction from everyone has been heartening.

What are the main changes to our lives we can expect as more and more people receive the vaccine?

We hope that the vaccine will reduce the number of people catching Covid-19 and having to go to hospital. Hopefully we can then go back to seeing friends and family, maybe going on holidays and gradually getting life back to normal.

Has Coronavirus changed the way you feel about your work?

I've felt very proud to be working alongside my colleagues within the health service. Covid-19 has re-emphasised the good work that everyone in the NHS does.

The work of a GP is busy and demanding, especially at the current time. What do you do to relax after a day at work?

I enjoy seeing friends and family. I also enjoy playing sports and going on holidays... so hopefully not too long to go now!

On 8th December 2020, Sister Joanne Sloan, a 28 year old nurse from Co. Down, became the first person in Northern Ireland - and the first person on the island of Ireland - to receive the Coronavirus vaccine.



Keep Learning

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 us smile.



It is always good to learn new things or to try something different. When you are trying to do something new remember, it is okay to ask for help from the people at school and at home. What have you learnt recently? Have you learnt...



To ride a bicycle

A new nursery rhyme



To spell new words

About planets

abc



Think about the people at school and at home who could help you.



Keep Learning

My Learning Journal



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

This week I learnt to...



I was kind this week when...



Something that made me smile today



WOW!

I am proud of...



Playing games is always a great way to connect with the people around us! Here is a fun game you can try where you get to practice your ace patience skills!

The Patience Game



1. Sit opposite each other



2. Can't make a sound!



3. Can't touch each other!



4. Can try to make each other laugh



The person who can stay quiet the longest gets a point or wins the game!

You could play this game with everyone in your family to see who is best at being patient!



Be Active

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. Will you take up the challenge?



CHALLENGE 1

DO THE MOBOT

Have you heard of Mo Farah?

Actually, Sir Mo Farah.

He's one of our most successful Olympic athletes of all time.

He had a famous celebration called the 'Mobot'.

Find out what it looks like and do the Mobot on your #DailyMileAtHome.

Send your pictures to us on Twitter #DailyMileAtHome – we'd love to see your Mobots!



CHALLENGE 2

SILLY HAIR DAY

Time for something silly!

Head out for your #DailyMileAtHome with the silliest hair you can manage!

Brush it the wrong way.

Spike it up with gel.

Twist it into messy bunches.

Slick it down with water.

Whatever you do – have fun on your #DailyMileAtHome and stay active!



CHALLENGE 3

TRAIN SPOTTING

How many different types of transport can you see on your #DailyMileAtHome?

You might spot a train.

Or a bike.

A motorcycle.

A lorry.

Or a scooter.

What else can you spot?

Extra points if you see someone on roller blades!

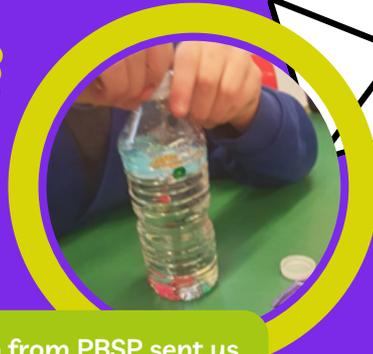
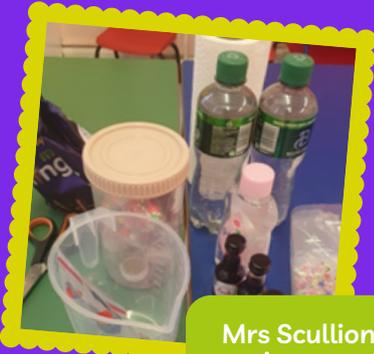
Doing the Daily Mile at home



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



Have fun! Enjoy an outdoor break with your family, every day, and feel better for it.



Mrs Scullion from PBSP sent us pictures of making sensory bottles with her pupils this week. What a fun activity!

Glitter bottle recipe:

1. Half fill the bottle with water
2. Add a few drops of food colouring
3. Fill the remainder of the bottle with vegetable oil
4. Add glitter and seal the bottle
5. Decorate your bottle as you like.

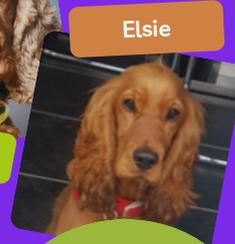
You can also try adding some small items to watch them gliding through your glitter bottle.



Pupils and staff at Elmgrove Primary School and Clandeboye Primary School were delighted to see their lovely AAT dogs feature in the last issue of HighFive. Here is what some of the pupils had to say about their helpful hounds!



Cooper



Elsie

Elsie likes to read with me. I can stroke her when I read.

Cooper is a really nice dog. He brings joy to this school. He is gentle, loyal and kind.

She is cuddly and makes me happy

When I see Cooper I feel happy because he is always happy.

Elsie is adorable and plays with me.

Cooper is a playful dog who loves to be petted and loves being around others. He gets excited and if I could take him home I would do it! He is enjoyable to be around.

Elsie makes me happy and she loves me.

I love seeing Cooper in school because he makes smiles all around and he helps children when they need him most.

I like when Elsie runs with me!

Cooper makes me happy. He sometimes comes into the Mindfulness Room and I love to stroke him. He is as soft as feathers.

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

Whole class resource available now



The 'Back Together Again' programme has been developed by EA Primary Behaviour Support & Provisions. It offers pupils the opportunity to reflect on their time at home over the recent months and process their thoughts and feelings about being back together again at school, using strategies to promote and support positive well-being.

You can find this resource at <https://www.eani.org.uk/information-for-educational-settings> under the positive behaviour section.

This programme includes:

- Guidance Notes
- Presentation
- Pupil booklet



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!

W is for Wiggle

Physical exercise can help keep us emotionally well balanced and release stress. Walking up and down the stairs, dancing in the living room or lifting boxes in the kitchen are all ways of building in fitness activities for your child, even on rainy days.

X is for flexible

(A bit of a cheat for “X”!) Everyone has good and bad days, including children. Sometimes your child may need you to readjust your expectations and plans, and simply help them control their feelings on difficult days.



Taking time for yourself

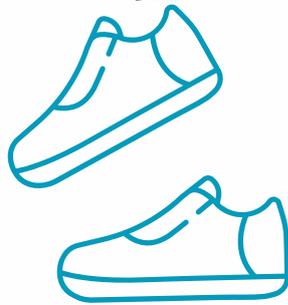
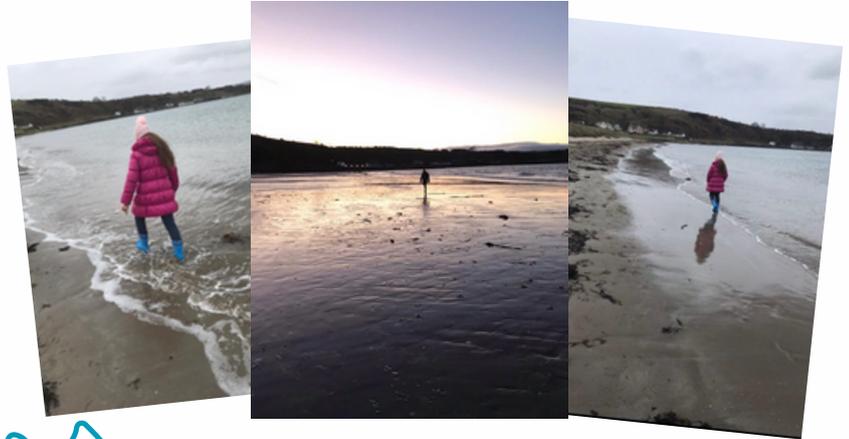


Wonderful Walks

Going for a walk has multiple benefits for wellbeing - as well as getting us active which helps produce those happy hormones, walking also gives us opportunities to take notice of the world around us and can be a relaxing way to connect with a loved one. It ticks a lot of boxes! Here are some of our favourite types of walks:

"When my daughter and myself need a wee break away from homeschooling, working from home and just the general confines of the house during lockdown....Browns Bay is our 'go to' place . Just for a wee walk, listening to the sea, does us both the world of good."
- Mrs McCurley and daughter Emma

Beautiful Beaches



Restful Rivers

Ms Jones and her dog Ollie love a peaceful early morning walk along the river. Look at Ollie's big smile after his morning walk!



Take Notice of Towns

"Walking within my own community has been a great urban escape! A stroll in my own area has made me think differently about the place where I live. I've taken time to notice things I hadn't previously... pretty gardens, stained glass windows. Now with spring on the horizon, the sound of birds calling and the sight of light shining through the branches is truly mood boosting."
-Mrs Hendron





Ideas to inspire, support and challenge your child to be patient

Blow bubbles and wait for them to fall

Try the marshmallow experiment - see page 4

Read or listen to a story

Play board games together

Plant bulbs/seeds and watch them grow

Do a puzzle together

Bake bread or cookies- wait for them to cook and cool

Holding your child's hand when they want to speak to you

when you are speaking to someone else shows you know they are there and helps them to learn patience

Use a timer and help them learn what a minute feels like, what 5 minutes feels like (e.g. how many times can you walk around the living room in 1 minute?)

Help your child take notice of all the times they wait using the "we are waiting..." script- we are waiting for the toast to pop, we are waiting for the bubbles to burst, we are waiting for the jelly to set, we are waiting for the cars to stop, etc.



Ideas to help you be patient

First identify what makes you feel impatient and make a list. Then when these things happen see if this helps:

Slow your breathing and movement-acting more patient will help you feel patient

Resist perfectionism - remember it's about "good enough"

Take time out-relax and regroup

Remember what is important - focus on the positives

Make yourself wait - think before you do!

Remember-impatience rarely makes things move faster, in fact it has the opposite effect!!



'Little Hands'

Ailís Cullinan-Keown, EA School Improvement Team and Health & Wellbeing Champion has set up a fantastic initiative “Little Hands” raising awareness, providing accurate information and celebrating Down Syndrome! Celebrating all that is amazing about the extra chromosome that comes with Down Syndrome.



Tess

'We want to do something to make those days a little less scary for new parents and to make the path for families and young people with Down Syndrome easier. We have three main aims:

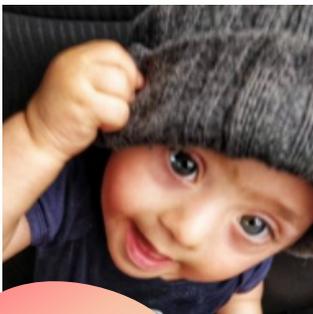
- ★ CELEBRATE
- ★ EDUCATE
- ★ SUPPORT



Click here

We have so many plans in the pipeline for Little Hands and this page is just the start. Please like and share this page and let's start making a real difference to families right now!' - Ailís

Promoting Positive Language

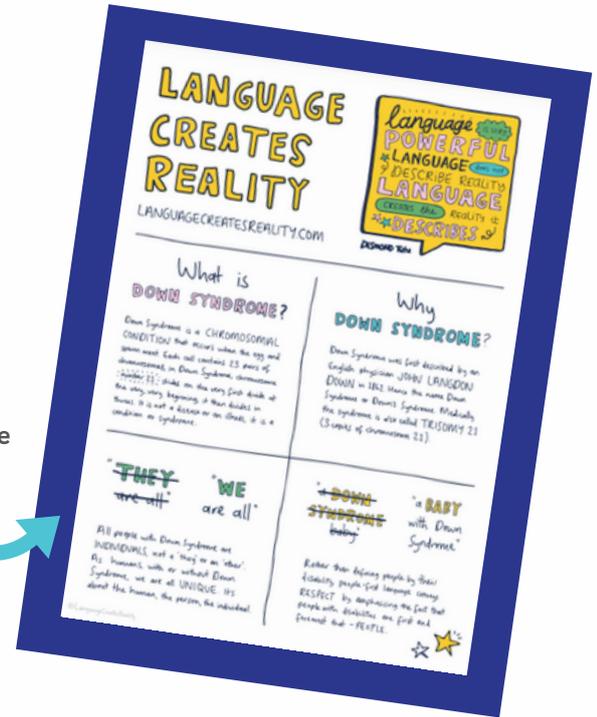


Arthur

New mum Becca approached the Down's Syndrome Association as she has designed a range of digital social media cards. She wants to help share with people the terminology she would like to see used when talking about her son Arthur. The cards are available on the Down's Syndrome Association website for people to download and use to help spread the word.

Click here

“They are a resource for parents to use. I made them for me and my friends and my community, but now I hope they will be used by other parents, hospital staff, speech therapists, physiotherapists – everyone, anyone.” - Becca



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

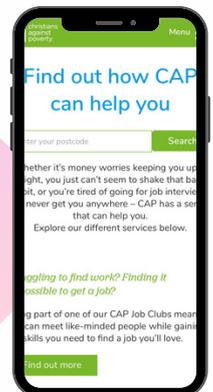
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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.](#)

