

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

Issue 34: Friday 10 DECEMBER 2021

High Five

Primary
Behaviour
Support &
Provisions 



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Inspire...

First we try to find ways to make you want to be the best you can be



Challenge...

You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things



Support...

When you want to be the best you can be we try to help you as you learn and grow

Welcome to High Five!

Welcome back to High Five. As this is our last issue before Christmas, we decided to pack it full of fun Christmas-themed ideas for you to try together. Our focus in this issue is to Be Creative. Being creative isn't just enjoying artistic activities, it's thinking creatively about solutions to a problem or noticing new ways of doing something. This Christmas, why not challenge yourself to do something creative and see where it takes you?

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.**

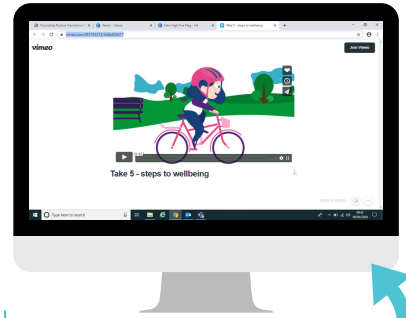
Wow Moments

For this issue, we asked some of our school principals to share their "Wow" moments from the term with us. When we speak to school principals, they are always extremely proud of the staff and pupils in their schools and love telling us about the things that "wowed" them. We tried to fit in as many inspiring Wow moments as we could throughout the issue.



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.



Create your own Christmas Card

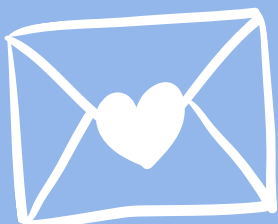
Paper Strip Christmas Trees are really easy to make and they look fantastic!

You will need:

- A plain piece of paper or card,
- Coloured paper (pre-cut into strips for younger children),
- Glue stick,
- Other decorations of your choice like glitter or some foam shapes.



To make a paper strip Christmas tree begin by folding your piece of paper or card in half, you can ask an adult for some help. Then simply glue the coloured paper strips onto the page, with longer strips at the base of the 'tree' and shorter strips at the top. The strips of paper can be placed at different angles and can overlap each other. To make the star and Christmas tree holder either use some paper or felt tips to draw them on. Finally have some fun adding on some decorations.

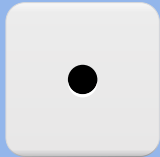


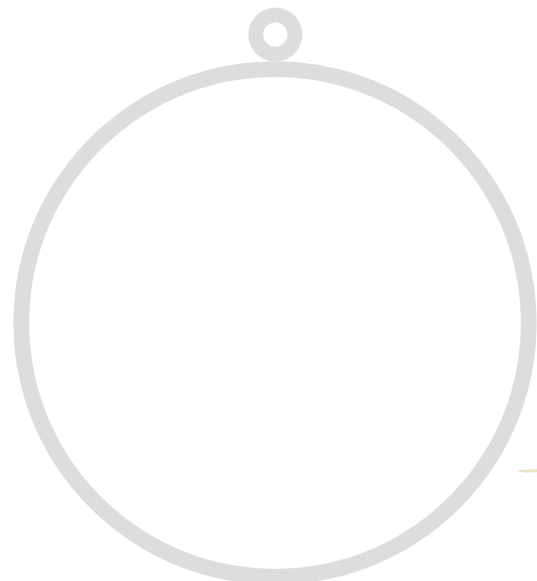
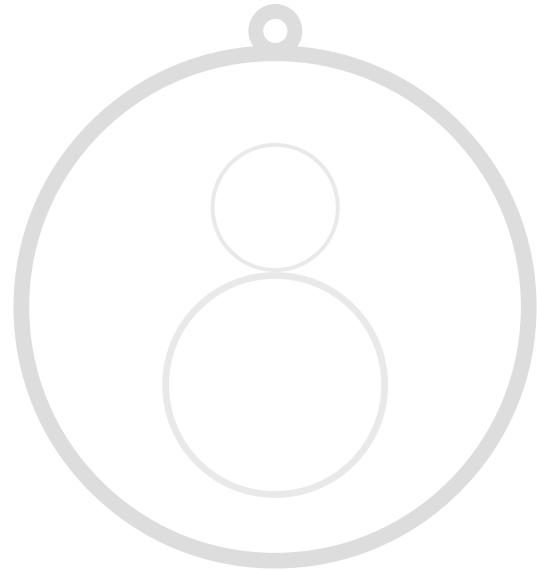
You could post your card to someone you miss who lives far away.

Do You Want to Build a Snowman?



**Roll your dice to complete your drawing.
The first person to finish wins!**





Christmas Games

Play some Christmas games with friends or the people at home.

Stocking Guessing Game

Ask an adult to fill a stocking with small toys and Christmas items like a candy cane, bell, small car, or pinecone. Then take it in turns to feel the stocking and try to guess the what is inside. The person with the most correct guesses is the winner.



Pin the Nose on the Snowman

Use white paper to make the outline of a snowman. Draw on eyes, a mouth, and hat for your snowman. Cut out an orange coloured “carrot” nose and put some blu tac or double sided tape on the back. Now take it in turns to try to stick the nose to the face of the snowman. See who can get it the closest!

Christmas Musical Chair Games

Put on some festive Christmas music and play musical chairs. Ask all the people at home to play.



Wow!

We were really impressed with a group of ten pupils who volunteered to represent our school, Killen Primary School, in a local Church in our area by singing carols at their Christmas Tree Festival. The children had limited time to practise their carol singing but they were so confident and sang beautifully in front of spectators without any music to accompany them. We were all very proud of them!!

Mrs Goan, Principal, Killen P.S.

Connect with Nature

Make a bird feeder for your garden

This make is easy and fun but you'll need a grown-up to core the apple for you.



Step 1

Thread the string through the hole in the apple.

Step 2

Make an 'X' with the sticks and tie them to the string so the apple sits on top.

Step 3

Make a pattern by pushing the seeds into the apple, then it's ready to hang up!

Click here for two more bird feeding ideas

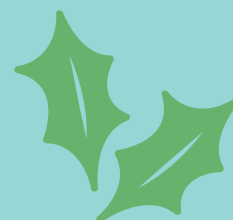
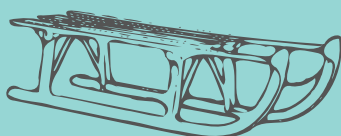


Take Notice

Christmas Scavenger Hunt

How many festive things can you find when you are out for a wintery walk? Tick the ones that you can find.

Don't forget to stay warm with a hat and scarf!



wow!

My niece was learning about Ancient Egypt in school and decided to make this at home all by herself and with almost no help!

Miss Page, Teacher, PBSP



Take Notice

5 Minutes for Me

Christmas can be a very busy time for us all, so it is important to remember to take some time to ourselves. Do something you enjoy like reading, listening to music or do some exercise. You could take a few moments and try some slow, steady and deep breathing.



Rainbow Breathing

1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each colour or until you feel calm and relaxed.

Ho, Ho, Ho



Breathe Like Santa

This is a fun activity that can help you practice slow, steady breathing by taking a deep breath in, hold it for a moment, and slowly let it out with a slow, “Ho Ho Ho.” You could practice with the people at home.

A colleague brought in a lovely and unexpected
coffee, which gave me a lovely pick-me-up!
Mrs Burns, Little Oaks EOTAS



Ways to show kindness at Christmas

- Offer to walk the family dog
- Call a member of your family to cheer them up
- Smile
- Give someone a compliment
- Send a home made Christmas card to a neighbour
- Ask if someone needs any help
- Say please and thank you
- Hold open the door for someone



Donate to a food bank

Christmas is the perfect time to think about helping other people. You could drop off some food at your local food bank, so you can bring joy to other people.

Donate some toys to a charity shop

Christmas is an excellent time to clear out some toys that you no longer play with or maybe you are too old for. You will be making room for new ones and helping children in need at the same time — a wonderful feeling all around!



EA Christmas Family Appeal 2021



The Education Authority is delighted to be partnering with St Vincent de Paul and the Salvation Army to play our part in supporting the Christmas Family Appeal for the third year.

This Appeal is vital to meet the needs of tens of thousands of children in Northern Ireland who live in poverty and deserve the joy of receiving a present to open this Christmas morning.

We are asking all EA schools and services to consider donating to, and supporting EA's Christmas Family Appeal.

Your online donation will be split evenly between both charities. By making an online donation we all can play our part in making this Christmas as magical as it can be for thousands of our local children and young people.

**Our Christmas Family Appeal will run from
Thursday 18th November 2021 – Friday 17 December 2021**



Click here to watch the 'Christmas Family Appeal' launch video



Click here to donate to the 'Christmas Family Appeal'



Keep Learning

5 Fun Facts

Learning happens everywhere, not just at school. Choose a topic you're really interested in and research five interesting facts about it. Then present your fun facts to your family.



Here are 5 fun facts about Christmas...

- 1.** Santa will visit over 90 million homes on Christmas Eve.
- 2.** So do all reindeer fly? No, in fact only Santa's reindeer fly. Santa uses his Christmas magic to make his reindeer fly.
- 3.** Rudolph was added to Santa's reindeer team on one Christmas Eve during a bad snowstorm. Rudolph, with his glowing red nose, lit the way for Santa's sleigh.
- 4.** Almost 28 sets of LEGO are sold every second during the Christmas season.
- 5.** Want to know a useful way to recycle your Christmas tree? Some zoos take donated Christmas trees and use them as food for the animals.

You could also spend some time over Christmas learning some festive jokes.



**Where does a snowman keep his money?
In a snow bank!**

**What falls but never gets hurt?
Snow**



**What do you call Santa when he stops moving?
Santa Pause**

Spend some time trying out some new Christmas recipes, you could even give some as gifts.

Reindeer Chocolate Bark



Ingredients

200g milk chocolate, chopped
7 red Smarties
8-10 small pretzels
22 white mini marshmallows
1 red jelly shoe lace, cut into lengths
sprinkles and stars
black food writing pen or food colouring

Step 1

Line a baking tin with baking paper. Heat the chocolate in a bowl in the microwave in 30-sec blasts, or over a pan of simmering water. Ask an adult to help you! Pour the chocolate into the baking tin and spread it out to make a reasonably thick slab.

Step 2

Arrange the red smarties over the slab, space them out – these are the reindeer noses. Cut a marshmallow in half and press above the smarties to make eyes. Snap a pretzel in half for each set of antlers, snapping off any extra pretzel, then push into the chocolate near the noses.

Step 3

Once the chocolate is hard, use an icing pen or small brush dipped in black food colouring to add pupils to the reindeer eyes. Ask an adult to use a knife to cut the bark into pieces around the reindeer. To give them as gifts, put the chocolate shards in plastic or paper bags and tie with a pretty ribbon.



Click here for more
Christmas cooking
ideas

Be Active

Christmas Charades

It is important to remember to stay active during Winter. If it's not possible to play outside just find new ways to be active at home. You could clear some space in your home for some active play. Have some festive fun with the people at home by playing Christmas Charades. Here are some ideas to get you started. Pretend to...

Make a snow angel



Build a snowman



Decorate the Christmas tree



Have a snowball fight



Wrap a Christmas present



Sing some Christmas songs



Drink some delicious hot chocolate



Ice skate



Sled down a hill

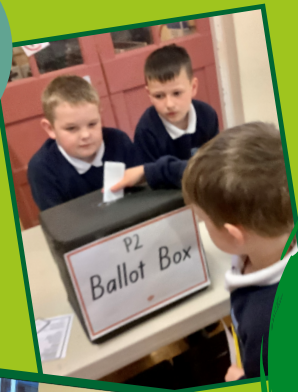


wow!

I have been "wowed" this year by how well all the teens I know have managed their lives and relationships and the care they have taken of their adults.

Mrs McCloskey, AAO, PBSP

PBSP Inbox



Killowen Primary School principal Mrs Moon was proud to see her pupils doing their best at Being Resilient during school council elections, both by bravely put themselves forward for the various jobs and by accepting results, even if not in their favour and congratulating their opponents.



Every child wrote a manifesto and many prepared speeches and videos to put themselves forward for election. The halls and corridors were decorated in election posters and the buzz was electric.

A Polling Station was set up in the assembly hall and Primary 6 children checked everyone's ID and issued voting papers. Past pupil Claire Sugden MLA came to announce the ballot results.

Miss Gormley, principal of St Eugene's P.S. Victoria Bridge was "wowed" when P1 pupil, Myla used the paint package on the iPad to make a lovely piece of digital art work of a Unicorn. She was able to use three of the 5e's to 'Express, Evaluate and Exhibit' and she even printed the picture without any adult help. Wow!



Wow!

PBSP Inbox



'We are so proud of how resilient our pupils have been in returning to Treetops this term and our 'wow' moment was seeing their fantastic cooperation when working together to plan for our new outdoor space. We can't wait to see their amazing ideas become a reality!'

Treetops EOTAS



Some of the Treetops pupils are being creative by using some festive fun in their learning. They have also been decorating some gingerbread bread. They look delicious!





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

Be Creative



Being creative reduces anxiety, depression, and stress...

It also builds our ability to problem solve and increases our self-confidence.

Inspire...



Sharing in others' work inspires us to be creative too!

- Invite a local artist, crafter, musician or maker into your school or organise an online meet up!
- Set up an Art Gallery in a corridor or hallway. Looking at artwork activates our imaginations and makes us feel good.
- Make a class playlist of music that motivates, energises or relaxes etc.

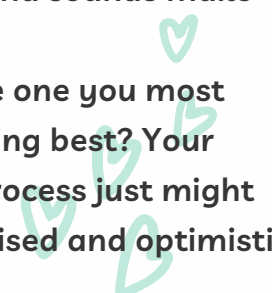


Support...



Being creative isn't about the outcome – it's about enjoying the process too!!

- Think and talk about how different colours, textures and sounds make you feel.
- Explore lots of creative activities and crafts to find the one you most enjoy 'doing'. Do you like music, dance, acting or making best? Your confidence will grow with practice and the creative process just might help you find a new way to feel relaxed or even energised and optimistic.



Challenge...



Don't be afraid to try something new!

- Ask for materials and supplies from family and friends for Christmas and have a go at something you've never tried before.
- Sign yourself up for a class or workshop. There are lots of online or in-person options to choose from!



Be Creative



Ideas to keep busy at Christmas

Winter brings shorter, colder days and, typically, much more indoor family time. With a little planning and creativity, you can keep everyone busy and having fun, no matter what the weather is outside.

These 12 activities, to keep the kids busy over Christmas break, will give you a great list to turn to when you need a few ideas.

1. Have a family pyjama party
2. Have a family puzzle night
3. Have an indoor scavenger hunt
4. Make a picnic and have it on the living room floor
5. Sing some Christmas songs
6. Make some homemade cards and gifts for family and friends
7. Be creative and make some Christmas art
8. Dress up and put on your own show
9. Make something out of a cardboard box
10. Create a "move jar." Fill it with slips of paper with words, phrases or drawings that call for movement. For example, animals or movements like "monster walk."
11. Put on music and dance. Try using glow sticks to make it extra fun!
12. Play games that require movement. Twister is a great example. Simon Says and Charades require no special equipment, and you can make them as active as you like.



Click here for some ideas for family days out in N.I.



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

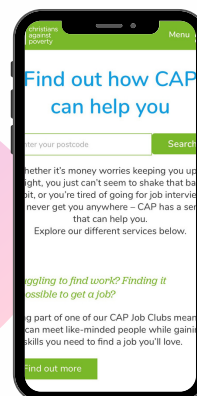
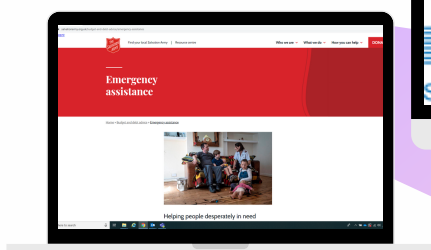
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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 Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



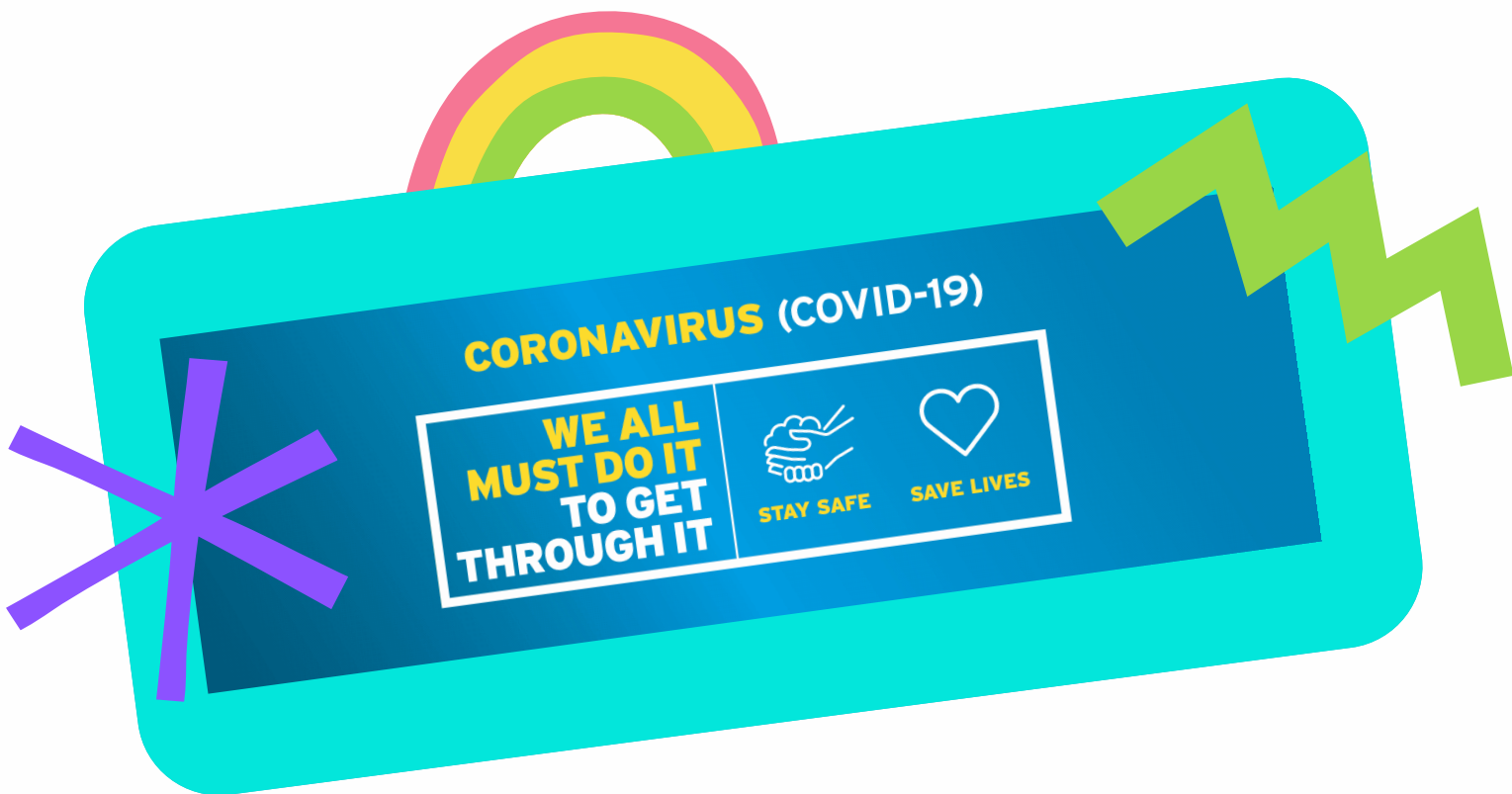
Childline



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.



Click here for a link to the Department of Education's Re-Opening Schools Guidance



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.](#)

