

Issue 53: Friday 9th December 2022

# High Five

Primary  
Behaviour  
Support &  
Provisions 

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



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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 Jolly. December in school is so different to the rest of the year with lots of fun activities and a build up of excitement as we get closer to the Christmas holidays. In this special Christmas issue we share some good ideas to help all our readers enjoy being jolly this month!

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.**

## Join in with High Five Friday!

Over the last year, a number of schools have helped us to develop High Five Fridays. If your schools would like to find out more, register for one of our online information sessions.

09 January 2023: 2.15pm - 3.30pm

12 January 2023: 3.15pm - 4.30pm



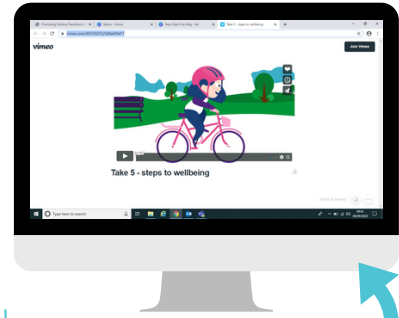
# Take5

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 Jolly



December is a nice time to concentrate on being jolly. On this page Santa shows you all the different ways you can use the word jolly- challenge your class to use the word jolly as much as possible for a whole week!



*The teachers have a bit of a jolly when school stops for Christmas!*



*I'm a jolly man, full of jokes!*



*I'm jolly busy!*



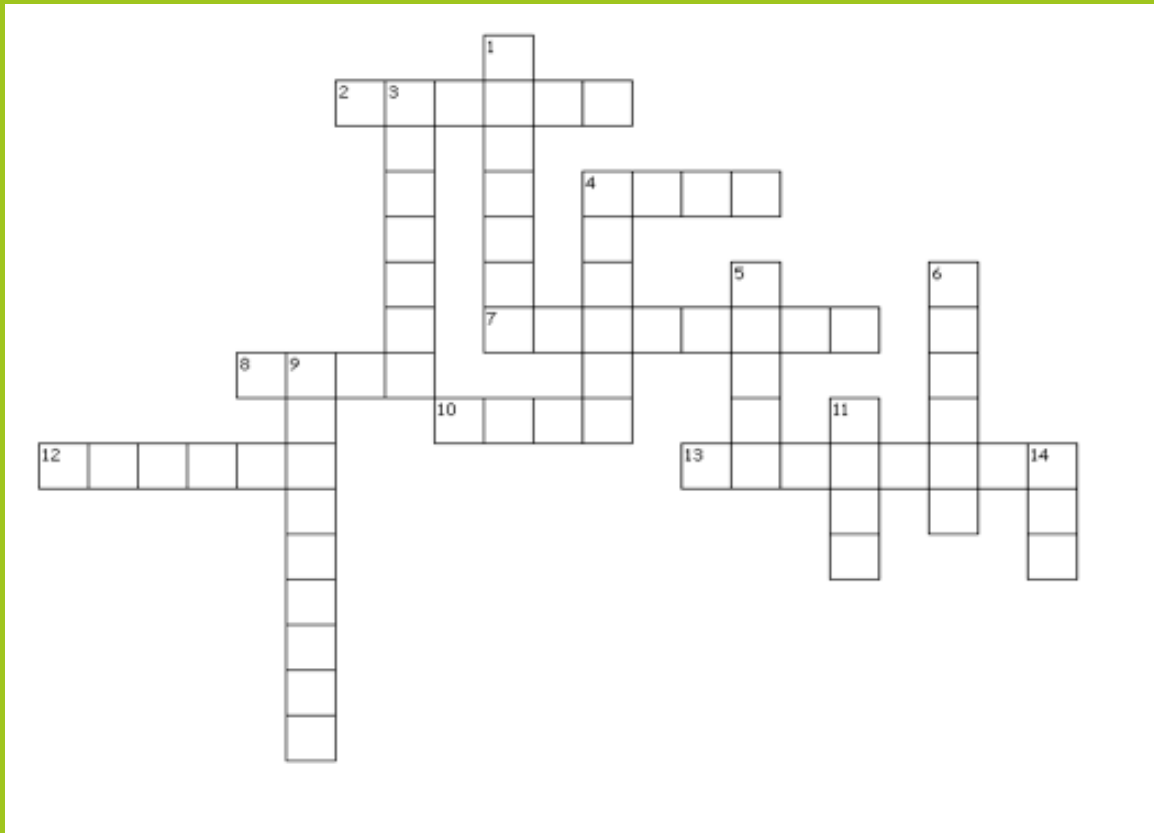
*Mrs Claus jollied the elves along.*



Make a "Jolly To-Do List" for your class- a list of fun activities for your last two school days in December!

# Be Jolly

## Christmas Wordsearch



### Across

2. Something normally made out of holly
4. Can go on the top of the tree
7. A big sock for all the presents!
8. A shorter word for Christmas
10. Used for a snowman's eyes!
12. Decorations that glow
13. What pulls Santa's sleigh

### Down

1. Decorations for the tree
3. We use this to help wrap up presents and make them look nice
4. We don't have to go here over Christmas!
5. The pies we have at Christmas
6. What people usually eat on Christmas day?
9. What people kiss under?
11. White and cold
14. The colour of Rudolph's nose



If you need any help you could ask an adult

# Be Active

The build up to Christmas can be fast paced and hectic especially for busy families. Getting out in the fresh air can provide some welcome respite for everyone. Being surrounded by nature can calm us while the crisp air provides an invigorating boost. Plus, it is a wonderful way to spend time together so wrap up warm and head outdoors!

## Christmas Scavenger Hunt

Challenge your family to complete the festive scavenger hunt and find these items in nature. Can you find something...



Red like  
Rudolph's nose



Fluffy like  
Santa's beard



Green like an  
elf costume



White like  
mistletoe berries



Orange like a  
snowman's nose



Round like  
a bauble



Shiny like a  
gold star



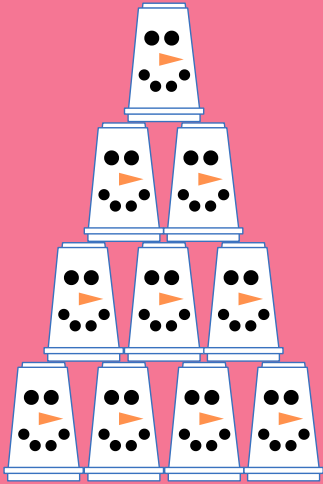
Curved like a  
candy cane



**Bonus point for a  
fallen branch shaped  
like reindeer antlers**



## Fun Christmas Activities



### Snowman Slam Game

This game is fun for the whole family, and you will likely have most of the materials to make it already on hand. Use foam shapes, coloured paper or markers to make the snowman face on each of the cups. Build them up and use a rolled up sock to try to knock the tower down. You can make the game a bit more difficult by moving further away.



### Christmas Charades

You could pretend to...  
Build a snowman, decorate the Christmas tree, have a snowball fight, wrap a Christmas present, sing Christmas carols, sled down a hill, ice skate, make a snow angel, drink hot chocolate.



### Stocking Guessing Game

Put different items in a stocking then secure it at the top so no one can see into it. Pass it along and each person guesses what is inside by feeling it.

### Snow Shovel Race

You will need need: bowl, wooden spoon, cotton wool balls, blindfold, timer.  
Each person takes turns to see how many snowballs they can get into the bowl blindfolded before the timer goes off.





## With Family & Friends

### Be creative

#### Paper Snowflakes

**Need:** white or silver paper, pencil, scissors, glitter, jewels etc. Cut out snowflake you can use a template or design your own, then decorate.



#### Paper Plate Snowmen or Reindeer

##### Snowman

**Need:** Paper plate, white glitter, 2 buttons for eyes, 2 pink buttons for cheeks or pink paint, orange paint or card for nose, string or paint for smile.



##### Reindeer

**Need:** paper plate, brown paint, white card, black marker, red pompom or red card, brown card. Cut paper plate in quarters, paint brown, leave to dry, cut 2 circles from white card for eyes then draw black circles on each to complete the eyes. Cut 2 antler shapes from brown card. Stick on a red pompom for nose.



#### Christmas Festive Reindeer Headbands

**Need:** brown paper, red pompom or card, 2 googly eyes, marker, stapler, glue. Cut brown paper into a long strip, measure it around your head, staple both ends to the correct measurement. Cut out 2 antlers from the rest of the brown paper. Stick antlers to the inside of the top of the band, stick on both eyes and pompom nose, then draw a smile.



#### Christmas Tree

**Need:** green card, coloured pencils/markers. and a stapler. Make a green headband using card and a stapler, to hold in place. Cut out a Christmas tree shape. Decorate with markers, draw face, then staple it to the headband.



## With Family & Friends

Connect with family and friends by doing some festive cooking.

You could try this recipe for 'Christmas Pudding Rice Krispie Cakes'

### Ingredients:

200g milk chocolate  
50g unsalted butter  
180g mini marshmallows  
100g rice krispies  
50g white chocolate  
Small edible holly decorations



### Method

- Melt butter & chocolate together in a large saucepan or microwave. Add marshmallows, keep on heat for another 30 seconds. Remove from heat & mix until everything is melted.
- Pour your rice krispies into mixture stirring well making sure all rice krispies are coated well. Leave to cool for a few mins.
- Time to get stuck in – roll the mixture into bite sized Christmas puddings.
- Melt white chocolate, drizzle over the top. Add the holly for decoration. Chill in fridge for 30 mins, then enjoy!



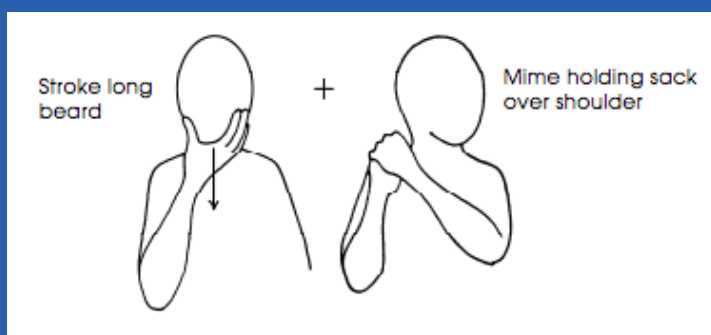
Click here for some more festive recipes



## With Family & Friends

Connect with those with hearing difficulties by learning some festive Makaton Symbols and Signs

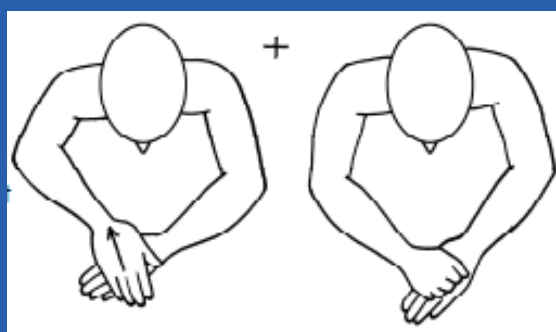
### Father Christmas



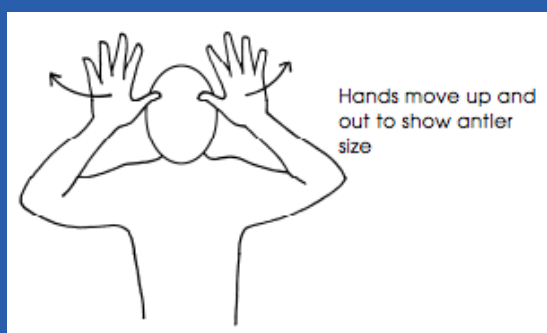
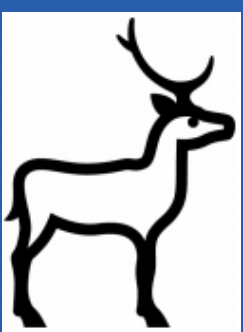
### Christmas



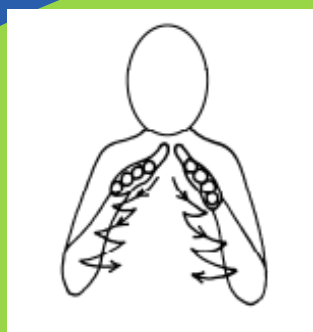
Slide right hand over back of left hand towards body, then close right hand and place on back of left hand



### Reindeer



### Christmas Tree



Click here for to learn  
12 Makaton Signs for  
an more Inclusive  
Christmas

# Take Notice

## With Nature

Take notice of your surroundings when out on a winter walk. Become a nature detective. How many of these festive treasures can you find?



Click here for more Winter activities from 'Woodland Trust'



### Pretty Pinecone Ornaments

Look for some pinecones when out on a winter walk. You can keep your cone plain or paint it, add glitter and/or pompoms.

Need: pinecones, paint, glue, glitter, small and medium pompoms.





# Take Notice

## Of Yourself

Take notice of yourself and your family as the lead up to Christmas is so busy. Take some time for some mindfulness by doing some festive colouring in.



Click here for more Winter themed mindfulness colouring sheets

## Festive Fun Facts

**Interesting facts about Christmas to impress your family and friends.**

1. The world's tallest Christmas tree was 221ft tall. It was in Seattle USA in 1950.
2. In Japan it is a tradition to eat KFC for Christmas. People in Japan need to place orders in advance at least 2 months before.
3. Leading up to Christmas almost 28 sets of Lego are sold every second!
4. Prince Albert, Queen Victoria's husband, made putting up a Christmas tree popular. He put up the first Christmas tree in Windsor Castle in 1848.
5. Imagine not being able to celebrate Christmas! Between 1647 & 1660 Christmas was banned & changed to a day of fasting, because Oliver Cromwell believed it was a religious day and should be taken seriously with no parties.

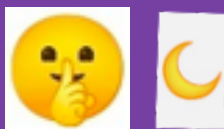
## Christmas Songs Emoji Quiz

You could make a fun Christmas Songs Emoji Quiz to do as a family or with your class – you can make it a competition or just for fun!

Let it snow, let it snow, let it snow



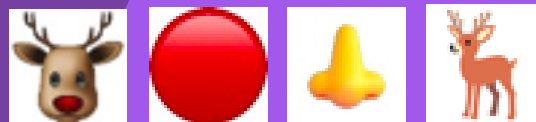
Silent night



We 3 kings



Rudolph the red nosed reindeer



These are just a few examples! Can you think of anymore?

## Festive Jokes

Learn some Christmas jokes to entertain family and friends over the festive period.

What do elves learn in school? The elf – abet

What do snowmen eat for breakfast? Ice krispies

What did the gingerbread man put on his bed? A cookie sheet

Why are Christmas trees so bad at knitting? They drop all their needles.

**Christmas jungle jokes from  
Finlay Rea of St MacNissis  
Primary School, Larne.**



What does a Toucan sing at Christmas? Jungle bells, Jungle bells.

Who visits the Jungle at Christmas instead of Santa? Pantha.



**Fiontann from St. Patrick's  
Primary School, Magheralin**

What did the stamp say to the Christmas card? Stick with me and we'll go places



**Mrs Bracken  
Tamnamore EOTAS**

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



**Rian from St. Patrick's  
Primary School, Dungannon**

What did the snowman have for breakfast?  
Snowflakes



**Frankie from Tannaghmore  
Primary School, Lurgan**

What do you call a cat sitting on the beach on Christmas Eve? Sandy Claws



Christmas can be a busy and hectic time of the year. If you have Christmas parties to attend, family visits to plan, shopping to do, it can all get quite overwhelming! And so, it's time to give yourself a well-deserved pat on the back for all you have accomplished and take some time for yourself, you deserve it!

Taking some downtime doesn't mean you have to completely escape that festive feeling; you can do some festive activities with the family or simply take 5 minutes just for you! Whichever you prefer.

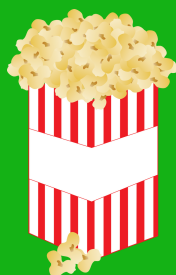
Here are few ideas to help you relax and escape the busyness leading up to Christmas:



Read that book you've been meaning to for a long time. Sometimes a good book can really help you switch off from the stresses of the real world and help you lose yourself in another world.



Some people find baking relaxing, bake some cookies or shortbread. Again, you can involve the whole family, helping weigh out the ingredients and mixing. Share your delights with family and friends.



Christmas movie night – Get the popcorn ready and get into those comfy Christmas pyjamas and watch a Christmas classic or maybe you prefer a more modern festive one.



Disconnect from the digital world - switch off phones, TV, and other devices. Put on some relaxing music and practice some mindfulness.



Going for a walk – wrap up warm and go for a walk, this helps clear your mind of all the stress and busyness. Get the whole family together and go for a festive walk in your local forest park.



Christmas family game night – set aside some time to get all the family together for a bit of festive fun. Try some classics like bingo and charades or more modern games like pin the tail on the snowman.

Run a warm bubble bath and relax



Whatever you choose to do remember it is important to make ourselves a priority too. Relax and have a well-earned rest!



## To Others

There are lots of ways to give to others at Christmas time.  
It can be as simple as...

- Making someone at home a cup of tea
- Saying please and thank you
- Helping your teacher with something
- Giving someone a compliment
- Smiling at others
- Create Christmas cards - You could do this either as a class or with family. Make a homemade card, sign it with a personal message and deliver it to the local nursing home, grandparent or an older neighbour who lives on their own
- Have a clear out – donate unwanted toys to a local charity
- Buy a toy/gift when out shopping and donate it to a local charity – e.g. Cash for Kids, St Vincent de Paul, Salvation Army
- Give some of your time to a local charity
- Donate to a food bank – drop off some food at your local food bank with your family or as a class. You could create a reverse advent calendar – beside each day of December one nominated child will bring in an agreed item until box is full. When full take it to the local food bank/charity to distribute to a local family in need
- Make a Christmas Bauble and give to someone.



**Draw a picture of one kind thing you would like to do for someone else over Christmas.**



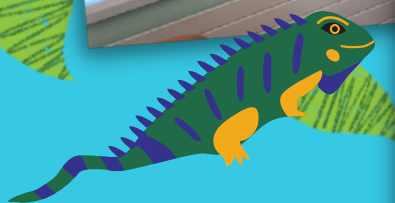


# Inbox



## St. Mary's Primary School, Portaferry

"We have actually been doing a lovely 'High Five Friday' once a month for the staff, where one month the non teaching staff provide a lovely break for the teaching staff and the next month the teaching staff provide break for the non teaching staff. During October the non teaching decorated the staffroom for Halloween and last month the teachers provided an 'I'm a Celebrity' themed break!! It's been great fun!!"





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)



# Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.



## Structure Activity

The idea is to relieve the child of the burden of maintaining control of interactions. The child set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



## Hokey Pokey

Everyone stands in a circle and sings: "You put your right foot in, you put your right foot out, you put your right foot in, and you shake it all about. You do the Hokey Pokey and your tum yourself around, that's what it is all about. Hokey Pokey!" Arms, heads, whole bodies can be put into the middle of the circle and shaken. When you do the Hokey Pokey, you dance in whatever way you like, arms in air, with playful, energetic gestures.

## Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.



## Passing Funny Faces

Each person in the circle makes a funny face which is passed in turn to the next person around the circle. Each has a turn to create a funny face.

## Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.



## Lullaby

Cradle the child in your arms in such a way that eye contact can be maintained. Sing your favourite lullaby or any quiet, soothing song. Add details about the particular child to the traditional words.

## Challenge Activity

The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



## Crawling Race

You and the child crawl on your knees as fast as you can around a stack of pillows. Try to catch the other's feet. Switch direction.



# Christmas Activities For All The Family

Activities with no admission charge  
(free events)



**Flower field Christmas Craft Market** – Flowerfield Arts Centre Portrush. Saturday 28th November – Friday 23rd December.

**Market Fresh Christmas Special Project 24 Bangor** – Saturday 11th December 4pm – 8pm.

**Omagh Winter Wonderland** – Healy Park Co. Tyrone Saturday 3rd December – Monday 2nd January 11am – 5pm.

**Royal Hillsborough Christmas Market** – Market is set up along the Dark Walk and Hillsborough Fort – Friday 10th December 3pm – 9pm & Saturday 11th December 11am – 3pm.

**The Georgian Festival** – Celebrations include the Great Georgian banquet; children Christmas market and sparkling Christmas light show to end festivities.

**Walled City Markets at Christmas** – Guildhall Square Derry/Londonderry Saturday 3rd December, Friday 16th – Sunday 18th December.

**Tannaghmore Live Nativity** Lurgan Co. Armagh Sunday 4th December – Sunday 1st January 10am – 4pm every day.

## Christmas Markets –

- Belfast – 20th November – 23rd December
- Ballymena – 9th – 12th December and 16th – 19th December (opening times Monday – Thursday 10am – 6pm. Saturday 1pm – 6pm.
- Carrickfergus Christmas Market – Market Street – Friday 3rd December 4pm-8pm & Saturday 4th December 11am – 4pm.
- Comber Farmers Market Christmas special St. Mary's Parish Church – Thursday 16th December



## Winter's Den at 2 Royal Avenue

Enjoy a range of free activities on offer such as:

- Santa's Magical Post Office
- Crufty Christmas Fashion Show
- 'Rockin' Around the Christmas Tree' silent disco with families relaxed session
- We Wish You a Merry Christmas
- Christmas Crackers Workshop

(Some sessions may need to be booked)

# Christmas Activities For All The Family

(Activities with admission charge)



Christmas Winter Garden Antrim Castle Gardens  
26th November – 20th December 4.30pm – 9.30pm.  
Cost: Adults - £7.50, Child £5.50, Family ticket  
£22.00 (under 2 years of age free)

Wildlife Wonderland at Belfast Zoo  
10th & 11th December and 18th &  
19th December – Normal admission  
rates apply.



Christmas at the Ulster Folk Museum  
Cultra and Ulster American Folk Park  
Omagh 3rd December – 23rd December –  
General admission charges apply.

Artisan Market at Castleward 2nd – 4th  
December 1pm – 6pm. This is a free event, but  
normal admission charges apply to grounds.  
Adult £10, Child £5, Family £25. (Free entry for  
National Trust members)





## Library NI - Digital Hubs

Digital Hubs are now available in local libraries across Northern Ireland offering all members of the community the room and resources to access virtual meeting spaces. The Digital Hubs are situated in a quiet corner or space within the library and are equipped with the following resources:

- Webcam
- Headset (users are also free to plug their own headset in if preferred)
- Conferencing software: Google Meet, Microsoft Teams, Webex and Zoom
- Acoustic screen/s
- Privacy monitor

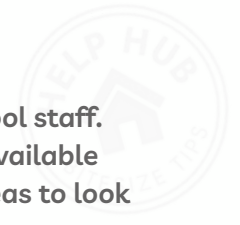


The Digital Hub affords the user an added element of privacy providing a perfect space to use our online conferencing software to chat with friends and family, take part in a job interview, attend a course, meet other students to discuss coursework, attend a business meeting or even take part in a consultation with your doctor or other healthcare professionals.

Digital Hubs are free to use for all library members for however long is required and can be pre-booked by speaking with a member of staff using a library membership number and PIN. Instructions for using each of the conferencing platforms will be provided in the digital hub and library staff will be on hand to help with any queries.

If you are not yet a member, you can sign up in a matter of minutes by visiting here.





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!





# Upcoming PBS&P Training Available



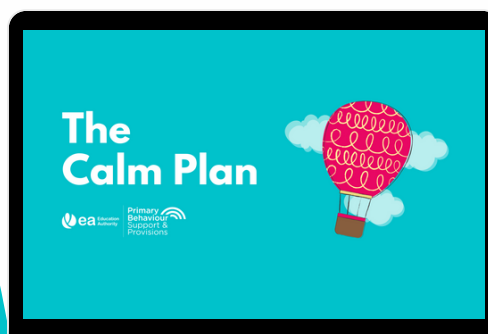
Click the images below to register for these training sessions available to school staff



## High Five Friday Information Session

09 January 2023: 2.15pm

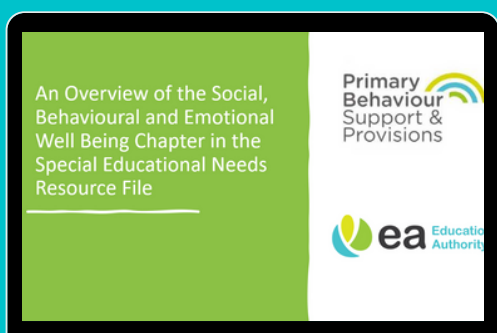
12 January 2023: 3.15pm



## Developing a Calm Plan

04 January 2023 11.00am

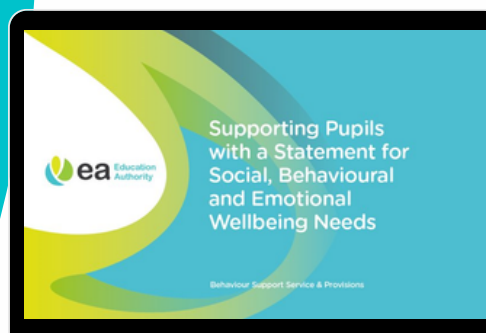
06 February 2023 2.30pm



## Overview of Updated SBEW Guidance in the SEN Resource File

19 and 26 January 2023 2.15pm

(Participants must attend both sessions)



## Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs

10, 17, & 24 January 2023 11:00am

[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



# Rathore School

Some of the staff from Rathore School, Newry have shared how they plan to relax during the busy Christmas period.



Watching Christmas movies

Spend time with my family and play some festive music

Relax with my family and friends



Walking around the mountains with family and the dog

Meeting up with friends

Read a book

Meeting old friends



Dog walking out around the roads



Eating treats



Visiting my in-laws, who I look after



Inspire Workplaces is available to all EA staff.

You can call anytime (24/7, 365 days a year) on 0808 800 0002. Click here for more information.



# 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

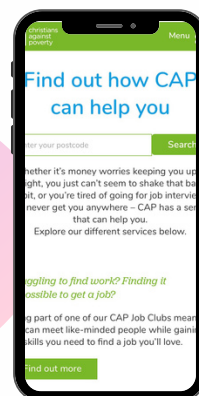
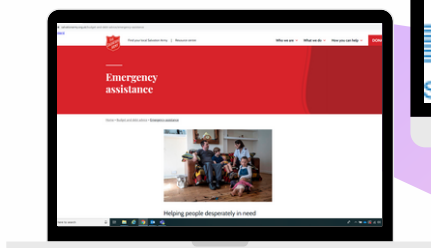
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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 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.