

Issue 96: Friday 16 May 2025

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

High
Five



Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be Curious
- 06 Be Active - Curiosity Adventure
- 07 Connect - Where the Wind Blows
- 08 Take Notice - Being Curious
- 09 Keep Learning - Why? How? What if?
- 10 Give - 'Wow'
- 12 Parent Hub - Being Curious
- 13 Parent Hub - WHSCT Training Brochure
- 15 Staff Hub - Encouraging Curiosity in the Classroom
- 16 Staff Hub - Upcoming PBS&P Training
- 17 Staff Hub - Upcoming NASS Training



Inspire...

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



Challenge...

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



Support...

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

Welcome to High Five!

Welcome back to High Five. Our theme in this issue is Be Curious. When children are curious, they are more likely to explore their environment, ask questions, and seek out new information, which fosters critical thinking and problem-solving skills. Curiosity also fuels a lifelong love of learning, making children more adaptable and open-minded as they grow.

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.**

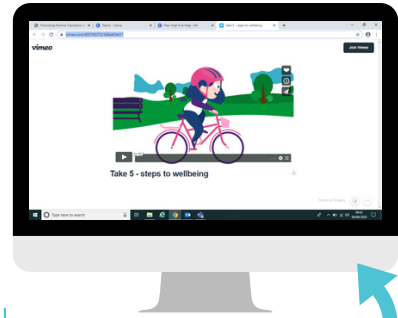
High Five

For more ideas visit [ea_highfive](#) and check out the HF Friday highlights. Follow [EA_HighFive](#) on instagram Scan the QR code:



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 Curious

Curiosity means you have a big, wonderful desire to learn and discover new things all around you. Imagine your mind is a treasure chest, and every question you ask or new thing you learn is like adding a shiny new coin to your collection.

When you're curious, you might want to know why the sky is blue, how birds can fly, or what makes cookies taste so delicious. Being curious means you're always ready for an adventure, exploring different ideas, and finding answers to the mysteries you see every day. Being curious helps us learn and grow!



At school, you can be curious in so many ways. Here are a few ideas:



Ask Questions:
Whenever you wonder about something, don't be shy - ask your teacher or classmates. Questions are the starting point for discovering new things.



Work with Others:
Collaborate with classmates on projects. Everyone has different ideas, and working together can lead to exciting discoveries.



Explore New Topics:
If you find a subject interesting, read more about it or ask your teacher for extra books or resources. You might find something amazing that you didn't know before!



Observe the World Around You:
Pay attention to everything happening around you. Notice the small details, like how a plant grows or how shadows change during the day.

Remember, being curious helps you learn and grow. It makes school more fun and helps you understand the world better. So, keep asking "why," "how," and "what if," and enjoy your adventure in learning!

Be Curious

Imagine your journal to be your own adventure book, where you can write about the things that fascinate you, the questions that pop into your mind, and the discoveries you make every day.



If you saw a cool bug in the garden, draw it and write down what you noticed. What colour was it? How did it move? Where do you think it was going? This way, you can start asking questions:

- Why does this bug have those colours?
- How does it help plants?



When you read a book or watch a movie, jot down your favorite parts.

Ask yourself questions:

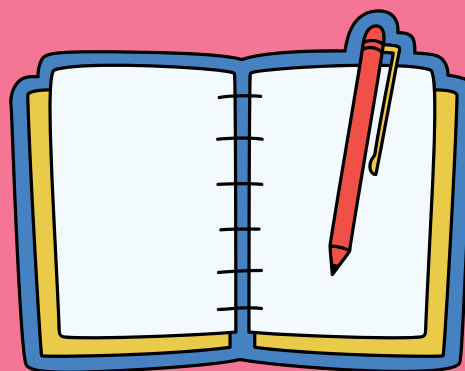
- What would happen if the story took a different turn?
- How would you feel if you were one of the characters?



Your journal is a place where you can be the scientist, the explorer, the artist, and the storyteller all at once. Remember, there's no right or wrong way to be curious. Just follow what interests you and let your imagination and questions guide you. Over time, you'll find that your journal is filled with amazing things - proof of all the wonderful ways your mind has wandered!

Curiosity Adventure

Let's embark on a curiosity adventure! This is a fun activity where we explore the world around us and discover new things. First, grab a notebook and a pencil. Now, let's head outside!



Your mission is to find five interesting things you've never noticed before. It could be a strange looking bug, a colourful leaf, or even a funny shaped cloud. As you find each item, write or draw it in your notebook. Ask yourself questions about what you find.



- Why is the bug that colour?
- How did the leaf end up on the ground?
- What does that cloud remind you of?

Afterwards, come together and share your discoveries. We can ask each other questions and learn more about the things we found. Being curious means always asking questions and wanting to learn more about the world. So, put on your explorer hats and let's see what we can discover!



Click here to access more ideas to Be Active

Where the Wind Blows

Curiosity is like a magical key that opens doors to exciting adventures and discoveries. Ask questions and listen to others, because every question is a stepping stone to learning something new.

When we share our own ideas and listen to what others have to say, we can learn from each other. We can try starting a conversation by asking a friend what their favourite hobby is or what book they are reading. This way, we might find things they both enjoy, like a love for dinosaurs, drawing, or playing a sport.

So, be curious, be kind, and enjoy the wonderful journey of learning and friendship!



Where the Wind Blows

This is a great option for building positive relationships. The entire class stands in a large circle. The leader says...



'The wind blows
for people who
like...'

If anyone who likes what the leader mentions, then they move to a different point across the circle. By playing this game we can find our new things that people like or don't like, and we can quickly see which people have the same interests. Does someone else like chocolate ice-cream, finding out about space or like to paint?



Click here to access more
ideas to Connect



Being Curious

Everyone has their own unique stories and experiences, and by being curious, you can learn so much from them. Remember, curiosity is about exploring, wondering, and always being ready to learn something new. Pay attention to your own feelings and thoughts...

- How does something make you feel?
- Why do you think that is?



Taking notice of ourselves means paying attention to our own feelings and thoughts. We can try by asking ourselves...

'How do I feel today?' or 'What made me happy or sad?'

This helps us to understand ourselves better and grow as individuals.

When it comes to others, being curious and taking notice can be as simple as listening carefully when someone talks or observing how friends react in different situations. We can ask...

'How does my friend feel when they win a game?'

or

'What can I do to help someone who seems upset?'

This kind of curiosity helps us to build empathy and understanding.

Remember, being curious and observant is like being a detective on a grand adventure, always ready to discover something new and wonderful in the world around us.



Click here to
access more ideas
to Take Notice

WHY? HOW? WHAT IF?

Being curious in our learning helps us to explore new worlds and ideas! Ask questions, always ask “why,” “how,” or “what if.” Imagine you are a detective trying to solve a mystery. Every question you ask helps you get closer to understanding the big picture.



Be Open to Surprises:

Sometimes, learning something new can lead to unexpected discoveries. Be ready to be surprised and enjoy the excitement of finding out something you didn't know before.

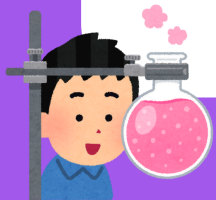


Explore Different Sources:

Just like a treasure hunt, you can look for information in books, videos, or by talking to people who know a lot about the topic you're interested in. Each source might offer a new piece of the puzzle.

Experiment:

Don't be afraid to try things out, even if you make mistakes. Mistakes are just stepping stones to new ideas and can teach you a lot.



Share What You Learn:

Talk to your friends and family about your discoveries. They might have questions or ideas that can lead you to new adventures in learning.



Remember, being curious is all about exploring and having fun with learning. Keep your eyes wide open and your mind ready for the next adventure!



Click here to access more ideas to Keep Learning

‘Wow’

Being curious means asking questions about everything around you, like why the sky is blue or how plants grow. It's like being a little detective, always eager to learn and discover new things.

As you explore, remember to be kind to others. This means listening when your friends talk, sharing your toys, and using kind words. When you're kind, it makes others feel happy and valued.

It's also important to be kind to yourself. If you make a mistake or don't understand something right away, that's okay! Everyone learns at their own pace, and mistakes are just part of learning. Treat yourself with gentleness and patience, just like you would with a friend. Celebrate your ‘Wow’ Moments, no matter how small, and remember that every day is a chance to learn something new and exciting!

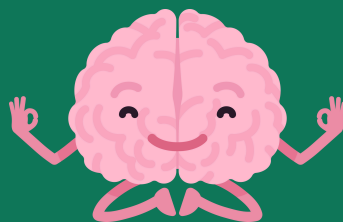


Being kind is about treating yourself and others with care and respect. You can be kind to yourself by...

Believing in
your abilities

**I CAN
DO
IT!**

Taking breaks when
you're tired



Doing things that
make you happy.



Click here to
access more ideas
to Give

So, go ahead and let your
curiosity lead you to amazing
discoveries, and let kindness be
the guiding light in everything
you do!



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 Curious

Creating a nurturing environment fosters exploration and questioning. Start by asking open-ended questions that prompt children to think critically and express their thoughts and ideas. Encourage them to ask questions as well, and take the time to explore the answers together, showing that their curiosity is valued and important.

Connect



Listen actively to children, showing genuine interest in their thoughts and ideas. This not only boosts their confidence but also encourages them to continue exploring the world around them with curiosity and enthusiasm.

Keep Learning



Limit screen time and create opportunities for unstructured play, where children can use their imagination and discover new things at their own pace. Show enthusiasm for learning new things yourself; children often mimic the behaviours and attitudes of their parents, and seeing your excitement about discovering new knowledge can inspire them to do the same.

Be Active



Encouraging curiosity and an active lifestyle in children is crucial for their development. Curiosity drives children to explore the world around them, fostering creativity, problem-solving skills, and a lifelong love of learning.

Give



Create a safe space for them to express their thoughts and ideas without fear of judgment. Praise their efforts and curiosity, rather than just their achievements. This will help them understand that the process of discovery is as valuable as the end result. Remember, nurturing curiosity is about cultivating a lifelong love of learning, so be patient and supportive as they explore the world around them.

Take Notice



Take time to explore the world together - visit museums, nature parks, or science centres where they can engage with interactive exhibits. Allow them to make choices about what they want to learn, guiding them gently while respecting their preferences.

WHSCT Health Improvement Equality & Involvement (HIEI) Department

The WHSCT Health Improvement Equality & Involvement (HIEI) Department has released their latest Training Brochure which is offering free training courses taking place across the Trust from 1st April to 30th September 2025.

'This is the first edition of 2025 and continues with a themed layout. Our training courses are located under the headings of Children & Families, Emotional Health & Wellbeing, Nutrition and Physical Activity.

We are also delighted to introduce a new seminar to the brochure, the 'Infant Mental Health Awareness Week Seminar'. The courses will be delivered either via Zoom or face to face in a range of locations across the WHSCT.'



To view the Training Brochure,
click here



'We are introducing a new method for course registration. Each course has a 'click here to register' icon that directs you a Microsoft form where you can register for the course and date. Please be aware that you are registering your interest, by completing the Microsoft form it does not mean you are guaranteed a place. If you need an alternative method of registering, please feel free to contact us using one of the methods below.'

Click on the Health Improvement, Equality and Involvement (HIEI) logo on the Page Tiger page to be taken to the HIEI website. Accessible view is available.

For further information and any queries in relation to the Training Brochure, please email health.improvement@westerntrust.hscni.net or telephone 028 7186 5127.

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!





Encouraging Curiosity in the Classroom

By integrating these strategies, schools can create an environment where curiosity thrives, leading to a more engaging and effective learning experience for children.

Encourage Questions: Create a classroom atmosphere where children feel comfortable asking questions. Celebrate curiosity by acknowledging and exploring their inquiries, turning them into learning opportunities.

Diverse Learning Materials: Incorporate a variety of resources such as books, videos, and hands-on activities that cater to different learning styles. This diversity can spark interest and curiosity.

Interactive Learning: Use interactive methods like group projects, experiments, and educational games. These activities engage children actively and encourage them to explore subjects more deeply.

Creative Problem Solving: Encourage them to think creatively and come up with multiple solutions to problems. This fosters a mindset that values exploration and experimentation.

Flexible Learning Space: Design a classroom layout that allows for movement and reconfiguration. A flexible space can inspire creativity and accommodate various learning activities.

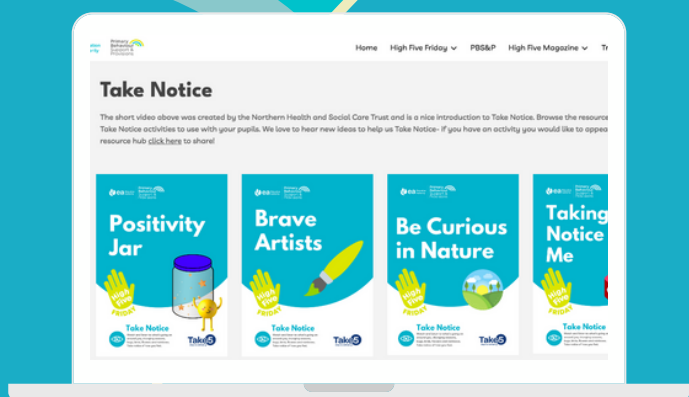
Celebrate Mistakes: Encourage a culture where mistakes are seen as a natural part of the learning process. This encourages children to take risks and learn from their experiences without fear of failure.

Reflective Practice: Allocate time to reflect on what they have learned and express their thoughts and feelings. Reflection can deepen understanding and inspire further curiosity.



High Five Access More

Access High Five at any time!



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

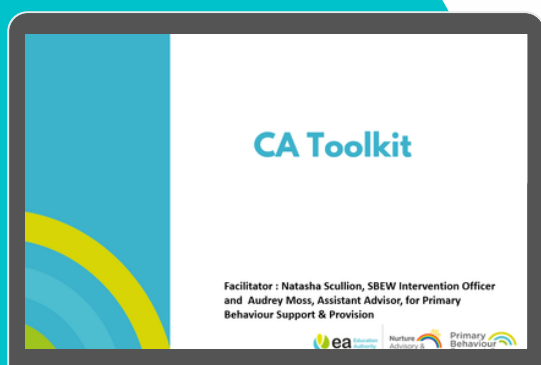


Follow High Five on
Instagram



Upcoming PBS&P Training

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



**Toolkit for New Classroom Assistants
supporting Social, Behavioural,
Emotional and Wellbeing (SBEW) Needs**
27th May 2025 11:00am - 12:30pm

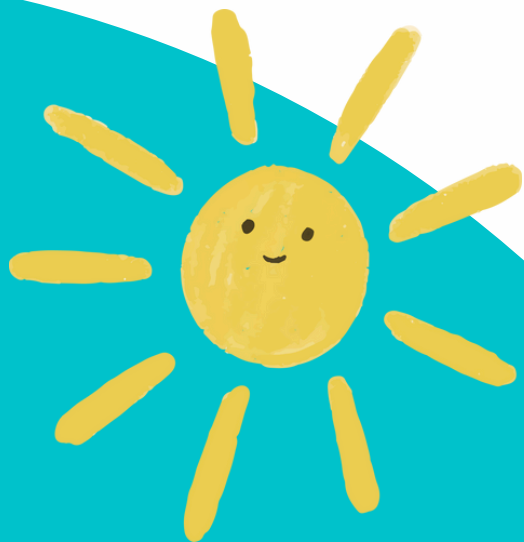


Developing a Calm Plan
19 May 2025 2:00pm - 3:45pm



High Five Friday Information Session
2 June 2025 14:15pm - 15:30pm

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



Upcoming NASS Training Available



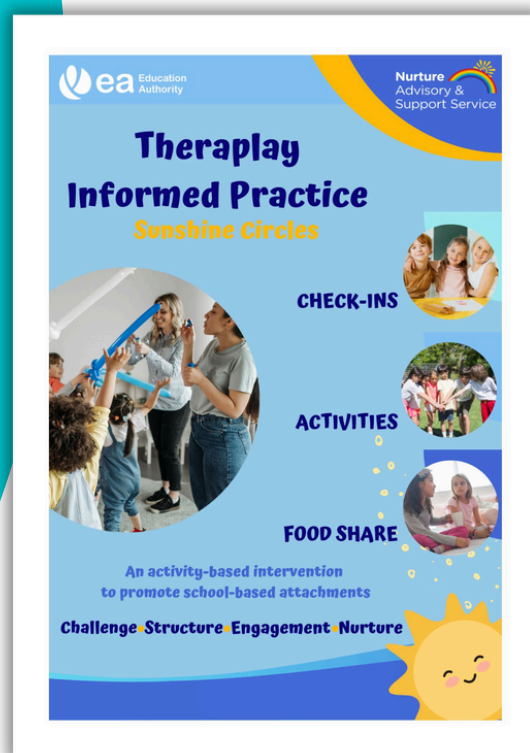
Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.



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



Connect and Nurture (CAN)
4 June 2025
3:00pm - 4:00pm



Theraplay Informed Practice -
Activities to build attachment
21 May 2025
3:00pm - 4:00pm

Telephone Advice & Support Helpline



The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm. Please phone the SEND Central helpline on 028 9031 777 and request option 3. 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 1789 calls
to the helpline between
Sept 24 to April 25



TASH Closure

The helpline will be closed on the following dates:

- Monday 26th May

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



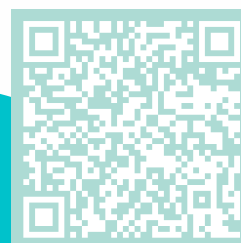
Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

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.

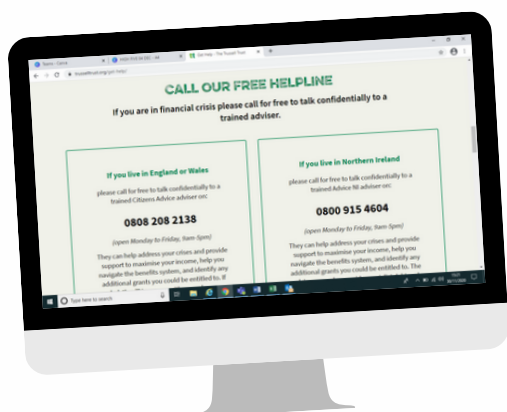


Contact Primary Behaviour Support & Provisions Service

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.



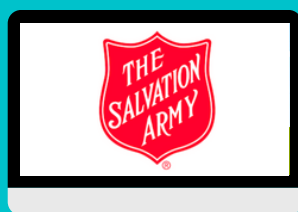
Click here

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.

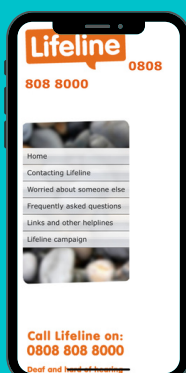


Scan the QR Code

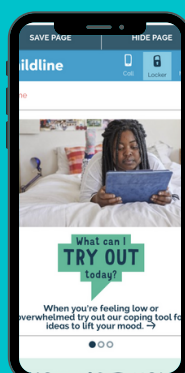
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



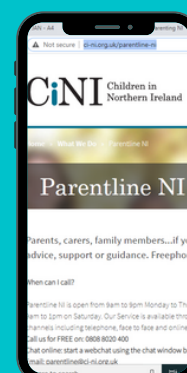
Lifeline



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.