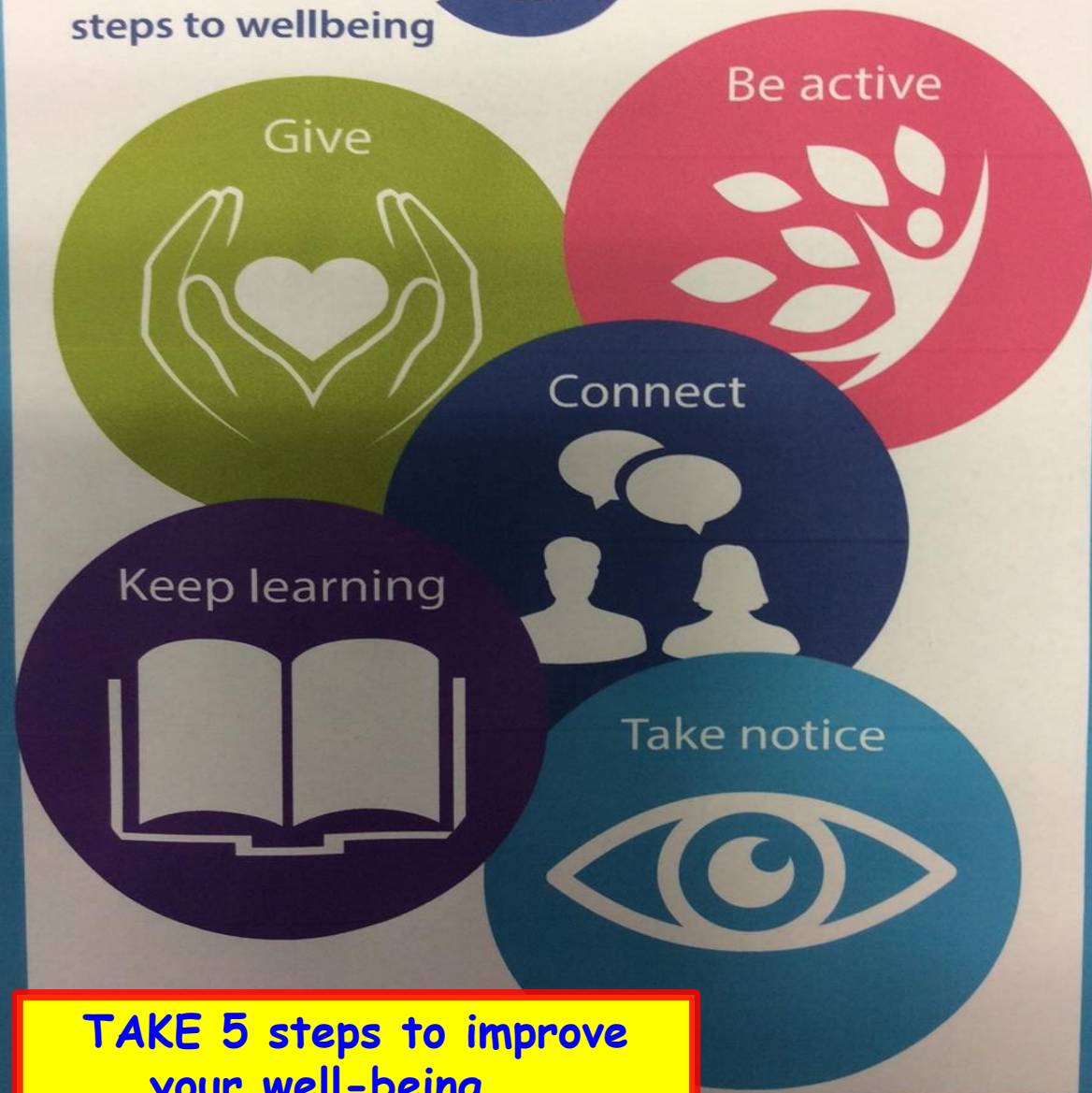


# Take5

steps to wellbeing

**HSC** Health and  
Social Care



**TAKE 5 steps to improve  
your well-being.....**

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

# Take5

steps to wellbeing



## Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



## Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



## Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



## Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



## Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing ([www.neweconomics.org](http://www.neweconomics.org)).  
Artwork designed in association with Belfast Strategic Partnership.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate).

# Concussion Awareness – Who Needs to Know?

The Department of Education has requested that all schools should write to parents/guardians to highlight the need for you to keep all organisations informed if your child receives a concussion injury.

Concussion is a brain injury which is usually caused by hitting the head or a fall. It can happen at any time, anywhere: for example during sports, in the school playground, or at home.

Concussion must always be taken seriously and it is vitally important that any child/young person suspected of having concussion should **immediately** be stopped from continuing whatever activity they are doing and be assessed by a medical professional for diagnosis and guidance.

A second injury when a child has concussion can be extremely serious and may even be fatal. It is vitally important therefore that medical clearance is sought before your child returns to school/play. Children should not resume physical activities such as Physical Education (PE), sports or games until permitted to do so by a medical professional.

Concussion may also affect your child's ability to learn at school. This must be considered and medical clearance should be sought before the child returns to school. As symptoms vary from child to child, a graduated return to school programme may be needed.

If your child suffers a concussion in school or outside school, it is vitally important that you keep all people/organisations with responsibility for caring for your child informed so that they are aware of the potential dangers and any restrictions that may apply to the activities your child is permitted to do.

The '**Recognise and Remove**' leaflet produced by the Department of Education and the Department of Culture, Arts and Leisure is available on the Department of Education's website [www.education-ni.gov.uk](http://www.education-ni.gov.uk) and provides guidance on the signs to look out for.

Keeping everyone informed about concussion is in your child's best interests and parents/guardians have a key role in making sure that information is passed on to their child's teacher, sports coach, youth leader or other care provider.



# • INTERNET SAFETY – are you really aware?



Issues that your child may encounter on the internet will vary depending on their age and online activities. We have grouped potential online risks into these 3 categories.

## **Conduct:**

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet..

## **Content:**

Some online content is not suitable for children and may be hurtful or harmful.

## **Contact:**

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.

**There are real advantages in maintaining an open dialogue with your child about their internet use. .**

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
- Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

**As a school we ask you to:-**

- Consider the implications of posting school related pictures/comments on social media along with any inappropriate or defamatory details on Social Network sites and what effect these can have on individuals and the school as a whole. **Camphill Primary School take inappropriate usage of social media against them extremely seriously**
- Understand that if you allow your son/daughter to use social networking sites that school will not deal with "outside of school incidents" - **this is a parent's responsibility**

# SMART Rules for primary aged children:

**Safe:** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too.

**Meet:** Do not meet up with someone you only know online, even a friend of a friend, as they are still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/ videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Accepting:** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) and do not accept something if you are unsure who the person is or what they've sent you.

**Reliable:** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. Always compare 3 websites, check in books and talk to someone about what you find online.

**Tell:** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. You could talk to a teacher, parent, carer or a helpline like Childline 0800 11 11.

**Heart:** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



Parental Summary Leaflet  
regarding  
'Safeguarding Children'

CHILD PROTECTION  
SAFEGUARDING CHILDREN

How a parent can make a complaint in the context of possible Child Abuse.....

IF

You, as a parent have a concern about  
your/a child's safety



You can talk to the class teacher  
Tel: 02825652940

OR



You may speak to the Designated Teacher  
for Child Protection, Mrs A. McLaughlin  
or  
to the Deputy Designated Teacher  
for Child Protection, Miss A. Scott  
Tel: 02825652940

OR



You may speak to  
the Principal, Mrs K. McMaster  
Tel: 02825652940



If I am still concerned, I can talk/write to the  
Chairman of the Board of Governors  
Mr H. Ballentine, c/o Camphill PS.  
The Designated Governor for Child Protection is  
Mr A. McNeill.



If you are still concerned you can contact the NI  
Public Service Ombudsman  
Tel: 0800 343424



At any time you may talk to the local Children's  
Services Gateway Team or the PSNI Central  
Referral Unit  
Telephone :- 02890259299