

# KS2 Summer Program



## Welcome to our Summer Programme

### Who are we?

RISE NI stands for *Regional Integrated Support for Education in Northern Ireland*. We are an early intervention team that works closely with all mainstream primary schools in the Northern Health & Social Care Trust (NHSCT) area. Our aim is to help children enjoy, achieve and learn to the best of their ability in school.

The RISE teams include Clinical Psychologist, Speech and Language Therapists, Occupational Therapists, Physiotherapists and Behaviour Therapists. We have expanded our service delivery beyond foundation stage and Key Stage 1 (KS1) to Key Stage 2 (KS2). Our KS2 team have been facilitating a number of small group and whole class Programmes during September 2022 to June 2023. Over the summer months, we are excited to facilitate groups beyond term time.

We are offering an online Programme called **.Breathe**, specifically for *current* Primary 6 and 7 children (school year 2022/2023). The second Programme we are offering is **Relax Kids**, which we will be hosted in a local school (please see below for location) and is for *current* Primary 5, 6 and 7 (school year 2022/2023).

You can have a look below at the groups on offer, have a chat with your child and identify *one* Programme and time slot. Please contact our Mid Ulster office on: **02886747860** between 9.30am-2.00pm before **Monday 3<sup>rd</sup> July 2023** with your identified Programme and time.

## .Breathe (pronounced 'dot breathe'):

.Breathe is a mindfulness program that aims to explore issues around:

- Working with concentration and focus; and how we can work with a wandering mind.
- Why humans worry, and how to support ourselves when we do so.
- Sleep: why it is important and what to do if we struggle to sleep well.
- Being with others: the opportunities and challenges of working skillfully with friendships and other relationships, both in person and online.

Mindfulness is.....

***“Being alive and knowing it”***

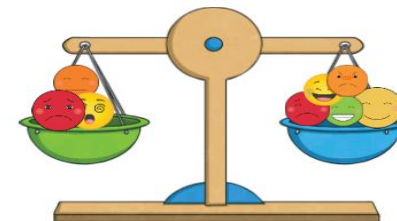
MISP

### Each session includes:

- Learning about key areas of the brain and how they support us in our everyday activities.
- Introducing mindfulness practices and animations.
- Discussions about mindfulness and our body.
- Exercises your child can try in their own time.

### How will it work?

- The .Breathe program will consist of four sessions and will be hosted over consecutive days.
- Each session will last approximately 45 to 60 minutes and will take place on MS Teams.
- We would ask that you are available for your child throughout sessions; you are not required to sit with your child, unless you or your child prefer this.
- You know your child best, if they wish to sit with, for example, a blanket, fidget toy etc, this is absolutely fine. It is important that your child is given every opportunity to focus on the sessions so setting up in a room with the least distraction is advisable.
- We endeavour to secure a place on your preferred date and timeslot but this will be allocated on a first come, first served basis.
- An MS Teams link will be sent to you, with the time and date allocated.
- If MS Teams is unfamiliar to you, we have provided a guidance document to support you in gaining access on the day and time of your slot.
- *Please take the time to view the dates and timeslots on the next few pages and choose one that suits you and your child.*



Dates and times of .Breathe: (all sessions on MS Teams)

If the dates below suit, please choose a time and specify this when ringing our Mid Ulster office.

Monday 17<sup>th</sup>, Tuesday 18<sup>th</sup>, Wednesday 19<sup>th</sup> and Thursday 20<sup>th</sup> July 2023.

.Breathe Option 1

Time slot:	<b>9.30am to 10.30am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 2

Time slot:	<b>10.45am to 11.45am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 3

Time slot:	<b>12noon to 1pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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If the dates below suit, please choose a time and specify this when ringing our Mid Ulster office.

Monday 31<sup>st</sup> July, Tuesday 1<sup>st</sup>, Wednesday 2<sup>nd</sup> and Thursday 3<sup>rd</sup> August 2023.

.Breathe Option 1

Time slot:	<b>9.30am to 10.30am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 2

Time slot:	<b>10.45am to 11.45am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 3

Time slot:	<b>12noon to 1pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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If the dates below suit, please choose a time and specify this when ringing our Mid Ulster office.

Monday 7<sup>th</sup>, Wednesday 9<sup>th</sup>, Thursday 10<sup>th</sup> and Friday 11<sup>th</sup> August 2023.

.Breathe Option 1

Time slot:	<b>9.30am to 10.30am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 2

Time slot:	<b>10.45am to 11.45am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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If the dates below suit, please choose a time and specify this when ringing our Mid Ulster office.

Monday 21<sup>st</sup>, Tuesday 22<sup>nd</sup>, Wednesday 23<sup>rd</sup> and Thursday 24<sup>th</sup> August 2023.

.Breathe Option 1

Time slot:	<b>9.30am to 10.30am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 2

Time slot:	<b>10.45am to 11.45am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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.Breathe Option 3

Time slot:	<b>12noon to 1pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
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## Relax Kids:

The Relax Kids programme is aimed at strengthening the mental and emotional wellbeing of children, inclusive to every child's needs.

### Our hope is that children who take part in our sessions:

- Appreciate the benefits of relaxation.
- Become aware of their feelings and emotions, and learn techniques to manage these feelings.
- Learn basic relaxation, self - soothing and stress – reducing techniques.
- Have fun while exercising.
- Increase their self – esteem and positive self – image.
- Develop body and spatial awareness.
- Develop concentration skills.

### What will sessions consist of?

- The programme will consist of four face to face sessions.
- Each session will last approximately 45 minutes to 60 minutes.
- You are not required to stay with your child but we do ask that you adhere to start and pick up times.
- Two members of the RISE NI Team will work with a small group of children (4-6 children per group).
- We endeavour to secure a place on your preferred week and time but these will be allocated on a first come, first served basis.

### What will my child need/receive?

- Please send a blanket with your child, so they can relax during the meditation/visualisation at the end of each session.
- Your child will receive a 'Take Home Pack' with examples of what they have completed or practised during sessions. Your encouragement in continuing these outside of sessions would be a great way to support your child's learning and relaxation.
- *Please take the time to view the dates and timeslots on the next few pages and choose one that suits you and your child.*



If the dates below suit, please choose a time and specify this when ringing our Mid Ulster office.

Monday 3<sup>rd</sup>, Tuesday 4<sup>th</sup>, Wednesday 5<sup>th</sup> and Thursday 6<sup>th</sup> July 2023.

**Relax Kids Option 1**

<b>Time slot:</b>	<b>10am to 11am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
<b>Location:</b>	Mallusk Integrated Primary school 84 Mallusk Road, Newtownabbey, BT36 4QE.

**Relax Kids Option 2**

<b>Time slot:</b>	<b>11.15am to 12.15pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
<b>Location:</b>	Mallusk Integrated Primary school 84 Mallusk Road, Newtownabbey, BT36 4QE.

**Relax Kids Option 3**

<b>Time slot:</b>	<b>12.30pm to 1.30pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
<b>Location:</b>	Mallusk Integrated Primary school 84 Mallusk Road, Newtownabbey, BT36 4QE.

If the dates below suit, please choose a time and specify this when ringing our Mid Ulster office.

Monday 24<sup>th</sup>, Tuesday 25<sup>th</sup>, Wednesday 26<sup>th</sup> and Thursday 27<sup>th</sup> July 2023.

**Relax Kids Option 1**

<b>Time slot:</b>	<b>10am to 11am.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
<b>Location:</b>	Mid Ulster Hospital, 59 Hospital Road, Magherafelt. BT45 5EX.

**Relax Kids Option 2**

<b>Time slot:</b>	<b>11.15am to 12.15pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
<b>Location:</b>	Mid Ulster Hospital, 59 Hospital Road, Magherafelt. BT45 5EX.

**Relax Kids Option 3**

<b>Time slot:</b>	<b>12.30pm to 1.30pm.</b> This will be the time of your session for each day, unless otherwise arranged with the facilitator.
<b>Location:</b>	Mid Ulster Hospital, 59 Hospital Road, Magherafelt. BT45 5EX.