



**An Roinn Oideachais
agus Scileanna**
Department of
Education and Skills

Directory of Online Support for Post Primary Schools in Returning and Settling into School

August 2020

The following is a list of supports and resources available for post primary school staff as schools reopen. Click on underlined sections for further information on resources and services.

National Educational Psychological Service (NEPS) –

Wellbeing Webinar for Post Primary Schools and complementary Wellbeing Toolkit for Post-Primary Schools

The 1 hour **webinar** for all school staff covers

- Understanding Impact of COVID-19
- Staff wellbeing and self-care
- Key elements in supporting students to return to school and settle in
- Teaching and Learning approaches & activities that build resilience
- Signposting to resources

The **toolkit** includes sections on:

- Staff wellbeing and self-care
- Preparing for reopening
- Settling back to school
- Supporting the wellbeing of all children and young people in school
- Additional support for some children and young people in school

On-line Wellbeing Guidance and Advice

Wellbeing guidance and advice for teachers as schools reopen, including the following:

- wellbeing guidance on return to post primary school
- understanding the response to stress in children and young people
- managing stress and anxiety
- reluctant attenders/school refusal behaviour
- self-regulation for students
- panic attacks
- managing thoughts feelings, behaviours

Supporting Children to Cope with Loss and Grief

Booklet on supporting bereaved students and staff returning to school following COVID-19 public health restrictions and includes signposting to services and supports.

Tusla Education Support Service (TESS) –

Primary to Post Primary Transition

Suggestions and leaflets for first year students.

Supporting Children to Cope with Loss and Grief

Resource pack designed to provide School Completion Programme staff with tools to support children/young people affected by bereavement during COVID-19.

National Centre for Guidance in Education (NCGE) –

Resources for Guidance

Variety of resources in line with Guidance Related Learning including:

- Junior Cycle Guidance Related Learning classroom content.
- Resources to support the transition of primary school students into post primary school for the academic year 2020/21

Some resources are prepared for schools to adapt (in line with their local school ethos) and distribute to the wider school community which may include parents and/or students.

National Council for Curriculum and Assessment

Supporting the transition back to school for all year groups in post primary

Lessons aimed at helping students to:

- re-connect with school and with each other
- reflect on the impact of COVID-19 on their wellbeing and on their learning
- develop skills, attitudes and dispositions to enable them to re-engage successfully in learning

Planning for Junior Cycle Wellbeing 2020/2021

Information and guidance for schools in planning their wellbeing programme for 2020-21 in the context of challenges brought about by the pandemic.

PE Guidance Document

Guidance on how to plan teaching and learning of PE within the context of social distancing and blended learning.

Centre for School Leadership (CSL). –

Mentoring for newly appointed principals

Information and guidance to complement mentoring practice including: online modules on wellbeing, articles, research, blogs and social media information.

Professional Development Service for Teachers (PDST) –

Approaches to Blended Learning in SPHE –

(Available in October on the [PDST Post Primary Health and Wellbeing Portal Page](#).)

An online resource for SPHE teachers engaging with a blended learning approach to SPHE at both junior and senior cycle. This short video will outline how SPHE teachers can best support learners to achieve curricular outcomes in SPHE in the absence of classroom contact.

Post Primary SPHE programme - Mental Health

These resources will explore elements of the Mental Health curricular topic for Post Primary Schools. This support will be offered through a suite of videos and resource materials available online for teachers to access including:

- An Introduction to Mental Health
- Supporting young peoples' mental health
- Mental Health in the context of the SPHE curriculum and courses
- Resources and strategies for addressing mental and emotional health teaching and learning

Resources available on the Distance Learning Portal

The Post Primary Wellbeing Resource Portal features 100's of resources to support distance learning during school closures and includes health and wellness related Podcasts. This online offering will support the facilitation of a variety of topics in the SPHE programme for Post Primary Schools. The following SPHE specific content and supports are available:

- Teacher Wellbeing
- Student Wellbeing
- Nurturing a whole school community
- Advice for SPHE Teachers teaching SPHE remotely
- Ideas for School Community Newsletters
- Mental Health Resources; Internet Safety
- Podcasts to support wellbeing; Signposts to resources, supports and agencies that support wellbeing
- Links to access training to support the creation of LGBTI+ Inclusive schools and Youth Service
- Links to SPHE handbooks which provide comprehensive information and advice on best practice approaches to teaching, learning and assessment in SPHE
- Blended Learning recorded screencast. This short video will outline how SPHE teachers can best support learners achieve curricular outcomes in SPHE in the absence of classroom contact.
- Substance Use.
- Personal Safety
- Child Protection
- Resources to support Policy Development and Review
- Downloadable Post Primary SPHE Resources

Senior Cycle Physical Education

An online suite of SCPE learning pathways available on Scoilnet.ie which will support schools in the following areas of the SCPE framework:

- Overview of the SCPE Framework
- Sport Education
- SCPE - Adventure Education
- Health Related Physical Activity
- Planning for SCPE Using the Framework
- Teaching Games for Understanding (TGfU)
- Contemporary Issues
- Teaching Personal and Social Responsibility (TPSR)

These learning pathways will support teachers in both the long term and short term planning, teaching, learning and assessment of SCPE.

The National Council for Special Education (NCSE) –

Getting Back To What We Know

Suite of resources and supports for young people with complex needs to help them with the following:

- understand and learn new routines and transitions e.g. handwashing, school transport etc
- support the development of functional life skills
- support the development of occupational well-being
- support the development of language and communication skills

Trusted information on health topics from HSE websites.

- [Ask about alcohol](#) How alcohol affects your health and wellbeing
- [Explore Sexual Health & Wellbeing](#) Includes Tips for Parents, Sample Questions and Answers, etc.
- [Get Up, Get Out and Get Active](#) Information for Family Members of all ages and relevant professions
- [Healthy Ireland](#) Government-led Initiative aimed at improving the Health and Well-Being of everyone living in Ireland
- [Quit smoking](#) 8,330 People have quit smoking this year with the Quit Plan
- [yourmentalhealth.ie/](#) Mind your mental health during the coronavirus outbreak
- [Drugs.ie](#) COVID-19 impact on people who use drugs.

See the [Gov.ie In this together](#) site for more information