



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

# **Directory of Wellbeing Supports and Online Resources for Primary School Parents on the Return and Settling into School**

## **September 2020**

**The following is a list of supports and resources available for parents as schools reopen and pupils settle in. Click on underlined sections for further information on resources and services.**

### **Resources to Support Children's Transition to Junior Infants**

- [National Educational Psychological Service](#) - Pre-school to primary transition [Guidance for parents](#) and [podcast](#) (more from NEPS below)
- [National Council for Curriculum and Assessment\(NCCA\)](#) - Mo Scéal templates help tell the story of a child's strengths, likes, dislikes, worries, challenges
- [Department of Children and Youth Affairs \(DCYA\)](#) - [Let's Get Ready](#) initiative
- [Tusla Education Support Service \(TESS\)](#) –
  - ['Ambitions-for-Transitions'](#) a guide to support every child's progression from Early Years Services to Primary School.
  - [Guidelines](#) on Whole School planning, Linking with Parents, Incoming Junior Infant Packs, Supporting Home Learning during COVID-19 outbreak
- [The National Council for Special Education \(NCSE\)](#) – [Starting School Video](#) to help parents to support their child/children with SEN to transition to Junior Infants and build awareness of the supports available for children with special educational needs in primary schools.

### **[National Educational Psychological Service \(NEPS\)](#) –**

#### **On-line Wellbeing Guidance and Advice**

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

- returning to primary school
- 6<sup>th</sup> class to Post primary transition
- managing stress and anxiety
- reluctant attenders/school refusal behaviour
- panic attacks
- pre-school to primary transition
- understanding the response to stress in children
- managing thoughts feelings, behaviours
- self-regulation for pupils

#### **Support for Students**

NEPS psychologists will work with teachers and parents regarding their concerns about specific children and offer advice and support to address these needs. Where COVID-19 restrictions apply this may be done by phone, email or video link rather than face-to-face. Contact your school principal for appointments

#### **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.

## HSE Wellbeing - Stress Control Training

6 x 1.5 hour online sessions in an evidence based programme teaching practical skills to deal with stress.

## Professional Development Service for Teachers (PDST) –

### Primary Wellbeing Resources

The Primary Wellbeing Online Resource portal contains links to 100's of resources that schools can draw on to support pupil wellbeing including:

- PE and SPHE Resources including some new to PDST
- Resources to support children through Grief and Loss
- Resources that support children's psychological health and wellbeing
- Links to relevant Webinars, Podcasts and to the Post-Primary Wellbeing Resource Portal
- Supplementary cross curricular resources that support wellbeing development across the areas of physical activity, Literacy, art, SESE, music and culture
- Resources for children with SEN
- Learning and development opportunities for teachers
- Resources to support Teacher Wellbeing

### Resources to support pupil wellbeing through the SPHE and PE curricula

- **Breathe** - Self-Regulation and Relaxation Techniques for Children.
- **RSE Tips for Parents** - how to support your child's learning at home
- **SPHE Tips for Parents** - how to support your child's learning at home
- **Busy Bodies RSE workbook** - designed for use at home or at school, to accompany the Busy Bodies (HSE) resource
- **PE Homework - Active Every Day - practise your PE skills at home and track your progress using the PE Homework Charts** <https://www.scoilnet.ie/pdst/pehomework/>
- **PE at Home - videos to support strand based learning in PE at home** <https://www.scoilnet.ie/pdst/peathome/>
- **Beyond the Classroom - how to develop Fundamental Movement Skills at home** <https://www.scoilnet.ie/pdst/physlit/beyond/>

## The National Council for Special Education (NCSE) –

### Behaviour Support Pack for Children and Young People with Additional Needs

Downloadable resource to support parents to:

- understand behaviours of concern
- support parents to implement strategies to promote positive behaviour and learning at home.

### 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 and occupational well-being
- support the development of language and communication skills

### **Visiting Teacher specialist support for pupils - blind/vision impaired or deaf/hard of hearing**

Visits by the Visiting Teachers to support students, parents, and staff to meet the needs of pupils who are blind/vision impaired or deaf/hard of hearing.

### **Trusted information on health topics from HSE websites.**

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

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