



Wellbeing Supports and Resources for Primary Schools

January to June 2021

Within the context of supporting the wellbeing of school communities the Department's services will work with schools over the coming academic year in the context of specific phases as follows:

- **Phase 1: School reopening to Hallowe'en**
- **Phase 2: Hallowe'en to end of December 2020**
- **Phase 3: January 2021 to end of academic year**

This directory outlines wellbeing supports and resources for primary schools during phase 3.

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

National Educational Psychological Service (NEPS)

Casework with Students

Bespoke visits by allocated psychologist, including direct and indirect casework. While public health measures are in place NEPS will endeavour to minimise in person contact without compromising the quality of the service. This means some elements of work will take place face to face and other elements remotely. While schools remain closed all elements of casework will take place remotely.

- **Indirect casework:** The psychologist works with a student's teachers and/or parents, to facilitate a common understanding of the issues and agree a plan to support the student. The student's views are sought and represented by the teachers and parents.
- **Direct casework:** The psychologist engages in direct face to face work with the student or observes the student and consults with their teachers/parents/other professionals, to facilitate a common understanding of the issues and agree plan to support the student.

Advice and Consultation Service to Teachers/Schools

Bespoke school visits by allocated psychologist remotely and face to face to build school/teacher capacity to support the needs of all students and particular students. While schools remain closed this work will take place remotely.

These include:

- Individual Teacher Practice Consultation
- Group Teacher Practice Consultation.

With a focus on the following areas:

- Promoting School Support Systems
- Promoting Wellbeing, Social & Emotional Competence, Mental Health & Positive Behaviour Management
- Promoting Cognition and Learning
- Promoting Communication and Interaction

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

Navigating through Covid 19 – An input for School leaders

The presentation will be delivered in a live webinar format with a Q & A session. The session will focus on the wellbeing and self-care needs of school leaders and on supporting school leaders in providing a psycho-social response which is underpinned by Hofball's 5 principles. The principles of psychological first aid (PFA) and the Listen, Protect, Connect, Model and Teach approach will be outlined in detail.

FRIENDs for Life /My FRIENDS Youth

Online live webinars on the FRIENDS for Life anxiety prevention and resilience programme (3 x 2.5 hour webinars). The 10 session evidence- based programme complement Hobfall's five principles, and SPHE curriculum. The webinars will focus on: information on anxiety; resilience; cognitive behavioural theory and step by step guidance in the programme's sessions. After the three webinars, teachers will be trained as facilitators to deliver the programme to pupils in school.

On-line Wellbeing Guidance and Advice

Wellbeing guidance and advice for teachers including the following:

- pre-school to primary transition
- understanding the response to stress in children
- managing stress and anxiety
- reluctant attenders/school refusal behaviour
- panic attacks
- managing thoughts feelings, behaviours
- self-regulation for pupils

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.

Centre for School Leadership (CSL)

Mentoring and Coaching for principals and School Leadership Teams

Mentoring for newly appointed principals

- Information and guidance to complement mentoring practice including: online modules on wellbeing, articles, research, blogs and social media information.
- Bespoke sustained mentoring for principals experiencing professional challenge (from Q2 2021)
- Coaching for Principals and School Leadership teams
- Leadership "Comhrás" sharing successes and challenges of leading schools in the pandemic

Professional Development Service for Teachers (PDST)

Support for Wellbeing of School Leaders

- Misneach: The National Induction Programme for newly appointed school principals consists of 5 (x2 days). This programme includes Managing Self/Reflective Practitioner, Leading Mindfully, Personal Wellbeing/ Leading Wellbeing
- Forbairt: A programme is for experienced School Principals, Deputy Principals and a third teacher leader within the school and includes Personal Effectiveness/ Personal Wellbeing/ Leading Wellbeing / Leading Change/ Leading Learning/Ethical Leadership. As well as providing a safe space for exploring issues re wellness and self care
- Tánaiste: This is a face to face five day summer course for Deputy Principals and includes Personal Wellbeing & Self-Motivation
- Meitheal: (For experienced Leaders) A leadership development programme for principals with a minimum of five years' experience and includes a commitment to action on the serious challenges faced by school leaders and supporting their wellbeing and resilience .
- Comhar: Middle Leadership: This programme is a two year pilot programme for Assistant Principals in primary and post-primary schools and includes self care and self management.
- Sustained Support for School Leadership: This form of support draws on research in relation to best practice in professional development and includes advice around self care and wellbeing in their specific school context.

Support for Teacher Wellbeing

Bespoke teacher wellbeing support facilitated remotely via phone, email and online platforms.

Child Protection CPD for DLPs and DDLPs

An E-learning version of a face-to-face seminar, based on the Revised Child Protection for Teachers, School Leaders - DLP and DDLPs

- Child Protection Session 1: Overview and Context (90 mins)
- Child Protection Session 2: Role of the DLP/DDLP (90 mins)
- Child Protection Session 3: Record Keeping and Oversight (90 mins)

Stay Safe after school Workshops

Supporting the mandatory nature of the Stay Safe programme, as per the Child Protection Procedures for Primary and Post Primary schools 2017, this workshop familiarises teachers with the rationale, structure, key messages, and content of the revised Stay Safe Programme. It aims to support and enable teachers to implement the revised programme within the context of the SPHE curriculum and with a cross curricula approach.

Wellbeing Webinar Series

Supporting primary schools to focus on whole school wellbeing, by highlighting a range of new, practical resources for teaching SPHE and PE.

- **Webinar 1: Focus on Relationships and Sexuality Education (RSE)**

- [Webinar 2: Focus on Physical Education](#)
- [Webinar 3: Focus on Wellbeing through the SPHE Curriculum](#)
- [Webinar 4: Introduction to Physical Literacy](#)

SSE of Wellbeing Promotion using the Wellbeing Policy Statement and Framework for Practice

Introduction Session to the Wellbeing Framework - evening workshop: This workshop will offer an introduction to the policy document, how it works in tandem with SSE and next steps signposts.

Wellbeing Webinar - a pre-recorded webinar to support whole staff engagement with the policy documents will be made available to accompany the introductory workshop above

RSE Seminar

This seminar focuses on teaching the sensitive elements of RSE from Infants to Sixth class in the context of Social, Personal and Health Education. The course will be experiential and practical in its approach. The seminar includes:

- An overview of RSE as a core aspect of SPHE
- The role and function of an RSE policy
- Methodologies for teaching RSE
- Creating a safe classroom environment

CPD and School Support for Primary Schools

Bespoke school support and CPD in all areas of Health and Wellbeing including Social, Personal and Health Education (SPHE), Anti-bullying (including internet safety and cyber-bullying), Restorative Practice, Physical Education (PE), Relationships and Sexuality Education (RSE) and Wellbeing Promotion facilitated remotely via phone, email and online platforms.

Face to face in-school support will resume as soon as it is feasible to do so.

An Introduction to Primary SPHE

These resources explores a variety of topics in the SPHE programme for primary schools including:

- an introduction to SPHE
- an overview of SPHE resources
- SPHE resources for children with SEN.

This support is offered through a suite of videos and newly developed resource materials available online for teachers to access.

Primary SPHE Resources

- [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
- [NEW Updated Busy Bodies RSE Workbook](#): Designed for Use at Home or at School, to Accompany the Busy Bodies (HSE) Resource

Primary PE Resources

This resources includes:

- [120 Non-Contact Activities for Physical Education across the Primary School](#)
- [Primary PE Resource hub on Scoilnet featuring resources for Dance, Gymnastics, Outdoor and Adventure Activities, Games and Athletics](#)
- [Using children's books to explore wellbeing themes in Physical Education](#)
- [Movement in the Classroom: Movement Breaks and Energisers](#). Using movement breaks at intervals throughout the day offers pupils the opportunity to re-energise their body while giving the brain the time it needs to process learning and prepare for future learning. This resource outlines short movement breaks and activities that you can use during the school day.
- [Resources to support planning for Physical Education](#)
- [Resources to support Physical Literacy development](#)
- [PE Overview Poster 2020/2021](#). This poster outlines the PE strands that are best suited to the four key considerations highlighted in the Return to School curriculum guidance document and signposts suitable, relevant PDST PE resources.

An Introduction to Physical Literacy E-Learning programme

- An online suite of Physical Literacy resources, including: Instructional videos to explore Fundamental Movement Skills, Planning and Developing Motivation and Confidence through Physical Education
- Assessment Templates
- Beyond the Classroom resources for developing Physical Literacy at home

This online offering enables teachers to develop a foundational understanding of the concept of Physical Literacy. It will focus on using the Move Well, Move Often resource in planning for the development of Fundamental Movement Skills across the whole school community.

Primary PE Resources to support a blended learning approach

- [Beyond the Classroom](#) - a comprehensive suite of activities and video clips designed to support the development of Fundamental Movement Skills in the home in tandem with the Move Well, Move Often Physical Literacy resource.
- [PE at Home](#) This series of videos aims to complement strand-based learning in PE at home. Children can consolidate their learning in PE by taking part in and enjoying the video lessons as part of their daily physical activity along with other members of their household.
- [PE Homework - Active Every Day](#) This resource features a comprehensive activity book, reflection templates and PE homework charts to encourage children to practise what they have learned in PE at home.

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
- Wellbeing Supports Overview for Returning to School
- Resources for children with SEN
- Learning and development opportunities for teachers
- Resources to support Teacher Wellbeing

Children's Books for Wellbeing - An exploration of picture books and novels which may support teaching and learning in SPHE and PE in the primary school

This resource explores how the use of Children's picture and story books can bring the subjects of SPHE and PE to life in terms of the feelings and emotions experienced in daily life in order to enhance children's wellbeing. A comprehensive list of books is provided with an explanation of content and subject matter for each, which is followed by a number of lesson plans with specific books in mind. These are adaptable and interchangeable with different class groupings.

Employee Assistance Service Spectrum Life (EAS)

School Staff Wellbeing

The Employee Assistance Service provided by Spectrum Life provides the following services:

- Dedicated free-phone confidential helpline available 24 hours per day, 7 days per week 365 days per year.
- **Bespoke wellbeing portal**
- Spectrum Life webinars
- Promote staff wellbeing in the workplace with a focus on prevention
- Mental Health Promotion Manager available for wellbeing promotion
- Support Programme for Managers
- Short-term counselling for individuals

Webinar - Finding balance when walking a tightrope.

Date: 20th January

Description: This webinar aims to increase identification of those areas in our life that might need attention and looks at ways to best optimise work-life balance.

HSE Health Promotion for Schools

Classroom Supports

Zippy's Friends:

- Online **refresher** workshop for trained teachers, including guidance on delivering during Covid.
- **Online training** for teachers in Zippy's Friends programme available from March 2021.

Teacher Wellbeing

Stress Control Online: Online programme helps participants deal with their stress and learn skills to support their mental wellbeing, is made up of six online sessions of an hour and half each. To join go to stresscontrol.ie to register.

Minding Your Wellbeing: Online Programme, made up of five online sessions of 20 minutes each, focusing on self-care practices for promoting wellbeing. Available on HSE Health and Wellbeing Youtube <https://www.youtube.com/channel/UCGWXSPzwl8-lqDbHMMg42hw>

HSE/National Office for Suicide Prevention

LivingWorks Start is one of a number of suicide prevention training programmes coordinated at a local level by HSE Resource Officers for Suicide Prevention. A 1.5 hour e-learning programme can be accessed [here](#)

Classroom Resources available on our website:

<https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/>

- Physical Activity – Get active in the classroom.
- Physical Activity – Active playgrounds.
- Physical Activity – Get your school walking.
- Healthy Eating Policy Toolkit
- Busy Bodies RSE Resource
- Toms Flower Power Resources for Parents

The National Council for Special Education (NCSE)

In-School Support : Advice and Collaborative Consultation for Teachers <https://ncse.ie/school-support>

Bespoke school support by allocated advisor remotely or face to face to build school/teacher capacity to support the needs of students with Special Educational and Additional Needs.

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

Bespoke visits to support pupils, parents, principals, teachers and whole school staff to meet the needs of pupils who are blind/vision impaired or deaf/hard of hearing.

Online CPD/TPL Seminars

Understanding Behaviour : A 6 session seminar delivered over 3 days to support teachers to develop positive behaviour strategies at whole class level for all, some and few students.

Pathways to Prevention : An 8 session seminar, supporting teachers to plan for students with Behaviours of Concern, incorporating strategies for student and teacher well-being.

Adaptive PE seminar . This seminar is designed to deliver information on adapting or modifying physical education programmes to support students with complex needs.

Webinar – ASD and Mental health - Support for pupils with ASD (In association with [Middletown Centre For Autism](#))

A 4 Sessions course over 2 Days will support school leaders, teachers and SET's to support pupils with ASD around mental health and managing anxiety. The course addresses understanding and promoting positive mental health in pupils with autism.

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

Promoting Positive Behaviour and Learning in the Infant Classroom

Online booklet to:

- support teachers to plan for the promotion of positive behaviour in the Junior Infant classroom
- to teach new skills and routines to children transitioning to Junior Infants.

NCCA

Education Passport - a set of resources developed by the NCCA to support the transfer of pupil information from primary to post primary school. Part of this includes a student profile that links to student wellbeing.

<https://ncca.ie/en/primary/reporting-and-transfer/education-passport>

Children's Books Ireland

The Mind Yourself reading guide is a resource that can be used by adults – parents, guardians, caregivers, teachers – to support and educate young people in relation to mental health and wellbeing. The guide contains reviews and recommendations of over 400 books for children and young people from birth to age eighteen and is designed as a 'first-aid kit' for worries, sadness, loneliness, anxiety and any number of feelings that a young person may want to explore.

www.childrensbooksireland.ie