



# **Wellbeing Supports and Resources for Post 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 phases as follows:

- **Phase 1: School reopening to Halloween**
- **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 post primary schools during phase 3.

The following is a list of supports available for post 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

The toolkit includes sections on:

- Staff wellbeing and self-Care
- Preparing for reopening
- Settling back to school

- Teaching and Learning approaches & activities that build resilience
- Signposting to resources
- Supporting the wellbeing of all children and young people in School
- Additional support for some children and young people in school

## Student Support Teams (SST)

NEPS supports the work of the Student Support Team by providing in school sustainable support at the request of individual schools. This support can include:

- 3 consultations to help staff review and/or establish support structures
- Attendance at the SST meetings to build teacher capacity and support team members as they support the wellbeing of All/Some & Few.

## 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 Hobfoll's 5 principles. The principles of psychological first aid (PFA) and the Listen, Protect, Connect, Model and Teach approach will be outlined in detail.

## IYTCM Refresher programme

This webinar will take place over 4 one hour sessions for teachers who have already participated in the IYTCM 6 day NEPS training programme. This refresher programme will support schools to incorporate Hobfoll's five principles of psycho-social care into their practice and to keep IY part of their whole school response to classroom management.

## FRIENDs for Life

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 Hobfoll's five principles, the Junior Cycle Wellbeing 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 students in school.

## On-line Wellbeing Guidance and Advice

Wellbeing guidance and advice for teachers including the following:

- 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 during COVID-19 public health restrictions and includes signposting to services and supports.

## Professional Development Service for Teachers (PDST)

(Bespoke school support can be applied for on [www.pdst.ie/schoolsupport](http://www.pdst.ie/schoolsupport))

### SPHE/RSE (PDST Health & Wellbeing Team)

**Introduction to SPHE**– This event is suitable for all Junior Cycle SPHE teachers. It will outline SPHE course content alongside various methodologies and relevant resources that will help teachers fulfil best practice guidelines in SPHE.

**Junior Cycle RSE** - This seminar is relevant to new and existing teachers of Junior Cycle RSE. It will outline curriculum content and teaching, learning and assessment methodologies, which aim to develop teacher confidence and knowledge in teaching RSE.

**Senior Cycle RSE** - . This event will outline curriculum content for senior cycle RSE. Best practice teaching, learning and assessment methodologies will be explored to develop teacher confidence in addressing sensitive issues with students.

**Mental Health Seminar** – this event will focus on the curricular aspects of positive mental and emotional health development within the SPHE curriculum. Participants will engage with best practice lessons that promote teaching, learning and assessment within the SPHE class

### Bespoke School Support in SPHE/ Wellbeing/PE

Bespoke School Support provided remotely using School Self-Evaluation and the Wellbeing Policy Statement and Framework for Practice to inform support in the following:

The SPHE team will support:

- SPHE Specification
- SPHE Syllabus
- Mental Health
- Teacher Wellbeing
- Personal Safety
- Substance Use
- Restorative Practice
- Junior Cycle RSE, Senior Cycle RSE
- SPHE Policy and Planning

The PE team will support:

- The LCPE Specification
- The SCPE Framework including planning for Senior Cycle PE
- Working with learning outcomes
- Formative assessment
- Classroom based/active learning methodologies.

## Support for Teacher Wellbeing

Bespoke teacher wellbeing support facilitated remotely. Applications can be made via [www.pdst.ie/schoolsupport](http://www.pdst.ie/schoolsupport).

## Support for Wellbeing of School Leaders (PDST Leadership Team)

Bespoke support through targeted programmes for school leaders such as Misneach, Tánaiste, Meitheal, Forbairt and Comhar, supporting school principals, newly appointed school principals and newly appointed deputy principals

This training

- Facilitates an awareness of the importance of management and leadership of school community and of self.
- Helps school leaders develop an awareness of the centrality of school culture and environment, relationships and partnerships, learning and teaching and policy and planning to support the wellbeing of the school community

**Misneach** - This is an induction programme for newly appointed principal and includes Preparing for a WSE/ Self-Care/ Leading CPD/ Leading the curriculum-preparing the timetable

**Forbairt** – This is a programme for School Leadership Teams and Middle Leadership; Experienced School Leaders: Principal, Deputy Principal, 2 Positional Leaders working as a team and includes sustaining the leader-personally and professionally

**Tánaiste** – This is course for newly appointed Deputy Principals and includes Managing Self: Time Management/Personal Effectiveness, Sustaining the Leader, Looking After Yourself

**Comhar: Middle Leadership:** This programme is for Assistant Principals in primary and post-primary schools and includes, and self care and self management.

**Sustained School Support** can be accessed across all subject areas to address the needs of school leaders and management in terms of curricular and organisational planning with particular reference to areas such as Self Care.

## Child Protection CPD for Designated Liaison Persons and Deputy Designated Liaison Persons

A Child Protection E-Learning Presentation Series, based on the Revised Child Protection for Teachers, School Leaders, DLPs and DDLPs is available.

This can be accessed on <https://pdst.ie/childprotection>

- 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)

## 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

### Approaches to Blended Learning in SPHE

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

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

**Junior Cycle RSE** – This is an online resource for SPHE teachers engaging with a blended approach to Junior Cycle RSE. It will be shaped as three short videos supporting RSE essentials.

### 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.
- **SPHE Methodologies** – 22 Active methodologies while Physically Distancing. This resources provides a chart which outlines common active learning methodologies and corresponding approaches for face-to-face teaching.
- 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.

A new PP PE Web Portal is being developed which will house the following supports:

### LCPE

- A series of 'how to' digital technology tutorial videos
- A series of Phase One testimony videos on various aspects of LCPE
- All relevant and departmentally sanctioned documents

### SCPE

- A series of PowerPoints offering guidance across all 6 curricular models
- A series of Phase One testimony videos on various aspects of SCPE
- All relevant and departmentally sanctioned documents

### LCPE Webinar

This webinar will provide a 'how to' exploration of digital technology in a practical PE setting. It will explore how digital devices can be used most effectively directing through basic concepts, how to gather footage and the analysis element of LCPE.

## Employee Assistance Service from 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**

#### **HSE Health Promotion for Schools**

Mindout:

- Online refresher workshops available to teachers trained in the programme, including guidance on delivery during Covid .
- Online training for teachers in the Mindout Programme will begin in March 2021.

Know the Score

- Online refresher workshops available to teachers delivering the programme, including guidance on delivery during Covid.

#### **School Staff Wellbeing**

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

#### **School Staff Wellbeing Stress Control**

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

### **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](#)



### 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

### [Centre for School Leadership \(CSL\)](#)

#### Mentoring and Coaching for principals and School Leadership Teams

##### 1:1 Mentoring for newly appointed principals – online

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)- online and face to face

Coaching for Principals and School Leadership teams - online

Leadership “Comhrás” sharing successes and challenges of leading schools in the pandemic

### [National Centre for Guidance in Education \(NCGE\)](#)

#### Recorded Webinars: Digitalised Guidance

A series of recorded webinars covering many aspects of digitalised Guidance are now available on the NCGE website [www.ncge.ie/resources](http://www.ncge.ie/resources). These webinars include Covid-19 specific information such as confidentiality policies and skills development for online delivery of guidance.

Live Webinars: Digitalised Guidance

Three webinars will be presented live for Guidance Counsellors in the first term of 2021:

- 19th Jan  
'The Inclusion of Parents in Whole School Guidance (Planning and Practice)'
- 2nd Feb  
'Understanding all aspects of QQI'
- 2nd March  
'Whole School Guidance Planning and Looking At Our Schools'

NEPS has created a webinar on Psychological First Aid which can be accessed. [here](#)

### **Direct Support for Guidance Counsellors**

The NCGE team is available to Guidance Counsellors and school management by phone /email to support guidance policy and provision.

### **Supervision Programme for Guidance Counsellors**

Provision of national supervision programme for guidance counsellors in association with the Teacher Education Section, Monaghan Education Centre, DES Inspectorate and the Institute of Guidance Counsellors. This contributes to the wellbeing of Guidance Counsellor and the student as the Guidance Counsellor can professionally seek consultation on issues arising for students & affecting their guidance practice.

### **Resources for Guidance**

Variety of resources online to assist schools with all aspects of Guidance including, for example:

- Junior Cycle Guidance Related Learning classroom content (1<sup>st</sup> – 3<sup>rd</sup> year)
- Resources to support the transition of primary school students into post primary school for the academic year 2020/21
- Recordings of webinars on multiple topics to support schools in all aspects of Guidance provision,

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.

### **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**

**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 is designed to deliver information on adapting or modifying physical education programmes to support students with complex needs.

**Movement resources:** Supporting teachers to implement movement breaks for all students at post-primary. <https://ncse.ie/movement-breaks-in-post-primary-classrooms>

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

This 4 sessions on-line course delivered over 2 Days will support school leaders, teachers and SET's to support students with ASD around mental health and managing anxiety. The course addresses understanding and promoting positive mental health in students with autism.

## **Junior Cycle for Teachers (JCT)**

### **Supports for all Junior Cycle teachers in working with students in the physically distanced classrooms**

Repurposed existing teaching and learning strategies for students and teachers in the physically distanced classroom and for students engaging with online learning from home including a webinar, the recording of which is now online. [JCT](#)

## **Subject CPD**

Subject CPD will be rolled out on a national basis to all Post-primary teachers between January and March 2021. The Wellbeing of the student as teachers plan with Learning Outcomes will be supported by this CPD.

## **The PE, SPHE and CSPE Short Courses**

CPD in these areas will be rolled out to Post-primary teachers between January and May 2021. This will be a live online support to clusters of teachers. There will also be Webinar and various other online supports

## **The Whole School Team**

The JCT Whole-School Team repurposed existing teaching and learning strategies for students and teachers in the physically distanced classroom and for students engaging with online learning from home. This is supported with a webinar, the recording of which is now online.

## **Online electives to facilitate a conversation on specific identified needs**

These online electives are designed to facilitate a conversation amongst groups of staff focused on specific identified needs. The thread, supporting student learning during COVID 19, is essential and core to each of the electives, irrespective of the one chosen. A school will typically choose one or two of these as part of their Whole School Day

- Supporting Student Learning in the JC Wellbeing Programme This will be updated in January 2021 to reflect the publication by the NCCA of the revised Wellbeing Guidelines
- Supporting Student Learning through the use of Digital Portfolios.
- Supporting Student Learning: Learning to Learn.
- Supporting Student Learning: Universal Design for Learning
- Supporting Student Learning: Considerations for Assessment

## **Support for school leaders**

A national roll-out of online CPD to school leaders: Leading And Managing A Student-centred Approach To Assessment – This will particularly look at the issue of "Over Assessment"

## **Support for the implementation of the Level 1 and Level 2 Learning Programmes in physically distanced schools**

JCT provides support in implementing the Curriculum of L1LPs and L2LPs in both Special Schools and mainstream Post-primary Schools

The L1 and L2 teams organise

- Self-directed online engagement
- A remote check-in call
- A 90 minute live support call
- A series of Webinars and live Zoom events

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## **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 Council for Curriculum and Assessment**

#### **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 the teaching and learning of PE within the context of social distancing and blended learning.