

Directory of Wellbeing CPD for Primary Schools

Overview

There are many professional learning opportunities available to support teachers and school leaders to engage with aspects of wellbeing. This document provides an overview of the CPD opportunities provided by the Department of Education (DE), its agencies, support services, other Government Departments and their agencies and includes information on how to access these supports. The CPD is set out under the four key areas of wellbeing promotion: **Culture & Environment**, **Curriculum (Teaching & Learning)**, **Policy & Planning** and **Relationships & Partnerships**.

Prepared by the Department of Education's Wellbeing Office

The table below outlines each topic and which of the four key areas of wellbeing promotion the topic is linked to. Some topics are relevant to more than one key area of wellbeing promotion. The topics are listed in alphabetical order.

CPD opportunities linked to topics/subject areas	Key area 1 Culture and Environment	Key area 2 Curriculum (teaching and learning)	Key area 3 Policy and Planning	Key area 4 Relationships and Partnerships
Anxiety Prevention and resilience building		X		
Child protection	X	X	X	X
Classroom Management Strategies			X	X
Critical incident	X		X	X
Mental Health	X	X		X
Physical Education/Physical activity	X	X		
Restorative Practice	X		X	X
School Leadership	X		X	X
School Staff Self Care and Wellbeing	X		X	X
Social and emotional skills		X		x
Special Educational Needs	X	X	X	X
SPHE	X	X	X	X
Wellbeing Promotion/whole school wellbeing	X	X	X	X

Primary

I am looking for training/support in	Wellbeing Key Area	Target Group	Title	Description	Offered by	How to access the support
Anxiety Prevention and resilience building	<ul style="list-style-type: none"> – CURRICULUM – RELATIONSHIPS & PARTNERSHIPS 	Primary Teachers	Friends for Life and Fun Friends Training	Online CPD training in Friends for Life and Fun Friends over four live webinars. This is an evidence-based anxiety prevention and resilience building programme based on ten classroom sessions in school.	NEPS	NEPS will communicate with schools during the year on the roll out of this training in their area, through local Education Support Centres.
Child Protection	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	DLPs and DDLPs and All school staff	Child Protection E-Learning Presentation Series	<p>This Child Protection E-learning Presentation Series is an online asynchronous version of our face-to-face seminar, based on the Revised Child Protection Procedures for Primary and Post- Primary Schools (December 2017). The E-learning presentation series is cross-sectoral.</p> <p>Session 1: Overview of Revised Procedures, Legislation and context Session 2: Outline of the role of the DLP Session 3: Record Keeping and Oversight for Board of Management</p> <p>Child Protection for Boarding Facilities associated with Recognised School 2023</p>	Oide Health and Wellbeing Team	E-learning presentation and accompanying resources are available at https://www.pdst.ie/primary/child-protection
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 		Oide Child Protection E-Learning Programme	<p>This ELearning programme is designed specifically to assist DLPs and DDLPs with the risk assessment process and the creation of a Child Safeguarding Statement using the DES templates. The training requires DLP and DDLPs to engage with three e-learning presentations</p> <p>As part of the Misneach programme for newly appointed School Principals, a current issues module provides scenarios in relation</p>	Oide Health and Wellbeing Team	<p>Whole staff training available at https://www.pdst.ie/child-protection-e-learning</p> <p>https://www.pdst.ie/child-protection-e-learning</p>

				to compliance with and implementation of Child Protection Policy.		
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	DLPs and DDLPs	Child Protection Seminars	<p>Following on from the newly updated Child Protection Procedures due to be published. This seminar will explore the requirements for the DLP and DDLP in relation to Child Protection. It will provide an overview of the content of the newly updated procedures. It will explore the role and requirements of the Designated Liaison Person and Deputy Designated Liaison Person. Record keeping and oversight will also be explored in this seminar.</p> <p>*subject to the publication of updated Child Protection Procedures</p>	Oide Health and Wellbeing Team	<p>These workshops will take place from May to June 2024</p> <p>DLP's and DDLP's can register to attend the course at https://www.pdst.ie/onlinebooking</p>
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	<p>Newly Qualified Teachers (NQTs) Primary and Post-Primary</p> <p>Teachers and School Leaders</p>	<p>Child Protection and Safety</p> <p>Stay Safe workshops (online)</p>	<p>This workshop is informed by Circular 0081/17 (DES), the Child Protection Procedures for Primary and Post-Primary Schools (DES: 2017) and the Children First document-National Guidance for the Protection and Welfare of Children 2017). Key responsibilities for teachers with regard to child protection and safety are outlined, including reasonable grounds for concern, mandated persons, threshold of harm, dealing with disclosures, route of referral and procedures for reporting and recording.</p>	<p>NIPT</p> <p>Oide Health and Wellbeing Team</p>	<p>NQTs can register to attend this workshop with their local Education Centre</p> <p>Teachers and School Leaders are invited to register for this online course in Term 1. www.pdst.ie/onlinebooking</p>

	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Teachers and School Leaders	Stay Safe workshops (online)	The Stay Safe programme is a mandatory personal safety skills programme for primary schools taught in the context of SPHE. The aim of the programme is to reduce vulnerability to child abuse and bullying through the provision of personal safety education for children. It is developmentally structured to enable primary school teachers to deliver an abuse prevention education that addresses personal safety issues such as physical, emotional and sexual abuse as well as bullying and stranger danger. The importance of building confidence and self-esteem and developing assertiveness and strong clear communication is emphasised throughout the programme.		Teachers and School Leaders are invited to register for this online course in Term 1. https://www.pdst.ie/onlinebooking
Classroom management strategies	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	All teachers	Incredible Years Teacher Classroom Management Training (IYTCM)	The IYTCM is an evidence-based programme for teachers that focuses on strengthening teacher classroom management strategies, improving classroom climate and fostering collaborative home-school relationships which leads to an increase in children's social, emotional and academic competence and reduces behavioural concerns. The programme is delivered over 6 day workshops approximately 1 month apart. Research, internationally and in Ireland, supports the effectiveness of the programme in significantly improving children's behaviour, the classroom environment and building teacher skill and confidence.	NEPS	NEPS will communicate with schools on the roll out of this face to face training. NEPS will communicate with schools during the year on the roll out of this training in their area.

		All teachers previously trained in 6 day IYTCM	Incredible Years Teacher Classroom Management Training (IYTCM) Refresher Training	This four-session refresher training is designed for teachers who have completed the six-day IYTCM Teacher Classroom Management training. The training recaps on the core principles of the programme and provides an overview of how teachers can support children's social, emotional and academic competence. Teachers are supported to see how the Hobfoll principles are woven throughout the training, for example structure and routine (safety), regulation of emotion (calming), problem-solving (self-efficacy), relationship building (connection) and positive messaging/predictions (hope).		
Critical Incidents	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	School Critical Incident management team	Responding to Critical Incidents in Schools: eLearning Course	This 3-4 hour eLearning course which is also available in Irish, allows self-directed learning by school staff at a time that suits them. Aimed specifically at the school's Critical Incident Management Team, but open to all interested staff. Downloadable resources and a follow up presentation to share with staff provided.	NEPS	The course will be advertised through the education centres. Alternatively contact your local NEPS office.
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	School leaders	Introducing a Trauma Informed Approach, The Stress Factor - Getting the Balance Right	The training is designed to support school staff in getting the balance right by creating environments that minimise stress and by teaching children and young people the skills needed to recognise and manage emotions, thoughts and actions in school. When this balance is right children and young people are available to learn and the school climate improves, benefitting all in the school community. The webinar explores diverse factors, influence the ability to tolerate stress, and how the stress response presents behaviourally in the school and class context.	NEPS	NEPS in conjunction with ESCI will deliver training to school. Please check your local Education centre website for information. Information will also be shared with schools from NEPS local teams in each NEPS region.

				<p>Staff are provided with an accompanying resources to compliment the information outlined in the training.</p> <p>This introduction will be followed by a series of special interest modules.</p>		
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	All school staff	Introducing a Trauma Informed Approach, The Stress Factor - Getting the Balance Right ELearning course	This training focuses on stress and its impact on wellbeing learning and behaviour. It provides practical advice on how best to manage stress for all in the school community including children and young people with additional needs and those who have experienced trauma. . Staff are provided with an accompanying resources to compliment the information outlined in the training.	NEPS	<p>This course was launched to all schools via Esinet and will continue to be available throughout the coming academic year.</p> <p>The course will be advertised through the education centres. Alternatively contact your local NEPS office.</p>
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS – POLICY AND PLANNING 	All teachers	Reluctant School Attendance (emotional based school avoidance)	This webinar provides schools with information on how to support pupils who display reluctant attendance and school avoidance behaviour. This includes those pupils who are reluctant about attending school, those who miss days regularly, and those who are continually absent from school. It provides best practice for schools in supporting children and young people to attend and stay in school.	NEPS	NEPS in conjunction with ESCI will deliver training to school. Please check your local Education centre website for information. Information will also be shared with schools from NEPS local teams in each NEPS region
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	All teachers	Responding to Self-Harm in Schools- Guidance for school Staff	This training aims to build awareness, knowledge and understanding of self-harm within schools. It will provide practical guidance and resources to staff supporting children and young people who are self-	NEPS	Please discuss with your assigned psychologist or contact your local NEPS office

	– POLICY AND PLANNING			harming or at risk of self-harm. The Presentation will also introduce school staff to a new NEPS guidance document on Responding to Self-Harm in Schools.		
	– CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS	All teachers	Guidance for School Staff - Using Psychological First Aid	Psychological First Aid is a way of providing support to someone experiencing distress. It gives a structure to guide conversations with members of the school community who are distressed or have experienced a traumatic event. The training takes you through this structure and consider how PFA might be used in the school setting. PFA operates within the normal teacher-student relationship and does not require specialist counselling skills.	NEPS	Please discuss with your assigned psychologist or contact your local NEPS office
Physical Education/Physical Activity	– CULTURE & ENVIRONMENT – CURRICULUM –	Teachers and School Leaders	Developing Pupil Wellbeing through PE PE Workshop	Physical Education provides a wonderful opportunity to promote and develop pupil wellbeing. Building on the messages of the Wellbeing Policy Statement and Framework for Practice, this practical two hour workshop will explore a number of strategies that can be used to build and promote positive pupil experiences as part of a whole school PE programme.	Oide Health and Wellbeing Team	These workshops will take place from October to November 2023 Participants can register to attend the course at https://www.pdst.ie/onlinebooking
[20]	– CULTURE & ENVIRONMENT – CURRICULUM	Teachers and School Leaders	Gymnastics for All PE Workshop	This workshop aims to develop teachers' confidence and competence to safely teach a wide variety of skills from the gymnastics strand of the PE curriculum. Within this practical two hour workshop teachers will explore the use of movement in a creative way in a response to set tasks, both individually and with others.	Oide Health and Wellbeing Team	These workshops will take place from January to March 2024 Participants can register to attend the course at https://www.pdst.ie/onlinebooking
	– CULTURE & ENVIRONMENT CURRICULUM	Teachers and School Leaders	Developing Physical Literacy in the PE lesson PE Workshop	This two hour practical workshop will explore physical literacy. Teachers will have opportunities to experience a number of practical strategies which support the development of pupils' physical literacy in PE	Oide Health and Wellbeing Team	These workshops will take place from April to May 2024 Participants can register to attend the course at https://www.pdst.ie/onlinebooking

	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM 	All teachers	Wellbeing through physical activity	The aim of this training is to support teachers to take a Whole School Approach to Physical Activity guided by 3 key HSE resources 'Get Active in the Classroom', 'Get Your School Walking' and 'Active Playgrounds'. All attendees receive a copy of each resource.	HSE Health and Wellbeing	You can register to attend here www.hse.ie/schoolswellbeing
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – 	Teachers and School Leaders	Physical Literacy Seminar 5 – Developing Physical Literacy through Knowledge and Understanding	This seminar is the 5th and final seminar of a series of seminars using the Move Well, Move Often resource. This seminar focuses on developing knowledge and understanding as a key component of Physical Literacy Development. Knowledge and Understanding refers to the cognitive domain and includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments. An understanding of this domain, and how to explore it as part of a programme for Physical Literacy development is essential for teachers to address the holistic wellbeing of each individual child.	Oide Health and Wellbeing Team	<p>These seminars will take place from October to November 2023</p> <p>Participants can register to attend the course at https://www.pdst.ie/onlinebooking</p>
	<ul style="list-style-type: none"> – CURRICULUM – POLICY & PLANNING 	Teachers and School Leaders	Physical Literacy and Wellbeing Summer Course	Physical Literacy is the ability to move with confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole child. This summer course aims to support teachers with developing physical literacy while nurturing children's social and emotional growth. The week will be fun and practical in nature and will include workshops on all strands of the PE curriculum suitable for teachers of all classes from Infants - 6th.	Oide Health and Wellbeing Team	This summer course will take place in July and August 2024. Participants can register to attend the course via their local Education Centre.

				Participants who complete the course will qualify for 3 EPV days.		
School Leadership	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Principals experiencing professional challenge	Bespoke Sustained Mentoring	Bespoke sustained mentoring support from an experienced principal who has engaged in advanced training in mentoring.	Oide	Email amrooney@cslireland.ie
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Principals	Coaching	1:1 and Team Coaching from trained executive coaches for the Principal and for the school's leadership team	Oide	You can find information on the application here: https://www.cslireland.ie/coaching-for-principals/information-about-csl-coaching-service.html
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Newly appointed Principals	Mentoring	Bespoke Sustained Mentoring for a newly appointed principal experiencing professional challenge. 1:1 mentoring from an experienced and trained primary principal leading a school with a similar context	Oide	Email: office@cslireland.ie
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS – 	All school leaders	Wellbeing supports	<p>The EAS provides advice and support to managers and school leaders and delivers interventions to help them deal with health and wellbeing issues in the workplace.</p> <p>The EAS is available 24/7 to support and to advise school leaders who are struggling to cope with the pressures of a management role. Experienced counsellors can discuss possible ways that you could lessen the impact these stressors are having on your mental health and suggest further support services whenever needed. On initial contact, school staff are provided with a Mental Health Consultation with a certified counsellor or psychotherapist, they will provide emotional support and</p>	Spectrum Life	https://www.gov.ie/en/service/23acf5-employee-assistance-service/

				<p>recommendation for next step which may include 6 counselling sessions, or online CBT programme.</p> <p>The EAS service provides access to online Wellbeing Series and Digital Gym available to all teachers and staff to access as part of the service. The Wellbeing Series runs each week, on a wellbeing topic aligned with HSE Calendar. Throughout the year the EAS service provides quarterly zoom presentations on the EAS service open for all school staff to attend, wellbeing presentations on key topics and other topical wellbeing content such as the addition of Women's Wellbeing Series onto the platform in 2023.</p>		
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Newly appointed Principals	<ul style="list-style-type: none"> – Leading a culture in which learning flourishes – Leading change – Building Relationships and Communication – Leading and managing meetings – Fostering a culture of collaboration 	This series of modules take place as part of the Misneach programme. They address issues of culture and change as well as supporting enhanced communication and collaboration within the schools	Oide Leadership Team	<p>Misneach 2 – November 2023</p> <p>Misneach 4 – October 2023</p>
[30]	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING 	Newly appointed principals	<ul style="list-style-type: none"> – Leading Inclusion 	This series of modules take place as part of the Misneach programme. They address issues relevant to the leadership of teaching	Oide Leadership Team NCSE	<p>Misneach 2 – November 2023</p> <p>Misneach 4 – October 2023</p>

	– RELATIONSHIPS & PARTNERSHIPS		– Leading Teaching and Learning – Fostering Teacher Professional Development	and learning, of inclusion and of professional development in schools		
	– CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS	Newly appointed principals	– Leading school priorities – Plean Scoile – Leading Inclusion – Critical incident and NEPS support	This series of modules take place as part of the Misneach programme. They address issues related to policy and planning and are supported by colleagues in other organizations including NEPS and the NCSE	Oide Leadership Team NEPS NCSE	Misneach 2 – November 2023 Misneach 4 – October 2024
	– CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS –	Newly appointed principals	– Emotional Intelligence – Conflict management – Building Trust – Coaching and Mentoring – Critical reflection – Partnership with parents – Leading Wellbeing	This series of modules take place as part of the Misneach programme. They look to develop the skills and competencies of school leaders in the areas of relationships and partnerships. The module on Partnership with parents is provided in conjunction with the staff from the National Parents' Council. A reflection on mentoring is provided by staff of the Centre for school leadership.	Oide Leadership Team The National Parents Council CSL	Misneach 2 – November 2023 Misneach 3 – March 2024
	– CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS	Newly Appointed Deputy Principals	– Leading Inclusion – Leading Teaching and Learning – Leading Change and SSE – Digital Learning	This series of modules address key issues in the arena of Teaching and Learning for newly appointed Deputy Principals	Oide Leadership Team NCSE	Tánaiste programme – August 2023 – June 2024

	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Newly appointed Deputy Principals	<ul style="list-style-type: none"> – Building Relationships – Conflict management – Collaboration with Principals 	A series of modules are provided on the programme to develop the awareness and skills in these key areas. Two online meetings with their school Principal are provided to facilitate professional conversations around key areas of collaboration between Principal and Deputy.	Oide Leadership Team	Tánaiste programme – August 2023 – June 2024
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS – 	Assistant Principals 1 and 2	<ul style="list-style-type: none"> – Effective Communication – Conflict and challenging conversations – Leading Teaching and Learning – The role of the Assistant Principal – Exploring School Culture 	These modules are provided as part of the Comhar programme for Assistant Principals. The programme takes place both in person and online during the winter period.	Oide Leadership Team	Comhar Programme November 2023- February 2024
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	School Leadership Teams	<ul style="list-style-type: none"> – Self-care and resilience – Building Trust in schools – Creating reservoirs of hope – Collaboration 	This series of modules as part of the Forbairt programme provide Leadership Teams with a series of reflections to enhance resilience and sustainability. In working as a team through this programme, the group reflect on leadership practices within the school and define an area for improvement as part of their Leadership Development Project.	Oide Leadership Team Professor John West Burnham.	Forbairt Programme – September 2023 – May 2024
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Newly designated DEIS schools and new Principals and Deputies in DEIS schools	– Action Planning in DEIS schools	This series of three engagements (1 x 2 hour online workshop and two full day in person seminars) to support action planning in DEIS schools. These seminars look to support school leaders in developing their planning to support the most at risk students in DEIS contexts and to ensure that effective actions are used to support improvement.	Oide Leadership Team	DEIS seminars – September 2023- January 2024.

	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 		Developing a School Plan	Critical Incident policy and plan. The Intervention section offers guidance on how to respond to traumatic events. As part of this workshop the importance of Critical Incident Planning is highlighted as well as availability of the above supports from NEPS.	Oide Leadership Team and NEPS	Schools are invited to register for this course online via the NEPS section of the DE website. A specific input on this is provided for participants on Misneach.
School Staff Self Care and Wellbeing	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS – 	All school staff	Wellbeing and Self Care supports and services	Spectrum.Life the Employee Assistance Service (EAS) provides advice to all school staff and family members (aged 18 years + living at home) by trained therapists on a range of Wellbeing and Mental Health issues. Case Managers who work on the 24/7 phone lines, sms and WhatsApp are all qualified and accredited counsellors and psychotherapists. On initial contact, school staff are provided with a Mental Health Consultation with a certified counsellor or psychotherapist, they will provide emotional support and recommendation for next step which may include 6 counselling sessions, or online CBT programme. The EAS also provides emotional support and advice to managers and school leaders and delivers interventions to help them deal with health and wellbeing issues in the workplace. The EAS service provides access to online Wellbeing Series and Digital Gym available to all teachers and staff to access as part of the service. The Wellbeing Series runs each week, on a wellbeing topic aligned with HSE Calendar. Throughout the year the EAS service provides quarterly zoom presentations on the EAS service open for all school staff to attend, wellbeing presentations on key topics and other topical wellbeing content such as the addition of Women's Wellbeing Series onto	Spectrum Life	https://www.gov.ie/en/service/23acf5-employee-assistance-service/

				the platform in 2023 completely free of cost.		
[40]	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	All teachers	Teacher Wellbeing In-school Support	The PDST Primary Health and Wellbeing Team facilitates in-school bespoke support for schools in Teacher Wellbeing. This support explores the concept of wellbeing and how teachers can be supported in maintaining and developing their wellbeing. It outlines a range of strategies teachers can adopt towards benefitting their personal and professional wellbeing.	Oide Health and Wellbeing Team	To avail of in-school support for teacher wellbeing, register here www.pdst.ie/schoolsupport
Social and Emotional Skills	<ul style="list-style-type: none"> – RELATIONSHIPS & PARTNERSHIPS 	Sixth class teachers and special education teachers	Get Up! Stand Up! (GUSU)	30 minute online training for teachers on Get Up! Stand Up! (Version 2), a 7 session social skills learning programme for young adolescents (6th class and 1st years) developed by NEPS. It covers themes such as 'Friendship', 'Dealing with Teasing and Intimidation' and 'Resilience and Coping'.	NEPS	Teachers send an email to GUSU@education.gov.ie with their name and school name and address and they will be forwarded: a link to a 30 minute information/training video a copy of the GUSU manual
	CURRICULUM	Teachers of 5-7 year olds	Zippy's Friends	<p>Zippy's Friends is an evidence based programme for teaching social and emotional skills to 5-7 year olds. The programme has been evaluated in Ireland and internationally.</p> <p>Teachers can attend either:</p> <ul style="list-style-type: none"> – 1 day in-person training – suitable for all teachers. <p>Or</p> <p>2 hour online training – suitable only for teachers experienced in delivering SPHE to this age group.</p>	HSE Health and Wellbeing	You can register to attend here www.hse.ie/schoolswellbeing
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	All schools	<u>Every Moment Counts:</u> <u>Promoting Wellbeing &</u>	This workshop will explore the implementation of a multi-tiered public health approach to mental health and wellbeing involving promotion, prevention, and intervention with children and youth in	NCSE	https://www.eventbrite.ie/e/695284854717?aff=oddtcreator

			<u>Inclusion in Irish Schools</u>	<p>school and community settings. Practical examples of how innovative activity-based programmes and strategies can be implemented to promote successful participation and inclusion during academics, socialisation, play/break time, and after-school will be provided. Examples of collaborative services (OT, SLT, teachers) integrated in academic (classroom) and non-academic (lunchtime, yard, art, etc.) settings will also be shared. Creative strategies for helping youth participate in meaningful, community-based leisure will be provided. Implementation actions to support the effective application of this approach in Irish schools will be described.</p> <ul style="list-style-type: none"> – The workshop will also consider the role of school-based change leaders (i.e. those with the knowledge and confidence to change practice) in building the capacity of schools to implement this approach. 		
Special Educational Needs	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	All teachers	n/a	<p>The NCSE provides a variety of Teacher Professional Learning events to support teachers working with students with a range of learning needs. Schools can also apply for in-school support from our team of specialist advisors who are experts in the areas of inclusion and wellbeing.</p>	NCSE	<u>Teacher Professional Learning – National Council for Special Education (ncse.ie)</u>
SPHE (including RSE)	<ul style="list-style-type: none"> – CURRICULUM – POLICY & PLANNING – CULTURE & ENVIRONMENT 	All school staff	SPHE E-learning programme	<p>This suite of resources developed by the PDST Primary Health and Wellbeing Team will support your understanding of the Primary SPHE curriculum. Each of the videos will enable participants to learn about the SPHE curriculum, how to plan for teaching and learning in SPHE, how to adopt a whole</p>	Oide Health and Wellbeing Team	<p>This E-learning programme, and other SPHE support materials and resources are available here https://www.pdst.ie/SPHE</p>

	<ul style="list-style-type: none"> – RELATIONSHIPS & PARTNERSHIPS 			school approach to SPHE and how to select appropriate resources specific to your school context and pupils' needs.		
	<ul style="list-style-type: none"> – CURRICULUM – POLICY & PLANNING – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	Teachers and School Leaders	Relationships and Sexuality Education (RSE) Full day seminar	The seminar aims to support teachers and school leaders to improve their confidence and competence in teaching and learning of Relationships and Sexuality Education, from Junior Infants to Sixth Class. This full-day, face-to-face seminar explores the sensitive elements of RSE within the context and structure of a whole school approach to SPHE in the primary school	Oide Health and Wellbeing Team	This summer course will take place in July and August 2024. Participants can register to attend the course via their local Education Centre.
	<ul style="list-style-type: none"> – CURRICULUM – POLICY & PLANNING – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	Teachers and School Leaders	Relationships and Sexuality Education (RSE) Summer Course	This Summer Course will explore Relationships and Sexuality Education in a fun, supportive and engaging manner. Take a deeper dive into the role and function of RSE policy, experience a range of active learning methodologies and teaching materials and consider how the Wellbeing Policy Statement and Framework for Practice and SSE can enhance RSE provision in your school. This practical, interactive course will give teachers and school leaders an opportunity to reflect on their own experiences of teaching and learning in SPHE and RSE and how to cultivate a positive culture and climate in their school. Participants who complete the course will qualify for 3 EPV days.	Oide Health and Wellbeing Team	This summer course will take place in July and August 2024. Participants can register to attend the course via their local Education Centre.
	<ul style="list-style-type: none"> – CURRICULUM – POLICY & PLANNING – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	All school staff	RSE Seminars (face-to-face)	The focus of the seminar is primarily on teaching the sensitive elements of RSE from Infants to Sixth class, in the context of Social, Personal and Health Education. The seminar includes: An overview of RSE as a core component of SPHE The role and function of an RSE policy Methodologies for teaching RSE	Oide Health and Wellbeing Team	These seminars will take place from January to March 2024 You can register to attend this seminar here www.pdst.ie/onlinebooking

				Creating a safe classroom environment		
	<ul style="list-style-type: none"> – CURRICULUM – POLICY & PLANNING – 	All school staff	Relationships and Sexuality Education (RSE) Resources Pre-recorded webinar	This pre-recorded webinar outlines the practical resources that are available to support teaching and learning in the RSE element of SPHE, by focusing on teaching children about relationships from Junior Infants to Sixth Class as part of a positive culture and climate. The webinar also highlights the options available for RSE in-school support, and advises participants on how to apply.	Oide Health and Wellbeing Team	You can watch this pre-recorded webinar here https://www.pdst.ie/primary/health-wellbeing/RSE
Suicide Prevention Training	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	<p>All Teachers</p> <p>All Teachers</p> <p>Guidance Counsellors, Year Heads and those in a pastoral role</p>	<p>START – Online Suicide Prevention Gatekeeper Training</p> <p>SafeTALK</p> <p>ASIST</p>	<p>Suicide Prevention Gatekeeper Training, 90 minute self-directed online training programme.</p> <p>Suicide Prevention Gatekeeper Training Internationally recognized 3.5 hour face to face training programme that supports participants to identify and engage with people who have thoughts of suicide and connect to help.</p> <p>Suicide Prevention Gatekeeper Training. 2 day face to face training programme that equips participants for an effective suicide intervention role.</p>	NOSP	Accessed by linking with local Resource Officer for Suicide Prevention, link to contact details HERE
[10]	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – RELATIONSHIPS & PARTNERSHIPS 	Guidance Counsellors, Year Heads & those in a pastoral role.	Understanding Self-Harm	1 day face to face training programme to reduce the stigma of self-harm, improve individual awareness and sensitivities to self-harm and promote effective care for those who self-harm.	NOSP	Accessed by linking with local Resource Officer for Suicide Prevention, link to contact details HERE
	–	All Teachers	Introduction to Self-Harm	A two hour online workshop to develop participants knowledge and understanding and the reasons underlying of self-harm.	NOSP	Accessed by linking with local Resource Officer for Suicide

						Prevention, link to contact details HERE
	–	Teachers undertaking a pastoral role in the school environment.	Providing support to those bereaved through suicide.	A one day face to face training or 5 hours training that supports participants to develop knowledge and understanding of the grieving process and to enhance their skills in supporting people bereaved by suicide.	NOSP	Accessed by linking with local Resource Officer for Suicide Prevention, link to contact details HERE
Ukraine – supports for students from the Ukraine [50]	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	School Leaders Teachers		This one hour webinar introduces how school staff (or individual teachers) that are new to, or reviewing how they support children and young people from Ukraine and other cultural and linguistically diverse backgrounds can address wellbeing needs. The webinar outlines how to adopt key psychosocial principles (the Hobfoll principles) that have been found to be effective at addressing wellbeing needs of those impacted by a traumatic event. Practical strategies to support the principles are shared with attendees. The last 15 minutes of the webinar is for Q & A.	NEPS	NEPS in conjunction with ESCI will deliver training to school. Please check your local Education centre website for information. Information will also be shared with schools from NEPS local teams in each NEPS region.
Wellbeing Promotion	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Whole staff attendance facilitated	In school support is available in varied areas.	Tailored Support and Development programmes for individual schools in specific areas, identified through consultation with NEPS.	NEPS	Schools agree with their assigned NEPS psychologist based on the school population and context.
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	All staff	Embracing Diversity	This training is offered over two, two-hour sessions and is an invitation to all to reflect on cultural diversity, our role in supporting it and why cultural diversity matters. The content includes looking at cultural and linguistic diversity in Ireland today, the reasons why it is important to promote inclusive education, key psychological constructs such as bias, stereotyping and	NEPS	NEPS in conjunction with ESCI will deliver training to school. Please check your local Education centre website for information. Information will also be shared with schools from NEPS local teams in each NEPS region

				intersectionality, inclusive language and examples of good practice in schools. As well as listening to presentations, attendees will be encouraged to engage in some self-reflection to identify where they are in their attitudes and behaviours. At the end of the training attendees will be supported to <u>identify key areas for an action plan</u> using the Wellbeing Framework for Policy and Practice.		
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS – 	<p>Teachers</p> <p>School Leaders</p> <p>Whole Staff</p> <p>Groups of Teachers</p>	Health and Wellbeing in-school support	<p>In-school support for schools in the areas of SPHE, RSE, Child Protection (Stay Safe), Anti-bullying, Teacher Wellbeing, Restorative Practice, Wellbeing in Education (SSE), PE, Physical Literacy, Fundamental Movement Skills, Physical Activity and Movement Breaks is available for schools who apply for support using the PDST online application system.</p> <p>Support is bespoke and tailored to the needs of the school and can take many formats including in-class lesson modelling, teacher professional dialogue, whole school training, sustained support, communicative support via phone and email, online training via Zoom, policy and planning support.</p>	Oide Health and Wellbeing Team	This support is available year round and tailored to the needs of the school. Apply via https://www.pdst.ie/schoolsupport
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING RELATIONSHIPS & PARTNERSHIPS 	All teachers	Wellbeing through healthy eating policy development	<p>This training has been developed as a resource to guide and support schools to develop /implement a new policy or review and improve an existing policy on healthy eating using a whole school approach. Participants will receive a Toolkit to guide the process of developing a policy for their school.</p>	HSE Health and Wellbeing	Book your place via www.hse.ie/schoolswellbeing
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING 	Teachers and School Leaders	Wellbeing in Education Full day seminar	The final phase of Wellbeing in Education full day, face-to-face seminars will focus on whole-school wellbeing promotion and exploring how school partners can work	Oide Health and Wellbeing Team	These seminars will take place from October to November 2023

	<ul style="list-style-type: none"> – RELATIONSHIPS & PARTNERSHIPS – 			<p>together to enhance the wellbeing of a school community.</p> <ul style="list-style-type: none"> – Explore how to use the Wellbeing Policy Statement and Framework for Practice document to engage in wellbeing promotion using the six-step process of SSE – Explore the definition of wellbeing according to the Framework, important theory underpinning the framework and evidence-based research on why wellbeing promotion in schools is important – Critically reflect on wellbeing promotion within their own school context and consider their next steps in terms of initiating wellbeing promotion in their own school <p>Identify a range of resources and support structures that are in place to support schools in using SSE for wellbeing promotion</p>		<p>Participants can register to attend the course at www.pdst.ie/onlinebooking</p>
		Teachers and School Leaders	Wellbeing in Education webinars	<p>Teachers and school leaders who attended the Wellbeing in Education seminars last year (Phase 2) are encouraged to invite their whole staff to engage with these webinars. Webinar 1 explores the rationale, background and structure of the Wellbeing Policy Statement and Framework for Practice document as well as the roles and responsibilities of schools in Wellbeing Promotion. Opportunities are provided to reflect on current understanding and practice of Wellbeing Promotion in your school.</p> <ul style="list-style-type: none"> – Webinar 2 explores how to begin the process of Wellbeing Promotion in schools and set out how the framework and the SSE Process can support your 	Oide Health and Wellbeing Team	<p>Schools who attended the Wellbeing in Education seminars can utilize these webinars to share the key messages with their full school staff. Schools can progress through each Webinar in their own time, at a time that suits them. A workbook has been developed to accompany these webinars, available in English here and Irish here.</p> <p>Webinars are available at https://www.pdst.ie/primary/health-wellbeing/wellbeing-webinars</p>

				school when initiating a Wellbeing review. Further support and resources available to schools are also highlighted. We recommend that schools complete the presentations in sequential order.		
	–		Health and Wellbeing in-school support	<p>In-school support for schools in the areas of SPHE, RSE, Child Protection (Stay Safe), Anti-bullying, Teacher Wellbeing, Restorative Practice, Wellbeing in Education (SSE), PE, Physical Literacy, Fundamental Movement Skills, Physical Activity and Movement Breaks is available for schools who apply for support using the PDST online application system.</p> <p>Support is bespoke and tailored to the needs of the school and can take many formats including in-class lesson modelling, teacher professional dialogue, whole school training, sustained support, communicative support via phone and email, online training via Zoom, policy and planning support.</p>	Oide Health and Wellbeing Team	This support is available year round and tailored to the needs of the school. Apply via https://www.pdst.ie/schoolsupport
	<ul style="list-style-type: none"> – CULTURE & ENVIRONMENT – CURRICULUM – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	All teachers	Wellbeing Webinar	<ul style="list-style-type: none"> – A recording of a Teaching Council hosted webinar where the theme of wellbeing was discussed by the panellists. – FÉILTE Wellbeing panel discussion (October2022). A panel discussion entitled ‘Wellbeing in the Staffroom’ was held at FÉILTE, a recording of same is available on the FÉILTE page of teachingcouncil.ie website – ‘Spotlight on Wellbeing’ – Each month, the Teaching Council highlights a resource linked to the area of wellbeing e.g. a podcast, an ebook from our library or other research ezine. <p>FÉILTE 2023 will take place on Saturday 7 October in Portlaoise, Co. Laois. This will</p>	The Teaching Council	<p>https://www.teachingcouncil.ie/professional-learning/research</p> <p>FÉILTE 2022 Wellbeing in the Classroom Panel discussion (vimeo.com)</p> <p>Spotlight on Wellbeing - Teaching Council</p>

				feature workshops and showcases on the theme of wellbeing.		
	<ul style="list-style-type: none"> – CURRICULUM – CULTURE & ENVIRONMENT – POLICY & PLANNING – RELATIONSHIPS & PARTNERSHIPS 	Teachers, Leaders, SNA's, School Staff, Parents, BO M's	Various	<ul style="list-style-type: none"> – A range of Local, Regional and National Wellbeing courses tailored to support the identified needs of school communities. 	ESCI	www.esci.ie CPD Courses for Irish Primary and Post Primary Teachers Ireland (esci.ie)
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Notes

- Face to face CPD is subject to public health guidelines.
- Substitution cover may be available for some CPD listed. More information on substitution can be found through the contacts link provided.