



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

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

Within the context of supporting the wellbeing of school communities the Department services will work with schools over the coming academic year in 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 CPD and support for post primary schools during phase 1. This resource can be used alongside the catalogue of online resources.

The following is a list of supports available for post primary schools in transitioning back and settling into school. Click on underlined sections for further information on resources and services.

National Educational Psychological Service (NEPS) –

Wellbeing Webinar for Post Primary Schools and complementary Wellbeing Toolkit for 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

Casework with Students

Bespoke visits by allocated psychologist, including direct and indirect casework facilitated remotely or face to face. (Public Health advice will influence what may be possible).

- **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 or face to face to build school/teacher capacity to support the needs of all students and particular students.

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

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.

Professional Development Service for Teachers (PDST) –

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

Support for Teacher Wellbeing

Bespoke teacher wellbeing support facilitated remotely Applications can be made via www.pdst.ie/schoolsupport

Support for Wellbeing of School Leaders

Bespoke support through targeted programmes for school leaders, 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

Bespoke School Support in SPHE/ Wellbeing/PE

Bespoke School Support provided remotely using School Self-Evaluation 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.

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

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

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

HSE Health Promotion for Schools –

School Staff Wellbeing

A course to support teachers explore strategies for supporting their own wellbeing with a particular emphasis on good self-care practices.

School Staff Wellbeing Stress Control

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

Centre for School Leadership (CSL) –

Support for Principals

1:1 Coaching – online using video technology

Support for School Leadership Teams

Team coaching for school leadership teams – face to face using video technology and online support for school leadership teams.

National Centre for Guidance in Education (NCGE) –

Whole School Guidance Planning and Skills for Guidance Counsellors

A series of live 90 minute webinars (September – December) for Guidance Counsellors and school management providing

- Covid-19 specific information such as confidentiality policies and skills development for online delivery of guidance in schools in association with DCU
- A focus on self-care and reflective practice for the guidance counsellor.

These webinars will continue to be available to access at any time after being uploaded.

The first webinar which can be accessed [here](#) aims to prepare Guidance Counsellors to support the class of 2020 in terms of receiving their calculated grades, appealing the results, sitting the examinations and receiving their offers.

NEPS has created a webinar on Psychological First Aid which can be accessed [here](#). This webinar was created for Guidance Counsellors as they prepare to offer support to students from the Leaving Certificate class of 2020 upon the release of their calculated grades on September 7th.

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 wellbeing of Guidance Counsellor, and the student as the Guidance Counsellor can professionally seek consultation on issues arising for students & affecting their guidance practice

The National Council for Special Education (NCSE) –

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

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

Webinar - Mental health and autism - Support for students with Autistic Spectrum Disorder (In association with [Middletown Centre For Autism](#))

A 4 Sessions course 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) - Support for Junior Cycle

Bespoke support facilitated remotely via phone, email and online platforms by the Leadership, Whole School, L1/L2Ps, SPHE and CSPE Teams to support the wellbeing of students through the Junior Cycle Wellbeing Programme.

In collaboration with the NCCA and the Department, a webinar is available on SPHE Teaching Supports for the Return to School. The webinar can be accessed [here](#) and also [here](#).