



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

# **Directory of Online Support for Primary Schools in Returning and Settling into School**

## **September 2020**

The following is a list of supports and resources available for primary school staff as schools reopen. Hold down the CTRL key and click on underlined sections for further information on resources and services.

## National Educational Psychological Service (NEPS) –

### Wellbeing Webinar for 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 pupils 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

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

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

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

## **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.

## **Resources to support children's transition to junior infants**

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

## **Centre for School Leadership (CSL). –**

### **Mentoring for newly appointed principals**

Information and guidance to complement mentoring practice including: online modules on wellbeing, articles, research, blogs and social media information.

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

### **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.

## **Tusla Education Support Service (TESS) –**

### **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.

## **Professional Development Service for Teachers (PDST) –**

### **An Introduction to Primary SPHE**

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

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

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

## Professional Development Service for Teachers (PDST) –

### Children's Books for Wellbeing - An exploration of picture books and novels which may support teaching and learning in Social, Personal and Health Education in the primary school

This resource explores how the use of Children's picture and story books can bring the subject of SPHE 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.

### 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 Breaks and Energisers to stimulate learning
- Resources to support Physical Literacy development
- Planning tools and strategies
- Resources to support Physical Literacy development

### An Introduction to Physical Literacy E-Learning programme

An online suite of Physical Literacy resources, including:

- Interactive e-learning programme for primary schools - *An Introduction to Physical Literacy*
- Resources to support the development of physical literacy for children with SEN and disabilities
- 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 will enable 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 for children with SEN
- Resources to support children through Grief and Loss
- Learning and development opportunities for teachers
- Resources that support children's psychological health and wellbeing
- Resources to support Teacher 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

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

## 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