



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

Directory of Wellbeing Supports and Online Resources for Primary School Parents on the Return and Settling into School

August 2020

The following is a list of supports and resources available for parents as schools reopen and pupils settle in. Click on underlined sections for further information on resources and services.

Resources to Support Children's Transition to Junior Infants

- [National Educational Psychological Service](#) - Pre-school to primary transition [Guidance for parents](#) and [podcast](#) (more from NEPS below)
- [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.

[National Educational Psychological Service \(NEPS\)](#) –

On-line Wellbeing Guidance and Advice

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

- returning to primary school
- 6th 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

Support for Students

NEPS psychologists will work with teachers and parents regarding their concerns about specific children and offer advice and support to address these needs. Where COVID-19 restrictions apply this may be done by phone, email or video link rather than face-to-face. Contact your school principal for appointments

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.

HSE Wellbeing - Stress Control Training

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

Professional Development Service for Teachers (PDST) –

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
- Resources for children with SEN
- Learning and development opportunities for teachers
- Resources to support Teacher Wellbeing

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

The National Council for Special Education (NCSE) –

Behaviour Support Pack for Children and Young People with Additional Needs

Downloadable resource to support parents to:

- understand behaviours of concern
- support parents to implement strategies to promote positive behaviour and learning at home.

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 and occupational well-being
- support the development of language and communication skills

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

Visits by the Visiting Teachers to support students, parents, and staff to meet the needs of pupils who are blind/vision impaired or deaf/hard of hearing.

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