



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

# Directory of Wellbeing CPD and Support for 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 the context of specific 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 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 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 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

#### **Casework with pupils**

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 pupil's teachers and/or parents, to facilitate a common understanding of the issues and agree a plan to support the pupil. The pupil's views are sought and represented by the teachers and parents.
- **Direct casework:** The psychologist engages in direct face to face work with the pupil or observes the pupil and consults with their teachers/parents/other professionals, to facilitate a common understanding of the issues and agree plan to support the pupil.

#### **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 pupils and particular pupils.

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

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

**Support for Principals**

**Support for School Leadership Teams**

1:1 Coaching – online using video technology

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

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

### **Support for Teacher Wellbeing**

Bespoke teacher wellbeing support facilitated remotely via phone, email and online platforms.

### **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

### **Child Protection CPD for DLPs and DDLPs**

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

### **CPD and School Support for Primary Schools**

Bespoke school support and CPD in all areas of Health and Wellbeing including Social, Personal and Health Education (SPHE), Anti-bullying (including internet safety and cyber-bullying), Restorative Practice, Physical Education (PE), Relationships and Sexuality Education (RSE) and Wellbeing Promotion facilitated remotely via phone, email and online platforms.

## **Employee Assistance Service 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.

## **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 pupils, 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 pupils with ASD (In association with Middletown Centre For Autism)**

A 4 Sessions course over 2 Days will support school leaders, teachers and SET's to support pupils with ASD around mental health and managing anxiety. The course addresses understanding and promoting positive mental health in pupils with autism.