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

#### 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](https://www.gov.ie) site for more information.