



An Roinn Oideachais  
Department of Education

An tSeirbhís Náisiúnta Síceolaíochta Oideachais  
National Educational Psychological Service



**wellbeing  
in education**

# Catalogue of Wellbeing Resources for Post Primary Schools

Updated August 2024

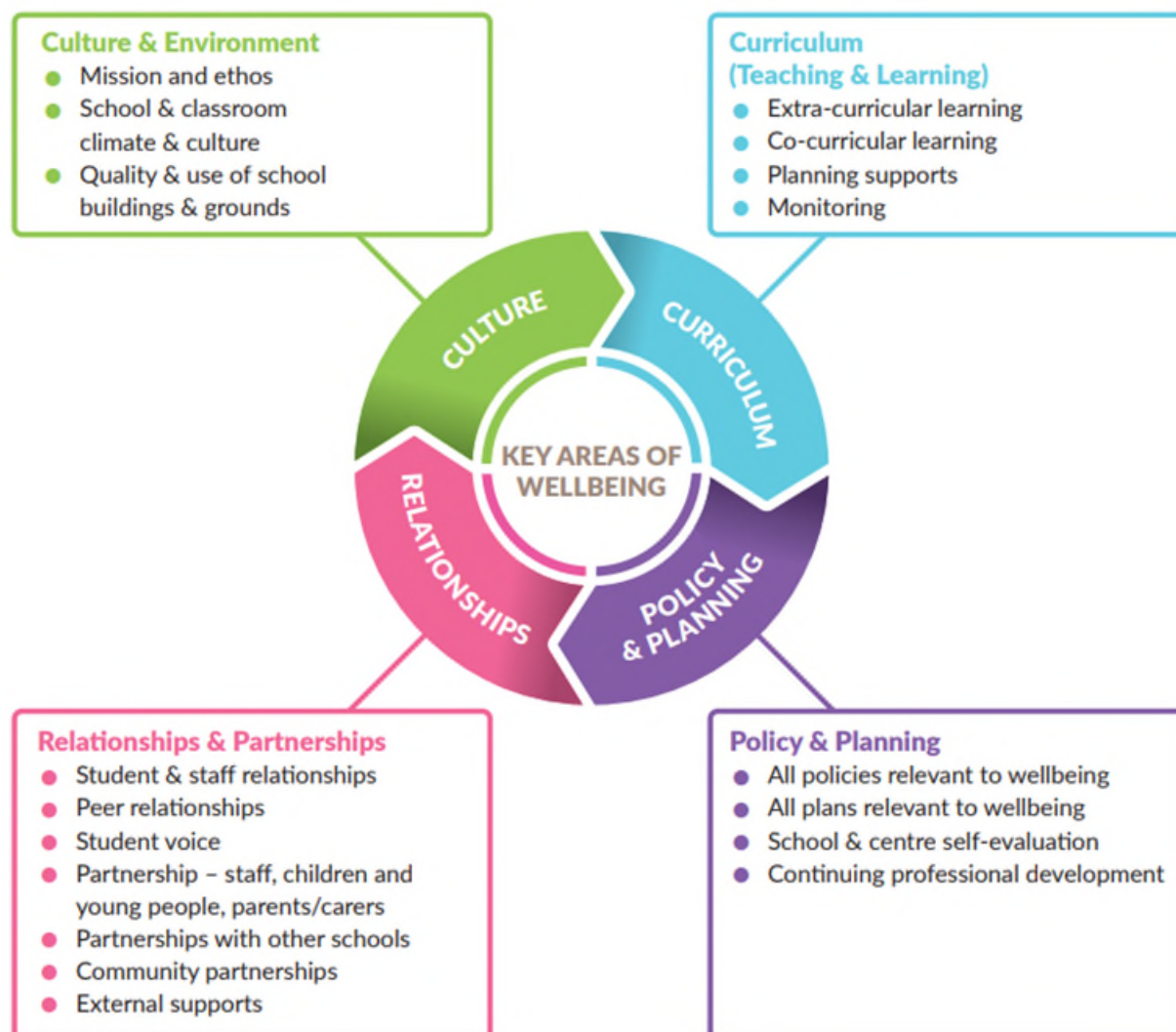


# Catalogue of Wellbeing Resources for Post Primary Schools

The Catalogue of Wellbeing Resources provides a non-exhaustive list of documents and resources that are provided by the Department of Education (DE), its agencies, support services, other Government Departments and their agencies and by the Health Service Executive (HSE) to assist the promotion of wellbeing across school communities. This resource can be used alongside the Directory of Teacher Professional Learning (TPL) which lists relevant TPL to support the wellbeing of all in the school communities.

As set out in circular 0056/2022 the requirement is that all schools will use the SSE process to initiate a wellbeing promotion review and development cycle by 2025. This catalogue of resources may assist schools in developing their practice in this area and to use the six step School Self-Evaluation (SSE) process with the Wellbeing in Education Framework for Practice, to consider their existing provision for wellbeing under each of the four key areas (culture and environment, curriculum, policy and planning, and relationships and partnerships), and to devise and implement a plan for improvement in one key area, as appropriate for the school. In devising and implementing the improvement plan, schools and centres for education should refer to the statements of effective practice in key areas as, relevant to the specific focus they have chosen.

The resources in this catalogue are organised under the four key areas of wellbeing promotion: **Culture & Environment**, **Curriculum (Teaching & Learning)**, **Policy & Planning** and **Relationships & Partnerships**.



The table above outlines each resource topic and which of the four key areas of wellbeing promotion the topic is linked to. Some topics are relevant to more than one key area of wellbeing promotion. The resources are listed in alphabetical order under each key area. Click on the topic to go straight to the resource. Please note that the each resource is hyperlinked within the document

Topics	Key area 1: Culture and Environment	Key area 2: Curriculum (teaching and	Key area 3: Policy and Planning	Key area 4: Relationships and Partnerships
<a href="#">Anti-bullying</a>	X	X	X	X
<a href="#">Child Protection</a>	X		X	X
<a href="#">Classroom Management</a>		X		
<a href="#">Critical Incident</a>	X		X	X
<a href="#">CSPE</a>		X		
<a href="#">Data Protection</a>			X	
<a href="#">External Programmes</a>		X	X	X
<a href="#">Guidance in Schools</a>		X	X	
<a href="#">Health and Wellbeing</a>	X	X	X	
<a href="#">Inclusion</a>	X	X	X	X
<a href="#">Internet Safety</a>	X	X	X	
<a href="#">Junior Cycle</a>		X		
<a href="#">Parents Supports and Resources</a>				x
<a href="#">Physical Education/Physical activity</a>		X		
<a href="#">Reluctant School Attendance</a>	X		X	
<a href="#">Restorative Practice</a>				X
<a href="#">RSE/SPHE</a>		X	X	
<a href="#">School Leadership</a>	X		X	X
<a href="#">School Staff Wellbeing</a>	X			X
<a href="#">Special Educational needs</a>	X	X	X	X
<a href="#">Student Support Teams</a>	X		X	X
<a href="#">Student Voice</a>	X		X	X
<a href="#">Transitions</a>	X	X	X	X



Resources	Description	Developed by
<b>Anti bullying</b>		
<p>'Bí Cineálta procedures to prevent and address bullying behaviour for primary schools available here on <a href="https://www.gov.ie/en/publication/cb6966-anti-bullying-procedures-for-primary-and-post-primary-schools/">gov - Cineáltas: Action Plan on Bullying (www.gov.ie)</a></p> <p>Anti-Bullying Procedures for Primary and Post-Primary Schools (DES, 2013)  <a href="https://www.gov.ie/en/publication/cb6966-anti-bullying-procedures-for-primary-and-post-primary-schools/">https://www.gov.ie/en/publication/cb6966-anti-bullying-procedures-for-primary-and-post-primary-schools/</a></p>	<p>The Bí Cineálta procedures to prevent and address bullying behaviour for primary and post-primary schools were published on 19 June 2024. These procedures replace the 2013 anti-bullying procedures for primary and post-primary schools and the requirements of these procedures come into effect from 1 September 2025. These procedures have resulted from a review of the 2013 anti-bullying procedures for primary and post-primary schools and the implementation of Cineáltas: Action Plan on Bullying which was published in December 2022.</p> <p>The purpose of these procedures is to give direction and guidance to school authorities and personnel in preventing and tackling school-based bullying behaviour amongst its pupils and in dealing with any negative impact within school of bullying behaviour that occurs elsewhere. The Anti-Bullying procedures for primary and post-primary schools are mandatory and each school must have an anti-bullying policy which is reviewed annually.</p>	Dept. Education
<p>Fuse Anti-Bullying and online safety Programme</p> <p><a href="https://www.antibullyingcentre.ie/">FUSE - Home (antibullyingcentre.ie)</a></p>	<p>The Department of Education is working with the Dublin City University (DCU) Anti-Bullying Centre to arrange for the FUSE anti-bullying and online safety programme to be available and promoted to schools. The programme continues to be updated by the DCU Anti-Bullying Centre based on research and feedback.</p>	DCU Anti Bullying Centre
<p>Cineáltas Action plan on bullying</p> <p><a href="https://www.gov.ie/en/publication/52aaf-cinealtas-action-plan-on-bullying/">https://www.gov.ie/en/publication/52aaf-cinealtas-action-plan-on-bullying/</a></p>	<p>Cineáltas: Action Plan on Bullying (2022) provides a collective vision and clear roadmap for how the whole education community and society can work together to prevent and address bullying in our schools.</p>	Dept. Education
<p>The National Anti-Bullying Website:  <a href="https://www.tacklebullying.ie">www.tacklebullying.ie</a></p>	<p>A national anti-bullying website to counter bullying and cyberbullying for young people, parents and teachers.</p>	The National Anti-Bullying Research and Resource Centre (ABC)

Junior Cycle SPHE Anti-Bullying Kit - Up2Us <a href="https://www.webwise.ie/up2us-2/">https://www.webwise.ie/up2us-2/</a>	The <a href="#">Up2Us Anti-Bullying Kit</a> is a resource for Junior Cycle SPHE teachers and students. The aim of the resource is to empower post-primary students in addressing bullying, particularly cyber bullying, in their local communities.	Webwise is an internet safety initiative co-funded by Dept. Education
<b>Child Protection</b>		
Child Protection Procedures for Primary and Post Primary Schools (revised 2023) <a href="http://gov.gov.ie">gov - Child protection procedures in schools (www.gov.ie)</a>	<p>The Department of Education is responsible for developing and implementing child protection procedures for schools based on the Children First: National Guidance for the Protection and Welfare of Children 2017.</p> <p>The <a href="#">Child Protection Procedures for Primary and Post-Primary Schools (revised 2023)</a> aims to give direction to school management and staff regarding the identification of and response to child protection concerns and the process for continued support of the child.</p> <p>On 31 March 2023 the Department published <a href="#">Child Protection and Safeguarding Procedures for Boarding Facilities associated with Recognised Schools 2023</a> to inform the management of all boarding facilities of what is required of them in their implementation of the Children First Act 2015 and to ensure that arrangements for the oversight of the requirements of the Children First Act 2015, including Children First: National Guidelines for the Protection and Welfare of Children 2017, are in place across all boarding facilities.</p>	Dept. Education
<b>Classroom Management</b>		
NEPS Guidelines, Hand-outs and Tips for teachers and Parents: <a href="http://gov.gov.ie">gov - National Educational Psychological Service (NEPS) Guidelines, Tips and Handouts for Parents and Teachers (www.gov.ie)</a>	NEPS have produced guidelines, handouts and tips for teachers and parents of students at post primary level. These include for example, listening to young people and promoting dialogue, mentoring, restorative justice , information on sensory classroom activities. Managing Reluctant Attendance and School Avoidance Behaviour; Setting Up a Social Skills Training Group; Transition from Primary to Post Primary	Dept. Education/NEPS
Guidelines for Supporting Students with Behavioural, Emotional and Social	An information guide for post-primary schools	NEPS

Difficulties  <a href="http://www.gov.ie">gov</a> - National Educational Psychological Service (NEPS) resources and publications (www.gov.ie)		
<b>Critical Incident</b>		
Critical Incident Guidelines (NEPS, 2017): <a href="https://elearning.education.ie/browse/neps/courses/responding-to-critical-incidents">Critical Incidents</a>  <a href="https://elearning.education.ie/browse/neps/courses/responding-to-critical-incidents">https://elearning.education.ie/browse/neps/courses/responding-to-critical-incidents</a>	These guidelines help schools to plan for and to cope with the various challenges that arise from critical incidents. The guidelines are accompanied by training to support school staff in preparing for and responding to critical incidents.	Dept. Education/NEPS
<b>CSPE</b>		
<a href="#">CSPE Junior Cycle - Oide</a>  <a href="#">Wellbeing   Civic, Social and Political Education   Home Page   Junior Cycle for Teachers (JCT)</a>	The CSPE sections of both Oide's and JCT's websites provide professional learning materials and supporting resources to facilitate the implementation of CSPE.	Oide JCT
CSPE curriculum documentation <a href="http://www.curriculumonline.ie">www.curriculumonline.ie</a>	By accessing the National Council for Curriculum and Assessment (NCCA) website one can obtain a copy of the CSPE short course specification, the assessment guidelines and annotated examples of student work.	NCCA
Scoilnet – Education for Sustainable Development portal <a href="https://www.scoilnet.ie/ga/esd/">https://www.scoilnet.ie/ga/esd/</a>	Directory of websites to access resources which support the teaching and learning of Education for Sustainable Development.	Scoilnet
<b>Data Protection</b>		
Advice on Data Protection Requirements <a href="http://dataprotectionschools.com">Data Protection and Schools - DataProtection (dataprotectionschools.com)</a>	This website contains links to relevant information for schools on data protection requirements.	Data Protection in Schools
<b>External Programmes (use of)</b>		
DE Circular 43/2018 'Best practice guidance for post primary schools in the use of programmes and/or external facilitators in	Schools can use DES Circular 43/2018 (Post- Primary) which provides comprehensive and strengthened guidance for schools on the effective use of programmes and external	Dept. Education

promoting wellbeing consistent with the Department of Education and Skills Wellbeing Policy Statement and Framework for Practice' (2018) <a href="https://circulars.gov.ie/pdf/circular/education/2018/43.pdf">https://circulars.gov.ie/pdf/circular/education/2018/43.pdf</a>	facilitators in line with the <a href="#">Wellbeing Policy Statement and Framework for Practice</a> .	
<b>Guidance in schools</b>		
<a href="https://oide.ie/post-primary/home/guidance/general-guidance/">https://oide.ie/post-primary/home/guidance/general-guidance/</a>	Oide provide professional learning, including school support, for Guidance Counsellors, teachers and school leaders in the area of Guidance.	Oide
<a href="https://oide.ie/post-primary/home/guidance/general-guidance/professional-learning-materials/">https://oide.ie/post-primary/home/guidance/general-guidance/professional-learning-materials/</a>	Webinar recordings and materials on whole school guidance planning are available on the Oide website.	Oide
<a href="https://oide.ie/post-primary/home/guidance/guidance-junior-cycle/professional-learning-materials/">https://oide.ie/post-primary/home/guidance/guidance-junior-cycle/professional-learning-materials/</a>	Materials related to professional learning related to Junior cycle Guidance are available on the Guidance section of the Oide website.	Oide
Guidance in Post-Primary Schools: Circular 0041/2024 <a href="https://www.gov.ie/en/circular/3bb05-circular-00412024-guidance-in-post-primary-schools/">https://www.gov.ie/en/circular/3bb05-circular-00412024-guidance-in-post-primary-schools/</a>	The purpose of this circular is to provide post-primary schools with information to support well-informed implementation of whole-school guidance planning and practice.	Dept. Education
<b>Health and Wellbeing</b>		
<a href="#">Wellbeing Policy Statement and Framework for Practice</a>	Sets out the policy of the Department of Education and Skills in relation to its role in the promotion of the wellbeing of our children and young people in schools and centres for education.	Dept. Education/NEPS
<a href="#">School Self Evaluation (SSE) Six Step Process</a> <a href="#">gov - SSE for wellbeing in schools (www.gov.ie)</a>	Guides schools through the School Self Evaluation process, and includes guidance on using questionnaires, and focus groups. A selection of videos from schools outlining how they used SSE to promote wellbeing in their school.	Dept. Education
<a href="#">Oide (formally PDST) training on wellbeing and SSE</a>	Webinars for supporting a whole school wellbeing promotion process	Oide

<a href="#">Student Support Teams in Post Primary Schools: A Guide to Establishing a Team or Reviewing an Existing Team (2021)</a>	The Student Support Team is a mechanism through which many of the existing student supports can be planned and coordinated. These guidelines will assist schools as they establish, develop or review their student support teams. It is a practical guide with a focus on practice and procedures in schools with checklists and templates for teams to use as they operate best practice when supporting students in schools.	Dept. Education/NEPS
Wellbeing in Education Resources on <a href="#">Wellbeing in Education</a>	Wellbeing guidance documents on the following: <ul style="list-style-type: none"> <li>• <a href="#">Managing Stress and Anxiety - A Guide for Students</a></li> <li>• <a href="#">Managing Stress and Anxiety. A Guide for School Staff.</a></li> <li>• <a href="#">Reluctant School Attendance</a></li> <li>• <a href="#">Responding to Self-Harm in Schools</a></li> <li>• <a href="#">Psychological First Aid</a></li> <li>• <a href="#">Feelings cards</a></li> <li>• <a href="#">Managing Stress and Anxiety</a></li> <li>• <a href="#">Panic Attacks</a></li> <li>• <a href="#">Normalising Thoughts, Feelings and Behaviours: A Guide for School Staff</a></li> <li>• <a href="#">The Response to Stress: Information for School Staff</a></li> <li>• <a href="#">Self-regulation for students</a></li> <li>• <a href="#">Managing Thoughts and Feelings – A Guide for Students</a></li> <li>• <a href="#">Wellbeing support for Leaving Certificate Students, parents and school staff</a></li> </ul>	Dept. Education/NEPS
<a href="#">Wellbeing Information for Students</a>	<ul style="list-style-type: none"> <li>• Tips and techniques to improve wellbeing</li> <li>• Managing thoughts and feelings – a guide for students</li> <li>• Dealing with anxiety</li> <li>• Dealing with fear – coping strategies</li> <li>• Managing panic</li> <li>• Links to support agencies</li> </ul>	
Healthy Ireland Let's Get Set <a href="https://www.gov.ie/en/campaigns/8928d-healthy-ireland/">https://www.gov.ie/en/campaigns/8928d-healthy-ireland/</a>	This government campaign offers simple easy steps for how you can learn how to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of your mental wellbeing. There are tips on Getting Active, Eating Well and Minding your Mood	HSE



Get Up, Stand Up  Social Skills programme	<p>Get Up, Stand Up, is a seven session social skills learning programme aimed at students in 1<sup>st</sup> and 2<sup>nd</sup> year, developed by NEPS. It covers themes such as 'Friendship', 'Dealing with Teasing and Intimidation' and 'Resilience and Coping'.</p> <p>For access, send an email to GUSU@education.gov.ie with your name and school name and address and you will be forwarded:</p> <ul style="list-style-type: none"> <li>• a link to a 30min information/training video</li> <li>• a copy of the manual + addendum with updated links to useful resources</li> </ul>	NEPS
Setting Up a Social Skills Training Group  <a href="https://www.gov.ie/en/collection/84e52e-national-educational-psychological-service-neps-guidelines-tips-and-/social-skills-groups">https://www.gov.ie/en/collection/84e52e-national-educational-psychological-service-neps-guidelines-tips-and-/social-skills-groups</a>	This guide provides information for primary schools on starting and running a social skills training group. It also provides information about social skills programmes that were evaluated as effective as part of a two-year action research project that took place in Waterford.	Dept. Education/NEPS
Oide Post Primary Health and Wellbeing web portal home page <a href="#">Post Primary Health &amp; Wellbeing Supports   PDST</a> <a href="#">Wellbeing - Oide</a>	This resource provides information and resource documents on supporting the Health and Wellbeing of school communities.	Oide
<a href="#">Wellbeing   Further Curricular Supports for Wellbeing Programme   Home Page   Junior Cycle for Teachers (JCT)</a>	The Wellbeing sections of JCT's websites provide professional learning materials and supporting resources to enhance Wellbeing in Education.	JCT
Mental health supports <a href="#">HSE/National Office for Suicide Prevention</a>	The Health Service Executive (HSE) website provides information and resources including booklets on areas including suicide, self-harm and mental health.	HSE/National Office for Suicide Prevention
Your Mental Health  <a href="https://www2.hse.ie/mental-health/">https://www2.hse.ie/mental-health/</a>	The YourMentalHealth website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services any time, day or night: 1800 111 888.	HSE
<a href="#">Mental Health and Wellbeing Information Leaflet</a>	The support offered by the agencies listed in the <a href="#">Mental Health and Wellbeing Information Leaflet</a> are for students	

	who are feeling worried or anxious about various issues.	
Using research on Wellbeing in our school <a href="#">Research   Professional Learning   The Teaching Council</a>	This section of the Teaching Council website contains resources focused on the theme of wellbeing. It contains a webinar, an e-zine and e-books, all on the topic of wellbeing	The Teaching Council
Resource on alcohol and drugs - Know the Score <a href="https://www.hse.ie/knowthescore">https://www.hse.ie/knowthescore</a> Hard copies available to order at: <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>	An evidence-based resource on alcohol and drugs for senior cycle students (15-18yrs) containing 14 lesson plans addressing alcohol and drug use using interactive and experiential teaching methodologies.	HSE
Understanding Self-harm <a href="#">HSE - View and order publications (healthpromotion.ie)</a>	This booklet provides useful advice to parents, carers and teachers who may be concerned about a young person self-harming.	HSE
Responding to Self-Harm in Schools <a href="#">Responding to Self-Harm in Schools</a>	Guidance for school staff based on research and best practice, this document provides practical guidance and resources to staff working in schools supporting Children and Young People who are either self harming or at risk of self harm.	Dept. Education/NEPS
E-cigarettes/Vaping <a href="#">vaping-information-and-guidance-for-schools.pdf (hse.ie)</a>	Information and guidance for post primary schools on e-cigarettes and vaping.	HSE
<b>Inclusion</b>		
Growing up LGBT support <a href="#">LGBT English Print.pdf (pdst.ie)</a>	A resource for SPHE and RSE.	Oide
Wellbeing in Education Resources on <a href="#">Wellbeing in Education</a>	Wellbeing guidance documents on the following: <ul style="list-style-type: none"> <li>• <a href="#">Managing Stress and Anxiety - A Guide for Students</a></li> <li>• <a href="#">Managing Stress and Anxiety. A Guide for School Staff.</a></li> <li>• <a href="#">Reluctant School Attendance</a></li> <li>• <a href="#">Responding to Self-Harm in Schools</a></li> <li>• <a href="#">Psychological First Aid</a></li> <li>• <a href="#">Feelings cards</a></li> <li>• <a href="#">Managing Stress and Anxiety</a></li> <li>• <a href="#">Panic Attacks</a></li> </ul>	Dept. Education/NEPS

	<ul style="list-style-type: none"> <li>• <a href="#">Normalising Thoughts, Feelings and Behaviours: A Guide for School Staff</a></li> <li>• <a href="#">The Response to Stress: Information for School Staff</a></li> <li>• <a href="#">Self-regulation for students</a></li> <li>• <a href="#">Managing Thoughts and Feelings – A Guide for Students</a></li> <li>• <a href="#">Wellbeing support for Leaving Certificate Students, parents and school staff</a></li> </ul>	
<a href="#">Supporting culturally and linguistically diverse learners</a>	EAL resources list from the National Council for Curriculum and Assessment	NCCA
<a href="#">Autism Good Practice Guidance for Schools (2022)</a>	Autism Good Practice Guidance for Schools has been developed by the Department of Education as a resource for schools and others. It is designed to help support the wellbeing, learning and participation of children and young people with autism in education.	Dept. Education
Inclusive Education Framework - A guide for schools on the inclusion of pupils with special educational needs. <a href="#">Inclusive Education Framework – National Council for Special Education – Working to deliver a better special education service (ncse.ie)</a>	The Inclusive Education Framework is a new interactive tool to be used by schools to assist schools plan, measure and improve how pupils with special educational needs are supported.	NCSE
Resources to support teaching and learning – online resources <a href="https://ncse.ie/">https://ncse.ie/</a>	A range of online resources for teachers and parents to support inclusion including information on the visiting teacher service and behavior support.	NCSE
<a href="#">gov - Information for schools – Ukraine (www.gov.ie)</a>	In this area of gov.ie, there are guidelines and support for schools on supporting children who have arrived from Ukraine, e.g., details of Regional Educational and Language Teams, Teaching Resources, Critical Incident Resources etc.	Dept. Education/NEPS
Supporting the Wellbeing of Children from Ukraine in your School <a href="https://www.gov.ie/en/publication/61206-supporting-the-wellbeing-of-children-from-ukraine-in-your-school/">https://www.gov.ie/en/publication/61206-supporting-the-wellbeing-of-children-from-ukraine-in-your-school/</a>	These guidelines have been developed by NEPS and are intended to be adapted by school communities to support the wellbeing of all recently and newly arrived Ukrainian children to our schools	

Inclusive Education Framework - A guide for schools on the inclusion of pupils with special educational needs. <a href="#">Inclusive Education Framework – National Council for Special Education – Working to deliver a better special education service (ncse.ie)</a>	The Inclusive Education Framework is a new interactive tool to be used by schools to assist schools plan, measure and improve how pupils with special educational needs are supported.	NCSE
Resources to support teaching and learning – online resources <a href="#">National Council for Special Education – Working to deliver a better special education service – Working to deliver a better special education service (ncse.ie)</a>	A range of online resources for teachers and parents to support inclusion including information on the visiting teacher service and behavior support.	NCSE
<b>Internet Safety</b>		
For developing an Acceptable Usage Policy (AUP) for Information and Communications Technology (ICT) <a href="#">Webwise AUP Guidelines AUP Generator - (webwise.ie)</a>	The Oide Technology in Education guidelines support schools in developing Acceptable Usage policies for ICT.	Oide
Junior Cycle SPHE – BeInCtrl <a href="https://www.webwise.ie/beinctrl/">https://www.webwise.ie/beinctrl/</a>	The Be in Ctrl is a Junior Cycle SPHE resource that focuses on online sexual coercion and extortion of children by adults. The Be in Ctrl resource complements Lockers and both resources focus on educating pupils on appropriate online behaviour and developing a culture of reporting concerns while fostering empathy, respect and resilience. It is recommended Lockers is used in the SPHE class before the Be in Ctrl resource.	Webwise
Junior Cycle SPHE – Lockers <a href="https://www.webwise.ie/lockers/">https://www.webwise.ie/lockers/</a>	Lockers assist schools in coping with and preventing the sharing of explicit self-generated images of minors. Intended for use with Junior Cycle SPHE classes. Lockers also includes an information section for school leaders.	Webwise
Safer Internet Day <a href="https://www.webwise.ie/saferinternetday/">https://www.webwise.ie/saferinternetday/</a>	Safer Internet Day (SID) is a European Union (E.U) wide initiative to promote a safer internet for all users, especially young people. It is promoted in Ireland by the PDST Technology in Education and Webwise.	Webwise

Guidance for teachers <a href="#">guidance-for-registered-teachers-about-the-use-of-social-media-and-electronic-communication.pdf</a> (teachingcouncil.ie)	This document is aimed at providing guidance for teachers who use electronic communication and social media.	The Teaching Council
<b>Junior Cycle</b>		
The Framework for Junior Cycle: (2015) <a href="#">A Framework for the Junior Cycle</a> (ncca.ie)	The Framework for Junior Cycle is underpinned by eight principles. One of these is Wellbeing, providing for learners' physical, mental, emotional and social wellbeing and resilience. Wellbeing at Junior Cycle will encompass SPHE, Physical Education (PE) and Civic, Social and Political Education (CSPE). All schools are required to introduce all elements of Junior Cycle, including Wellbeing.	Department of Education/NCCA
Junior Cycle Wellbeing Guidelines <a href="#">gov - Arrangements for the Implementation of the Framework for Junior Cycle with particular reference to school year 2020/21</a> (www.gov.ie)	This circular sets out the arrangements now governing the implementation of the Framework for Junior Cycle 2015.	NCCA
Junior Cycle SPHE Resource <a href="#">Junior Cycle SPHE Resources - HSE.ie</a>	Units of learning developed to support the new SPHE Short Course for Junior Cycle. <ul style="list-style-type: none"> <li>• Understanding Ourselves</li> <li>• Emotional Wellbeing</li> <li>• Making Healthy Choices 1&amp;2</li> <li>• RSE 1&amp;2</li> </ul>	HSE
<b>Parents - Supports and Resources</b>		
NEPS Information for Parents <a href="#">gov - National Educational Psychological Service (NEPS)</a> (www.gov.ie)	Information on what NEPS does and what do you do if you think your child needs to be seen by a NEPS Psychologist.	Dept. Education/NEPS
<a href="#">Wellbeing guidance documents</a>	Wellbeing guidance documents on the following: <ul style="list-style-type: none"> <li>• <a href="#">How to Calm and Support your Child: Advice for Parents and Guardians</a></li> </ul>	Dept. Education/NEPS



	<ul style="list-style-type: none"> <li>• <a href="#"><u>Managing Stress and Anxiety: A Guide for Parents and Guardians</u></a></li> </ul>	
<a href="#"><u>Supporting your Child when they are Reluctant to Attend School. Guidance for Parents and Guardians of Post-Primary School Children</u></a>	<ul style="list-style-type: none"> <li>• Why your child may feel reluctant about going to school.</li> <li>• Managing your own thoughts and feelings.</li> <li>• What you can do to support your child in going to school when they are reluctant.</li> </ul> <p>What you as a parent can expect your child's school to do to support your child at this time.</p>	Dept. Education/NEPS
Stress Control <a href="http://www.stresscontrol.ie"><u>www.stresscontrol.ie</u></a>	A six session online evidence-based programme that teaches you practical skills to deal with stress. A resource that can be shared with parents to help them through stressful situations	HSE
<b>Physical Education/Physical Activity</b>		
Junior Cycle Physical Education <a href="#"><u>NCCA Curriculum Online Physical Education</u></a>	This short course builds on the Junior Cycle Physical Education Framework which physical education teachers currently use to plan their physical education (PE) programme in junior cycle.	NCCA
Leaving Certificate Physical Education <a href="#"><u>Leaving Certificate Physical Education (LCPE)   NCCA</u></a>	In Leaving Certificate, learners now have an opportunity to study physical education for certification.	NCCA
The Physical Education Framework- Senior Cycle: <a href="#"><u>Senior Cycle Physical Education Framework (SCPE)   NCCA</u></a>	At post primary, provision for PE can be facilitated through the Physical Education Framework – Senior Cycle.	NCCA
Senior Cycle Physical Education (SCPE) on Scoilnet <a href="https://www.scoilnet.ie/uploads/resources/32425/32167.pptx"><u>https://www.scoilnet.ie/uploads/resources/32425/32167.pptx</u></a>	An Introduction to the Senior Cycle Physical Education Framework is provided which will assist the teacher in beginning to understand the curriculum models based approach to PE in senior cycle. This introduction is supported by a series of individual presentations on planning and implementing each of the six curriculum modules.	Oide
<a href="#"><u>Physical Education - Oide Wellbeing   Physical Education   Home Page   Junior Cycle for Teachers (JCT)</u></a>	The PE sections of Oide's and JCT's websites provide professional learning materials and supporting resources to facilitate the implementation of PE.	Oide JCT

Reluctant School Attendance		
<a href="#">Managing Reluctant Attendance and School Avoidance Behaviour: A Good Practice Guide for Post-Primary Schools</a>	This guidance has been developed by NEPS to provide schools with information on how to support pupils who display reluctant attendance and school avoidance behaviour. This includes those pupils who are reluctant about attending school, those who miss days regularly, and those who are continually absent from school.	Dept. Education/NEPS
Restorative Practice		
Restorative Practice <a href="#">Wellbeing - Oide</a> <a href="#">Restorative Practice   PDST</a>	The Restorative Practice sections of both Oide's and PDST's websites provide professional learning materials and supporting resources to facilitate the implementation of Restorative Practice.	Oide
RSE/SPHE		
<p>Junior Cycle SPHE The SPHE Short Course Specification, Assessment Guidelines and SPHE/RSE Toolkit: <a href="#">SPHE   Curriculum Online</a></p> <p>The SPHE / RSE Toolkit is fully populated:</p> <ul style="list-style-type: none"> <li>• Teaching SPHE/RSE</li> <li>• Preparing to Teach</li> </ul> <p>Resources for Teaching and learning</p>	In planning for their Wellbeing programme, schools should note that from September 2022 the use of the Junior Certificate syllabuses for SPHE and CSPE should be discontinued. Schools are advised to adopt the NCCA short courses in SPHE and CSPE. These short courses have been developed to provide meaningful learning and also include assessment guidance both for ongoing and summative assessment.	NCCA
<p>Junior Cycle SPHE Resource <a href="#">Junior Cycle SPHE Resources - HSE.ie</a></p>	<p>Units of learning developed to support the new SPHE Short Course for Junior Cycle.</p> <ul style="list-style-type: none"> <li>• Understanding Ourselves</li> <li>• Emotional Wellbeing</li> <li>• Being Healthy</li> <li>• Making Healthy Choices 1&amp;2</li> <li>• RSE 1&amp;2</li> </ul>	HSE

<a href="#">SPHE Junior Cycle - Oide</a> <a href="#">SPHE Senior Cycle - Oide</a> <a href="#">Wellbeing   Social, Personal and Health Education</a> <a href="#">  Home Page   Junior Cycle for Teachers (JCT)</a> <a href="#">SPHE Online Resource Portal   PDST</a>	<p>The SPHE sections of both Oide's, JCT's and PDST's websites provide professional learning materials and supporting resources to facilitate the implementation of SPHE.</p>	Oide JCT
<p>Junior cycle toolkit:  <a href="#">SPHE/RSE toolkit (curriculumonline.ie)</a></p> <p>Senior cycle toolkit:  <a href="#">SPHE Toolkit (curriculumonline.ie)</a></p>	<p>The SPHE toolkits provide guidance and resources to support teachers and has three sections:</p> <ul style="list-style-type: none"> <li>• Preparing to teach SPHE</li> <li>• Teaching SPHE Resources</li> </ul>	NCCA
<b>School Leadership</b>		
<p>Leadership and Management in Post Primary Schools Circular 0003/2018 (2018)  <a href="#">gov - Leadership and Management In Post-Primary Schools (www.gov.ie)</a></p>	<ul style="list-style-type: none"> <li>• This circular, in the context of commencement of the restoration of posts, sets out a leadership and management framework for posts in recognised post-primary schools. This circular supersedes all previous circulars, memoranda, rules and regulations in relation to posts of responsibility at Assistant Principal level (including Special Duties Teachers) and Programme Co-ordinator posts.</li> </ul>	Department of Education
<a href="https://oide.ie/leadership/home/post-primary/">https://oide.ie/leadership/home/post-primary/</a>	Information on the range of supports and training available through the Oide	Oide
<b>School Staff Wellbeing</b>		
<p>The Employee Assistance Service (EAS) provided by Spectrum Life  <a href="#">gov - Employee Assistance Service for school staff in recognised primary and post-primary schools (www.gov.ie)</a></p>	<p>The EAS provides advice to school staff on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation etc. The EAS also provides advice and support to School Leaders to help them deal with health and wellbeing issues in the workplace. Additional services offered include:</p> <ul style="list-style-type: none"> <li>• Dedicated free-phone confidential helpline available 24 hours per day, 7 days per week 365 days per year.</li> <li>• <a href="#">Bespoke wellbeing portal</a></li> <li>• Spectrum Life webinars</li> </ul>	Department of Education & Spectrum Life

	<ul style="list-style-type: none"> <li>Promote staff wellbeing in the workplace with a focus on prevention</li> <li>Mental Health Promotion Manager available for wellbeing promotion</li> <li>Support Programme for Managers</li> </ul> <p>Short-term counselling for individuals</p>	
Stress Control <a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a>	A six session online evidence-based programme that teaches you practical skills to deal with stress.	HSE
Teacher Wellbeing <a href="#">Wellbeing   Professional Learning   The Teaching Council</a>	The Teaching Council website provides a list of supports and resources for teacher wellbeing. .	The Teaching Council
Teacher Wellbeing <a href="#">Wellbeing - Oide</a> <a href="#">Teacher Wellbeing   PDST</a>	<ul style="list-style-type: none"> <li>The Wellbeing sections of both Oide's and PDST's websites provide professional learning materials and supporting resources to enhance Wellbeing in Education.</li> </ul>	Oide
<b>Special Educational Needs</b>		
NEPS Continuum of Support Guidelines and Documents (2010) <a href="#">gov - National Educational Psychological Service (NEPS) resources and publications (www.gov.ie)</a>	This resource outlines the process post primary schools and teachers may use to identify and support pupils and track all pupils with particular emphasis on those who present with additional needs. The process moves from classroom-based interventions to more specialised and individualised interventions.	Department of Education (NEPS)
National Council for Special Education <a href="http://www.ncse.ie">www.ncse.ie</a>	The NCSE website provides information for schools about resources and professional development for teachers working with students with additional educational needs.	NCSE
<b>Student Support Teams</b>		
Student Support Teams in Post-Primary Schools. A Guide to Establishing a Team or Reviewing an Existing Team (2014). <a href="#">gov - National Educational Psychological Service (NEPS) resources and publications (www.gov.ie)</a>	These guidelines have been prepared as an aid in establishing a team or reviewing an existing team. It is intended to support all personnel who have a responsibility for student support in post primary schools by describing how resources within a school can be organised to benefit all students particularly those presenting with additional support needs.	Department of Education (NEPS)
<b>Student Voice</b>		

Listening to Children and Young People (2016) <a href="http://gov.ie">gov</a> - <a href="http://www.nationalpsychologicalservice.ie">National Educational Psychological Service (NEPS) Guidelines, Tips and Handouts for Parents and Teachers (www.gov.ie)</a>	These resources were developed to support adults in their work with challenging and vulnerable children and young people. Listening to young people and promoting dialogue and there are 3 documents: - Listening to Children and Young People - Mentoring a Student: - Restorative Justice	Department of Education (NEPS)
Second-level student councils resource pack (National Children's Office) <a href="https://www.ourvoicesourschools.ie/app/uploads/2019/11/National-Childrens-Office-Student-Council-Resource-Pack.pdf">https://www.ourvoicesourschools.ie/app/uploads/2019/11/National-Childrens-Office-Student-Council-Resource-Pack.pdf</a>	This Resource Pack and Diary was developed for students, teachers and school management to support the establishment of student councils in second-level schools	DCEDIY
Our voices Our school is an online toolkit for schools to improve student voice <a href="https://www.ourvoicesourschools.ie/">https://www.ourvoicesourschools.ie/</a>	Our Voices Our Schools is the outcome of a decision made by Comhairle na nÓg National Executive 2016 – 17 to focus specifically on equality in the school setting. It is a resource for schools to support listening to and involving young people in decision making about matters that affect them in school.	DCEDIY Comhairle na nÓg
<a href="http://hubnanog.ie">Participation Framework   Hub Na nÓg (hubnanog.ie)</a>	The <i>National Framework for Children and Young People's Participation in Decision-making</i> supports departments, agencies and organisations to improve their participation practice with children and young people.	National Framework for Children and Young People's Participation in Decision-making
<b>Transitions</b>		
Transfer from Primary to Post-primary <a href="http://gov.ie">gov</a> - <a href="http://www.nationalpsychologicalservice.ie">National Educational Psychological Service (NEPS) Guidelines, Tips and Handouts for Parents and Teachers (www.gov.ie)</a>	This resource includes a NEPS transfer profile, a resource pack outlining how to prepare students with additional needs for the transition from primary to post primary school and a sample of transfer programmes and workbooks.	Department of Education (NEPS)
Transition to Post Primary - Transfer Profile <a href="http://www.ncse.ie">Transitions – National Council for Special Education – Working to deliver a better special education service (ncse.ie)</a>	Information and resources on Transition to post primary school	NCSE
Education Passport (NCCA, 2014): <a href="http://www.ncca.ie">Education Passport   NCCA</a>	The Education Passport materials support the transfer of pupil information from primary to post-primary school. From 2014/2015, schools should use these materials.	NCCA