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Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

Droichead Cnuaschrúinniú Bunscoile 3 Folláine sa Seomra Ranga

Droichead Primary Cluster Meeting 3 Wellbeing in the Classroom

2025.2026



Ag Obair Le Chéile go Cianda... Working Together Remotely...



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➔ Materials

➔ Punctuality

➔ Confidentiality

➔ Online Presence: participation and engagement

➔ Audio and video settings

➔ GDPR – no screenshots, recording or AI use

➔ Screen name - same as registration name



Do Chuid Foghlama, Do Bhealach Your Learning, Your Way



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Choice



Flexibility



Consider

If there is anything we can do to enhance your learning experience today, please let us know

Prótacail Tinrimh Protocols for Attendance



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- You are welcome here today
- Please note that if you miss more than 15 minutes of the cluster meeting, you are unlikely to receive credit for attendance
- Late arrival form



Ceisteanna Tinrimh

Attendance Questions



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- Are you in a primary school that offers the Droichead process?
- Have you successfully applied to commence the Droichead process and received a **confirmation email** from the Teaching Council?
- Have you registered with oide-droichead.com?



Have you attended
**Cluster Meeting 1 and
Cluster Meeting 2?**

Cur in Aithne Introductions



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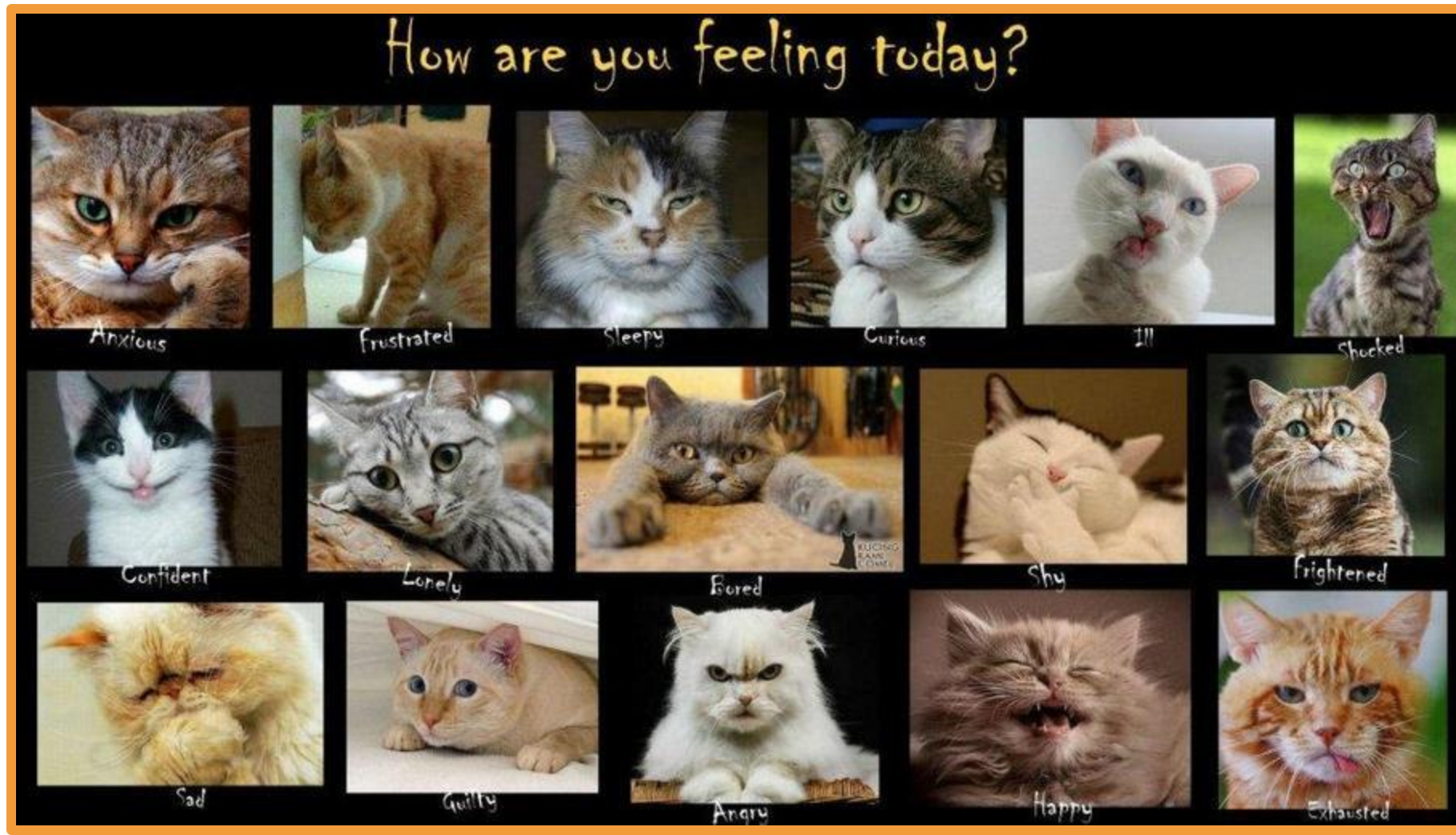
- Your name
- Your school context
- Your role
- Something you are looking forward to



Seiceáil Isteach Folláine Wellbeing Check-in



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<https://creativecommons.org/licenses/by-nd/3.0/>



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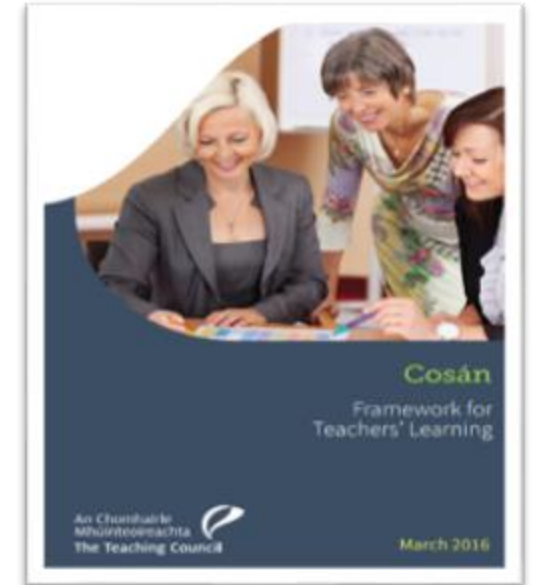
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Intinní Foghlama Learning Intentions



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- Reinforce the concept of life-long learning
- Identify possible areas for professional learning on the next stage of the Continuum of Teacher Education - Cosán
- Incorporate relevant components of teacher wellbeing into your life
- Reflect individually and collaboratively on your Droichead journey





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Roinn 1: Ó Droichead go Cosán

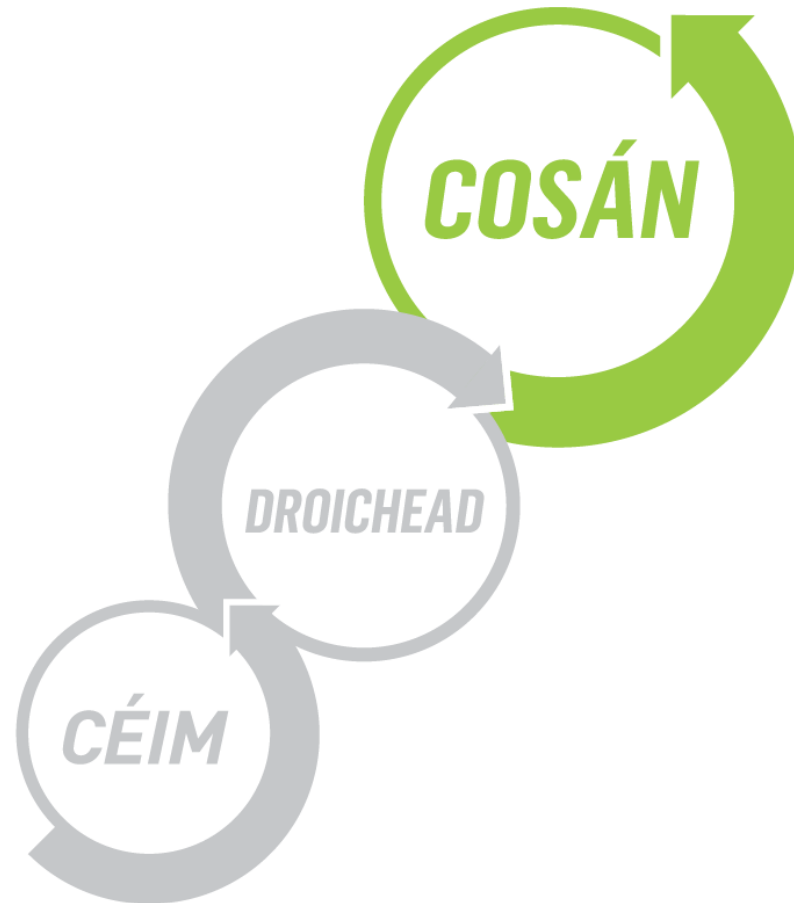
Section 1: From Droichead to Cosán



Gairmiúlacht Múinteoirí Teacher Professionalism



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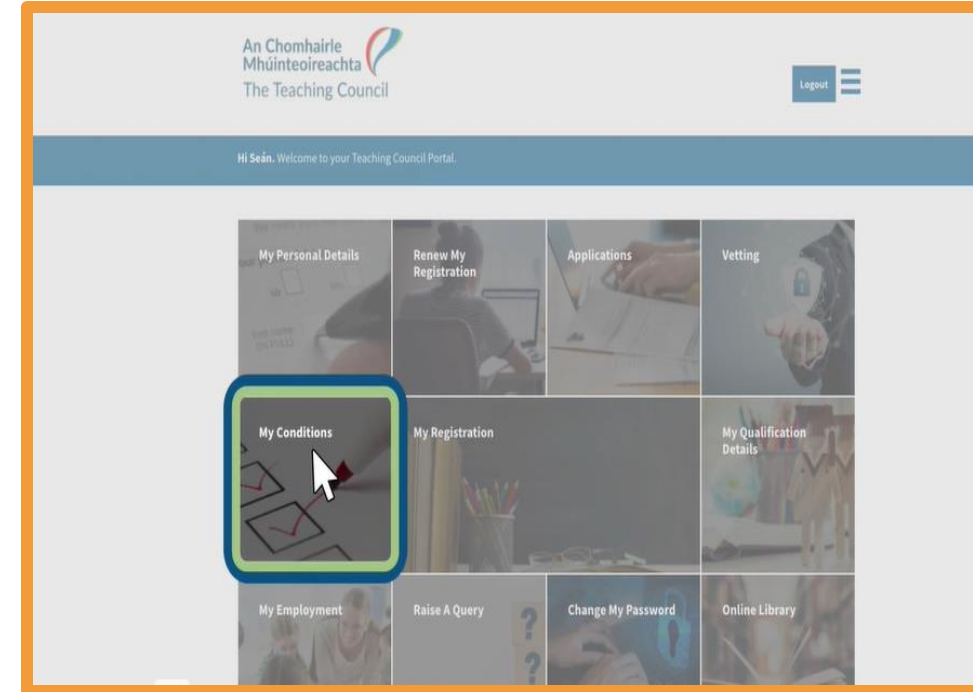
Freagracht Ghairmiúil - Foirm D a Chomhlánú

Professional Responsibility - Completing Form D



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- Upload your cluster meeting certificate(s)
- Input details of your professional learning activity
- Identify your areas for future professional learning
- Download and print the 5-page Joint Declaration
- Review, sign and stamp the Joint Declaration
(NQT & a minimum of 2 PST members' signatures)
- Upload the completed Joint Declaration

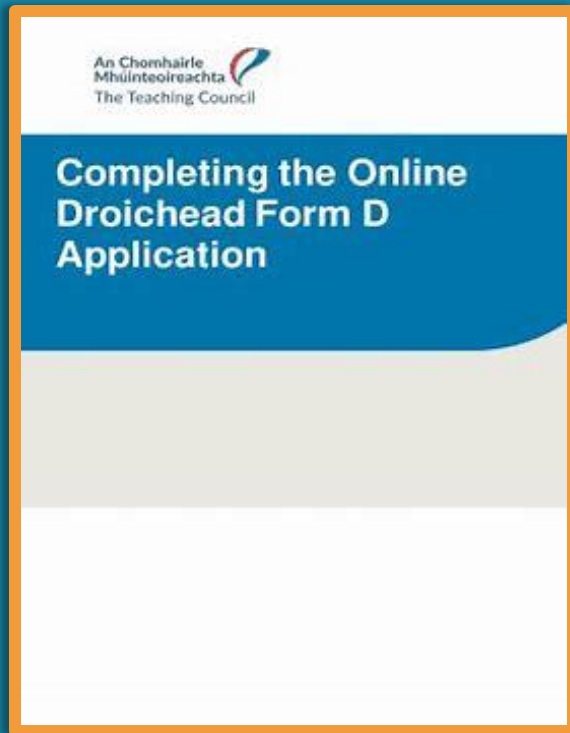


An Fhoirm D ar Líne a Chomhlánú

Completing the Online Form D



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Form Ds must be completed accurately

Falsification of information is taken very seriously by the Teaching Council

The Teaching Council conducts a thorough review of all Form Ds received

PST members receive an email from the Teaching Council once the Droichead condition has been removed from an NQT's registration

Gairmiúlacht Múinteoirí - Foghlaim Ghairmiúil Bhreise Teacher Professionalism - Further Professional Learning



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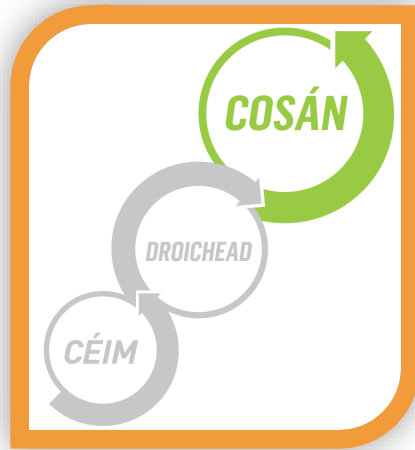
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Machnamh ar Ghairmiúlacht Múinteoirí

Teacher Professionalism Reflection



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1. What will I discuss with my PST?
2. What will my next steps be to further develop this area/these areas of professional learning/areas of interest?



Number of NQTs undertaking Droichead	In-school release time available to schools per academic year (Days)
0	0
1	4
2-4	5
5-6	6
7+	7





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Cuid 2:
Cad is Folláine ann?

Section 2:
What is Wellbeing?

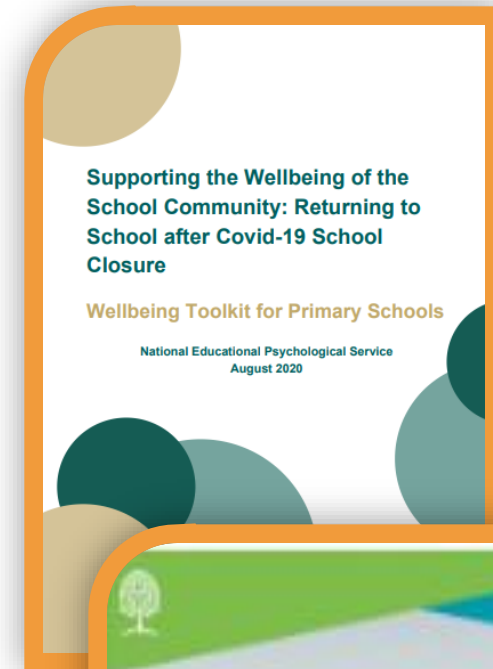


Cad é an tuiscint atá agat den 'fholláine'?

What does 'wellbeing' mean to you?



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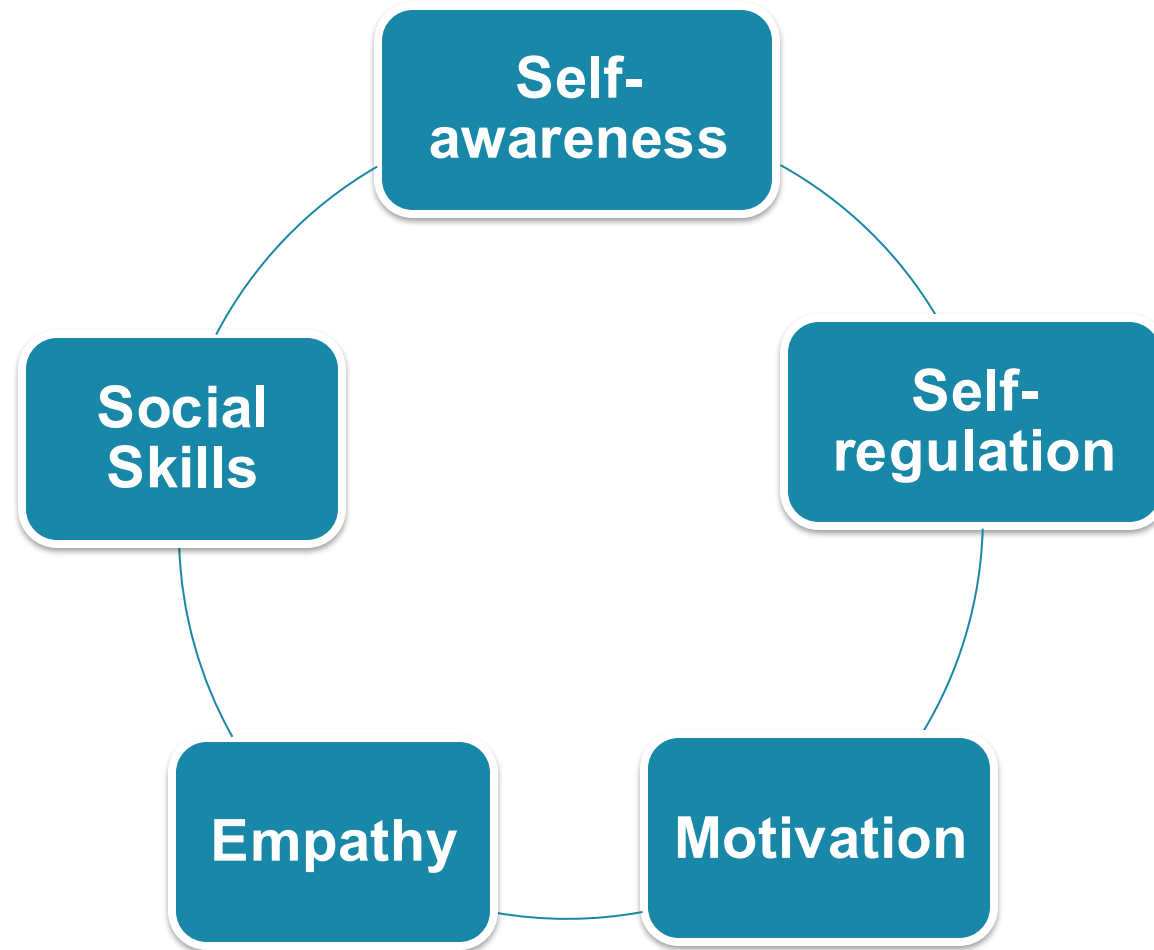
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Faisnéis Mhothúcháinach Emotional Intelligence



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Roinn 3: Comhpháirteanna d'Fholláine a Fhiosrú

Section 3: Exploring Components of Wellbeing



Comhpháirteanna d'Fholláine an Mhúinteora Components of Teacher Wellbeing



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What practical strategies can you put in place to support your wellbeing?

Work-Life Balance

Time Management

Stress Management

Voice Care



Cothromaíocht Oibre is Saoil

Work-Life Balance



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Work Life

Name good habits which may help you to achieve an appropriate work-life balance...

(Thomas 2005)



Bainistíocht Ama: Straitéisí le Cur in Ord Tosaíochtaí



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Time Management: Strategies for Prioritising

**Urgent and
Important (UI)**

**Non-urgent but
Important (NUI)**

**Urgent but Not
Important (UNI)**

**Urgent but Not
Important (UNI)**



(Thomas 2005)

Bainistíocht Struis Stress Management



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- Punctuality
- Maintain a daily planner
- Be present
- Avoid procrastination
- Protect your private time



www.dalecarnegie.com



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50 Ways to Take a Break

Supporting the Wellbeing of the School Community: Returning to School after Covid-19 School Closure

Wellbeing Toolkit for Primary Schools

National Educational Psychological Service
August 2020



Cúram an Ghutha Ghairmiúil

Care of the Professional Voice



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- Consider tone of voice
- Use a lower pitch or other signals
- Use silence to emphasise a point or get attention
- Learn to be sensitive to the first sign of vocal fatigue
- Avoid speaking over noise or shouting
- Have a bottle of water with you every day





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Roinn 4: Acmhainní don Fholláine

Section 4: Resources for Wellbeing





Self-Care Tree

for School Staff

Boundaries

Know your **boundaries** – what will keep you safe psychologically, physically, emotionally, etc.

Self-Awareness

How are you feeling? What are your needs at this time? Be realistic about what you expect from yourself and others.

Communication

There needs to be clear and effective lines of **communication** to ensure that everyone knows what is happening, when, how and why.



Relationships

Encourage and develop **supportive relationships** within the school and class setting – this should include peer support and dedicated time for checking in with each other.

Psychological safety

Allow time for reflection - what do you need to ensure that you are emotionally and psychologically safe? How can this be achieved?

Work – Life Balance

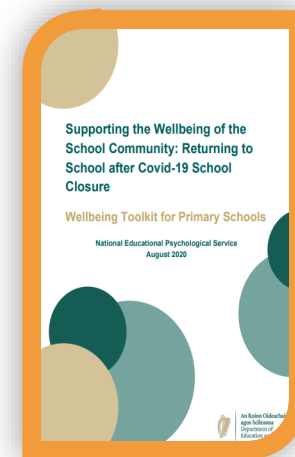
Ensure you get rest

Eat healthily and at regular intervals

Get some daily physical activity

Stay in touch with family, friends and community

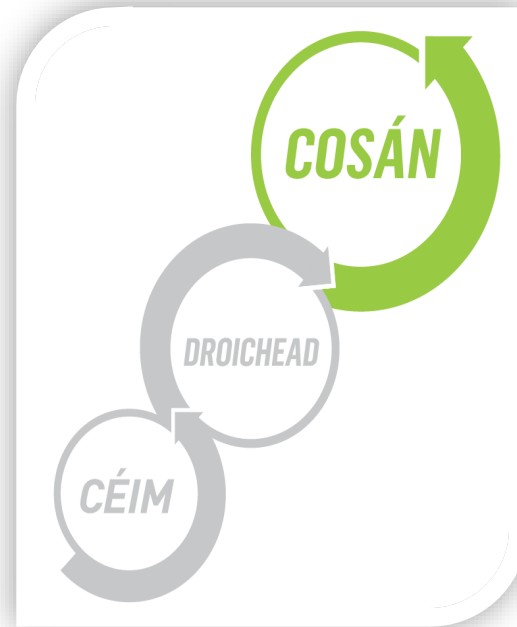
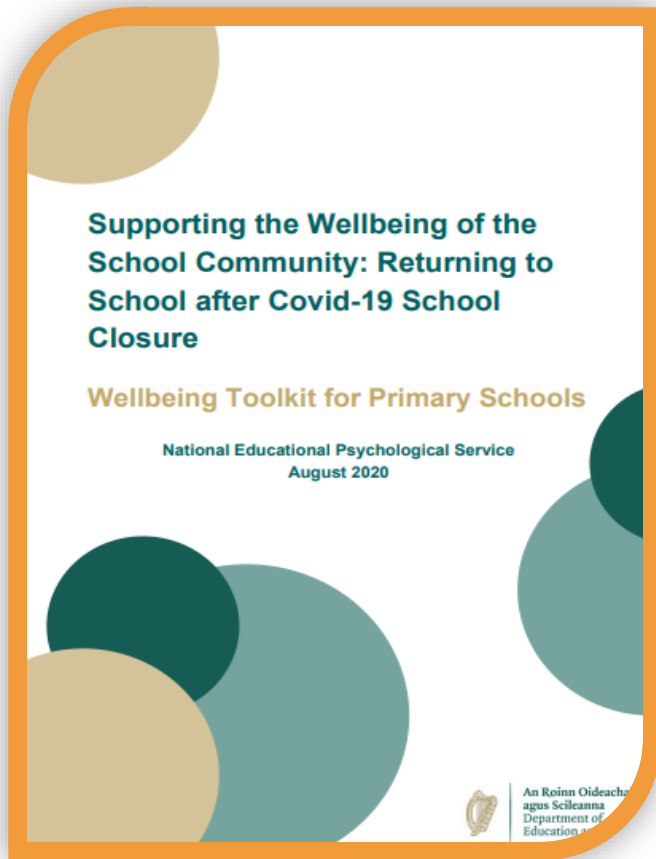
Adapted from Dorset NHS 2020



Folláine... Wellbeing...



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<https://oide.ie/primary/home/wellbeing/staff-wellbeing/>

'Wellbeing Together: Folláine le Chéile'



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spectrum
.life

24/7
365 days a year

Employee Assistance Service

Email: eap@spectrum.life

**Register for your
wellbeing app:**

<https://wellbeingtogether.spectrum.life/login>

**Providing
Counselling
Online Cognitive
Behavioural
Therapy**

**Freephone:
1800 411 057
SMS:
087 145 2056
WhatsApp:
Text 'Hi' to
087 369 0010**

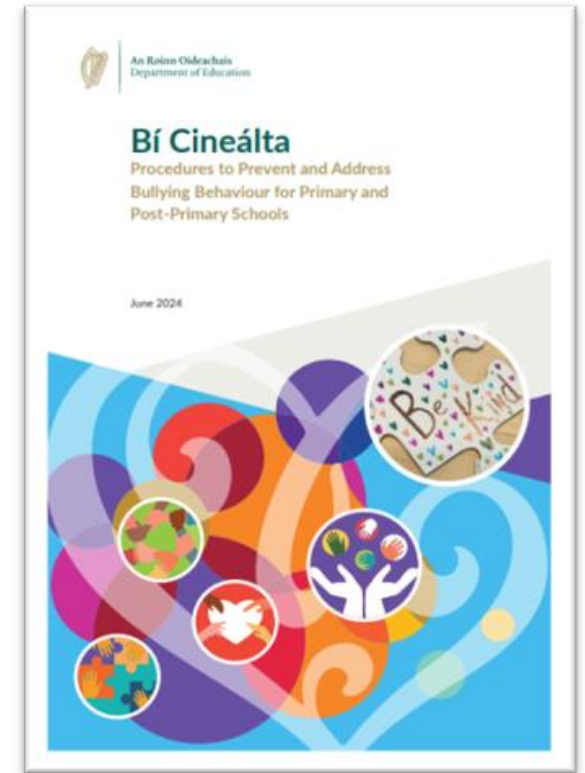
An Seomra Ranga Fáilteach: Acmhainní do Mhúinteoirí Bunscoile Nuacháilithe

The Welcoming Classroom: Resources for Newly Qualified Primary Teachers



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- [Bí Cineálta Procedures to Prevent and Address Bullying Behaviour for Primary and Post-primary Schools](#)
- [NCCA SPHE/RSE Toolkit](#)
- www.webwise.ie
- [Respect](#) - Creating a Welcoming and Positive School Climate to Prevent Homophobic and Transphobic Bullying
- [Show Racism the Red Card](#)
- www.tacklebullying.ie
- [FUSE Anti-bullying and Online Safety Programme](#)





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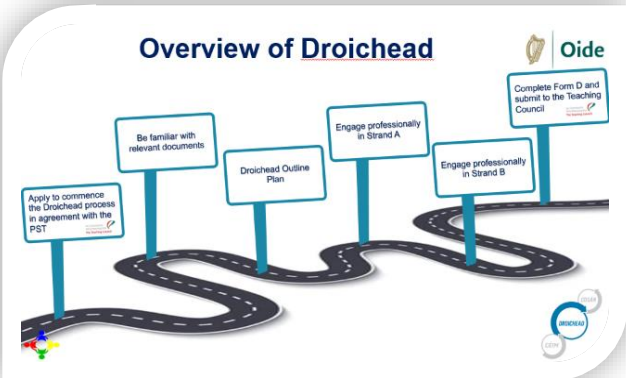
Roinn 5: Mo Thuras Droichead

Section 5: My Droichead Journey

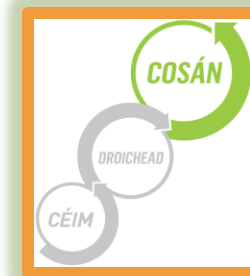




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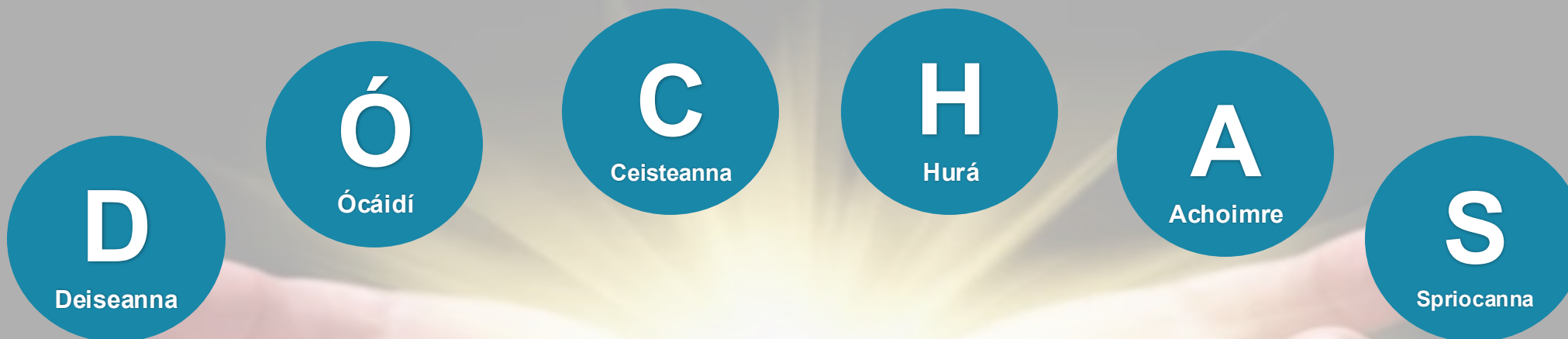
Turas Droichead A Droichead Journey



...the act of travelling on that journey is more important than the destination

(Cosán 2016)





You are at the start of your career... You bring hope...

You embody that hope...



Cá Mhéad ar Éirigh Leat... To What Extent Did You...



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- Reinforce the concept of life-long learning?
- Identify possible areas for professional learning on the next stage of the Continuum of Teacher Education – Cosán?
- Incorporate relevant components of teacher wellbeing into your life?
- Reflect individually and collaboratively on your Droichead journey?



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Roinn 6: Conclúid agus Tacaíochtaí

Section 6: Conclusion and Supports



Acmhainní an tSuímh Gréasáin le hAghaidh Ionduchtúcháin Droichead Droichead Induction Website Resources

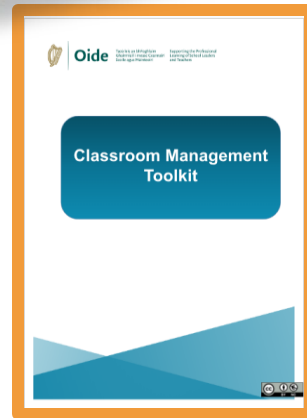


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Apply/Book now

Gaeilge  Oide



www.oide.ie/droichead/home

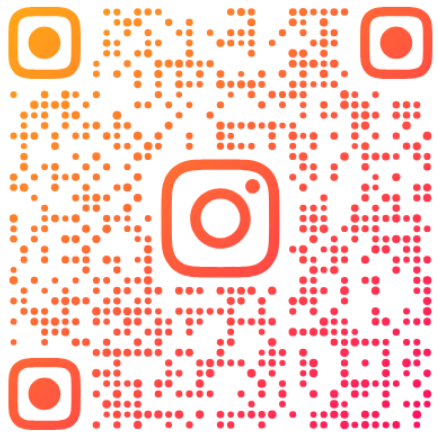
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Bí inár leanúint! Follow us!



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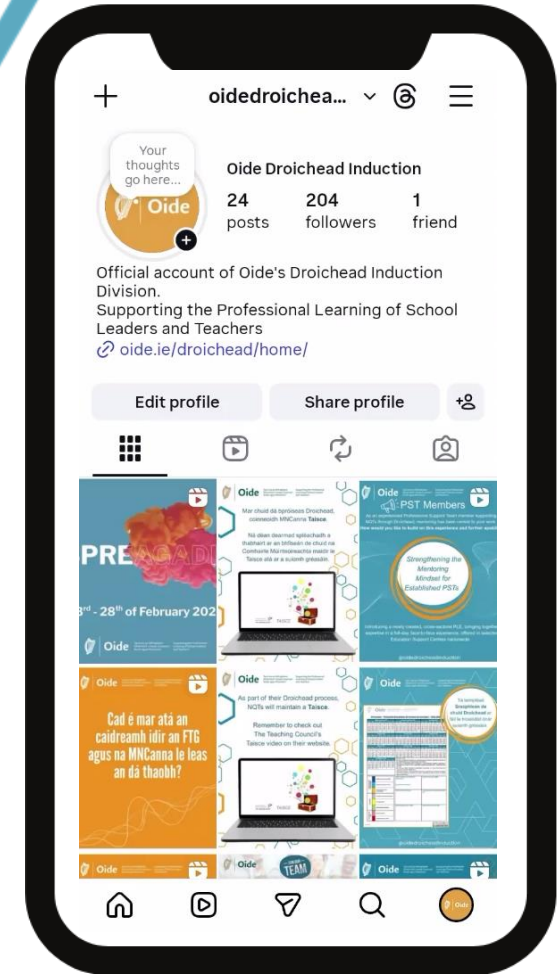


@OIDEDROICHEADINDUCTION

The Droichead Induction Division is now on Instagram

Scan the QR code to follow

US



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Acmhainní Daonna Human Resources



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- **School-based support**
 - Principal, PST, colleagues
- **Droichead Induction:**
 - primarydroicheadsupport@oide.ie
- **Family and friends**
- **NEPS: Wellbeing Toolkit for primary schools**
- **Folláine le Chéile**



Tacaíocht Bhreise Additional Support



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- The Droichead Induction Division: www.oide.ie/droichead
- Contact the Droichead Induction Division:
primarydroicheadsupport@oide.ie
- Contact the Teaching Council:
conditions@teachingcouncil.ie
- Cluster Meeting queries: NQTinduction@oide.ie

An Chomhairle
Mhúinteoireachta



The Teaching Council



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Ár mBuíochas

Comhartha nirt é tacaíocht a iarraidh

To ask for support is a sign of strength