Catalogue of Resources for Primary Schools

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The Catalogue of Resources provides a non-exhaustive list of documents and resources that are provided by the Department of Education, 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 Continuous Professional Development (CPD), which lists relevant CPD to support the wellbeing of all in the school communities. Directory of Continuous Professional Development (CPD). The resources in this catalogue are organized under the four key areas of wellbeing promotion: Culture & Environment, Curriculum (Teaching & Learning), Policy & Planning and Relationships & Partnerships.

Topics	Key area 1 Culture and Environment	Key area 2 Curriculum (teaching and learning)	Key area 3 Policy and Planning	Key area 4 Relationships and Partnerships
Anti bullying	x	x	x	x
Child protection	x	x	x	x
Critical incident	x		x	x
Classroom management	x	x		x
Data Protection			x	
External programmes		x	x	x
Health and wellbeing	x	x		
Inclusion	x	x	x	x
Internet safety	x	x	x	
Parents supports and resources		x		x
Physical Education/Physical activity		x		
Pupil voice	x		x	x
Restorative Practice	x			x
RSE /SPHE		x		
Special Educational needs	x	x	x	x
School Leadership	x	x	x	x
School Refusal	x		x	x
School staff wellbeing	x			x
Transitions	x		x	x

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.

Key Area 1 - Culture and Environment

Resources related to the following areas are included below:
Anti bullying
Child Protection
Critical Incident
Health and Wellbeing
Inclusion
Internet Safety
School Leadership
School Refusal
School Staff Wellbeing
Special Educational Needs
Pupil Voice

Key Area 2 - Curriculum (Teaching and Learning)

Resources related to the following areas are included below:
Anti-bullying
Classroom Management
External Programmes (use of)
Health and Wellbeing
Inclusion
Internet Safety
Junior Cycle
Physical Education/Physical Activity
RSE/ SPHE
Special Educational Needs

Key Area 3 - Policy and Planning

Resources related to the following areas are included below:
Anti-bullying
Child Protection
Critical Incident
Data Protection
External Programmes (use of)
Inclusion
Internet Safety
School Leadership
School Refusal
Special Educational Needs
Pupil Voice
Transitions

Key Area 4 - Relationships & Partnerships

Resources related to the following areas are included below:
Anti-bullying
Child Protection
Critical Incident
External Programmes (use of)
Inclusion
Parents - Supports and Resources
Restorative Practice
School Leadership
School staff wellbeing
Special Educational Needs
Pupil Voice
Transitions

Resources	Description	Developed by
Anti - Bullying		
Anti-Bullying Procedures for Primary and Post-Primary Schools (DES, 2013) https://www.gov.ie/en/publication/cb6966-anti-bullying-procedures-for-primary-and-post-primary-schools/	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. The purpose of these procedures is to give direction and guidance to school authorities and school 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.	DE
The National Anti-Bullying Website: www.tacklebullying.ie	A national anti-bullying website to counter bullying and cyberbullying for young people, parents and teachers.	The National Anti-Bullying Research and Resource Centre (ABC)
PDST Anti-Bullying Resource Materials https://www.pdst.ie/primary/antibullying	The PDST Anti-Bullying page includes resources for Anti-Bullying Awareness Raising, Prevention and Intervention Strategies. It includes PDST Anti-bulling Support Materials, PDST Anti-bulling policy template, PDST Information Booklet as well as material from the PDST seminar 'Internet Safety, Cyber Safety and Bullying' (2019/2020).	Professional Development for Teachers (PDST)
Child Protection		
Child Protection Procedures for Primary and Post- Primary Schools (DES, 2017) Child Protection Procedures for Primary and Post Primary Schools	The purpose of these revised procedures is to give direction and guidance to school authorities and to school personnel in relation to meeting statutory obligations under the Children First Act 2015. Child Protection Procedures for schools are mandatory. Compulsory templates for Child Safeguarding Statements, Annual Reviews and Risk Assessments must be used as per DES guidelines on the DES website.	DE

Stay Safe Programme – https://www.pdst.ie/staysafe	The Stay Safe programme is a personal safety skills programme for primary schools. The aim of the programme is to reduce vulnerability to child abuse and bullying through the provision of personal safety education for children and training for teachers, school management boards and parents.	Rose Cullen, Maria Lawlor & Deirdre McIntyre - information available from the PDST
Classroom Management		
Incredible Years Teacher Classroom Management (IYTCM) Programme http://incredibleyears.com/programs/teacher/classroom-mgt-curriculum/	The Incredible Years' programme is a primary whole school-based prevention and early intervention programme designed to reduce conduct problems and promote children's pro-social behaviour.	Carolyn Webster – Stratton, information available from DE/NEPS
NEPS Guidelines, Hand-outs and Tips for teachers and Parents: gov.ie - National Educational Psychological Service (NEPS) Guidelines, Tips and Handouts for Parents and Teachers (www.gov.ie)	NEPS have produced guidelines, handouts and tips for teachers and parents of pupils at primary level. These include for example, listening to young people and promoting dialogue, mentoring, restorative practice and information on sensory classroom activities.	DE/NEPS
Critical Incident		
Critical Incident Guidelines (NEPS, 2017): Critical Incidents - Department of Education	These guidelines help schools to plan for and to cope with the various challenges that arise from critical incidents.	DE/NEPS
Data Protection		
Advice on Data Protection Requirements http://www.dataprotectionschools.com/en/Data-Protection-Guidelines/Data-Protection-and-Schools/	This website contains links to relevant information for schools on data protection requirements.	Data Protection in Schools
External Programmes (use of)		
DE Circular 42/2018 'Best practice guidance for primary schools in the use of programmes and/or external facilitators in promoting	DE Circular 42/2018 (Primary) provides comprehensive and strengthened guidance for schools on the effective use of programmes and external facilitators in line with the Wellbeing	DE

wellbeing consistent with the Department of Education Wellbeing Policy Statement and Framework for Practice' https://www.gov.ie/en/circular/6e3c9d8cac2b4455af829826ff16ec74/	Policy Statement and Framework for Practice.	
Health and Wellbeing		
Healthy Eating Policy Toolkit https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/healthy-eating-policy-development-toolkit-for-primary-schools.pdf	A toolkit to guide and support a primary school to develop and implement a new policy or to review and improve an existing healthy eating policy.	HSE
Physical Activity https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/physical-activity-training-and-resources-for-primary-school-teachers.html	Resources to support physical activity in primary schools. • Get active In the classroom • Active playgrounds • Get your school walking	HSE
HSE Schools and Young People https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/communities/schoolsyoung/	The HSE website provides information and resources including booklets on areas including suicide, self-harm and mental health. The website also provides information on initiatives such as MindOurMinds which outlines how young people are promoting the importance of mental health among their schools and local communities.	HSE
All Together Now https://www.pdst.ie/sites/default/files/All%20Together%20Now%20Educational%20Resource%20LGBT_0.pdf	"All Together Now!" on Homophobic and Transphobic Bullying (4 lessons grounded in the SPHE curriculum for 5th and 6th Class teachers). Initiated under the National Action Plan on Bullying 2013.	BeLong To

https://www.belongto.org/all-together-now/		
Emotional regulation (2020) Wellbeing guidance documents	Wellbeing guidance documents on the following : • Understanding the response to stress in children and young people • Managing stress and anxiety • Reluctant attenders/school refusal behavior • Self-regulation for students • Panic attacks Managing thoughts, feelings, and behaviours	DE/NEPS
FRIENDS Programmes 'Fun Friends', 'Friends for Life' and 'My Friends Youth' are school-based anxiety prevention and resilience building programmes. http://www.friendsresilience.org/	The Friends programmes help students to develop resilience by teaching them effective strategies to cope with, problem solve and manage all kinds of emotional distress, including worry, stress, change and anxiety. For further information about programmes that may be running in your locality, contact your school's NEPS psychologist.	FR (Friends Resilience) available through NEPS/DE
HSE Schools and Young People https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/communities/schoolsyoung/	The HSE website provides information and resources including booklets on areas including suicide, self-harm and mental health. The website also provides information on initiatives such as MindOurMinds which outlines how young people are promoting the importance of mental health among their schools and local communities.	HSE
Setting Up a Social Skills Training Group (2015) https://www.gov.ie/en/collection/84e52e-national-educational-psychological-service-neps-guidelines-tips-and-/#social-skills-groups	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.	DE/NEPS
Zippy's Friends www.partnershipforchildren.org.uk	The Zippy's Friends Programme is designed to promote the emotional well-being of children aged five to eight years by increasing their repertoire of coping skills. For further information about programmes that may be running in your locality, contact HSE health promotion or your school's NEPS psychologist.	HSE
Professional Development Service for Teachers	This page provides information and resource documents on all areas of Health and Wellbeing at Primary Level - PE,	PDST

https://pdst.ie/primary/healthwellbeing	SPHE, RSE, Stay Safe, Child Protection, Anti-Bullying, Restorative Practice and Teacher Wellbeing.	
Using research on Wellbeing in our school https://www.teachingcouncil.ie/website/en/research-croi-/using-research-in-our-school/wellbeing/	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
Inclusion		
All Together Now (2013) https://pdst.ie/sites/default/files/All%20Together%20Now%20Educational%20Resource%20LGBT0.pdf	"All Together Now!" on Homophobic and Transphobic Bullying (4 lessons grounded in the SPHE curriculum for 5th and 6th Class teachers). Initiated under the National Action Plan on Bullying 2013.	BElonGTo/St. Patrick's College/ DE
Materials and resources to support wellbeing and mental health Wellbeing guidance documents	Wellbeing guidance documents on the following : • Understanding the response to stress in children and young people • Managing stress and anxiety • Reluctant attenders/school refusal behavior • Self-regulation for students • Panic attacks Managing thoughts, feelings, and behaviours	NEPS
Supporting Refugee Students Transition to and Progress in Post-primary School (2013) https://www.ncge.ie/resource/supporting-refugee-students-transition-and-progress-post-primary-school	This resource was developed with the City of Dublin ETB and Separated Children's Service. It explores the various issues which affect Separated Children when they move into an Irish post-primary school and the strategies that schools can employ to help students overcome these barriers. Resource include areas such as school induction, a buddy system and the promotion of first language to assist in the learning process.	NCGE
Inclusive Education Framework - A guide for schools on the inclusion of pupils with special	The Inclusive Education Framework is a new interactive tool to be used by schools to assist schools plan, measure	NCSE

educational needs. Inclusive Education Framework – National Council for Special Education	and improve how pupils with special educational needs are supported.	
Resources to support teaching and learning – online resources National Council for Special Education – Working to deliver a better special education service	A range of online resources for teachers and parents to support inclusion including information on the visiting teacher service and behavior support.	NCSE
Internet Safety		
Acceptable Usage Policy (ICT) https://www.pdsttechnologyineducation.ie/en/NEWS/How-to-develop-an-Acceptable-Use-Policy.html	The PDST Technology in Education guidelines support schools in developing Acceptable Usage policies for ICT. Guidance for developing an Acceptable Usage Policy for Information and Communications Technology (ICT)	PDST Technology in Education
Webwise: Primary https://www.webwise.ie/teachers/webwiseprimaryprogramme/	The Webwise Primary Programme is a booklet which gives SPHE teachers assistance in teaching safe and responsible internet use.	Webwise Irish Internet Safety Awareness Centre
HTML Heroes https://heroes.webwise.ie/	This programme teaches pupils the importance of digital safely with the help of HTML HEROES	Webwise
MySelfie https://www.webwise.ie/myselfie-wider-world/	Webwise Primary Anti Cyber Bullying Resource	Webwise
Safer Internet Day https://www.webwise.ie/saferinternetday/	Safer Internet Day is an EU wide initiative to promote a safer internet for all users, especially young people	Webwise & PDST
Guidance for Registered Teachers About the Use of Social Media and Electronic Communication.	This document is aimed at providing guidance for teachers about the use of social media and electronic communication, identifying potential dangers, offering advice about how to avoid them and providing a context	The Teaching Council

https://www.teachingcouncil.ie/en/publications/fitness-to-teach/guidance-for-registered-teachers-about-the-use-of-social-media-and-electronic-communication.pdf	for responsible, professional use of electronic communication and social media.	
Physical Education/Physical Activity		
The Physical Education (PE) Curriculum Primary: https://www.curriculumonline.ie/getmedia/ca8a385c-5455-42b6-9f1c-88390be91afc/PSEC05_Physical-Education_Curriculum.pdf	Implementation of the Physical Education Curriculum Primary is mandatory. The curriculum is divided into six strands: • Athletics • Dance • Gymnastics • Games • Outdoor and adventure activities • Aquatics and is outlined in this curriculum document	NCCA
Physical Activity Resources for Primary School Teachers https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/training-and-resources-for-primary-school-teachers/physical-activity-training-and-resources-for-primary-school-teachers.html	Resources to support physical activity in schools: • Get active In the classroom • Active playgrounds • Get your school walking	HSE
Parents - Supports and Resources		
NEPS Information for Parents https://www.gov.ie/en/service/5ef45c-neps/#information-for-parents	Information on what NEPS does and what do you do if you think your child needs to be seen by a NEPS Psychologist.	DE/NEPS
Transition from Preschool to primary (2020) https://www.gov.ie/en/publication/0b6da-guidance-for-parents-of-children-transitioning-from-pre-school-to-primary-school/	Guidance document for parents of children transitioning into primary school.	DE/NEPS

Let's Get Ready website(2020) gov.ie/letsgetready.	Resources for children and families to support young children and their parents/guardians plan for the transition to pre-school or primary school later this year. Let's Get Ready includes guidance for parents on practical steps they can take to support their children over the coming months and tips on what children and parents can expect on their transition to pre-school and primary school	DCEDIY
Relationships and Sexuality Education in Primary School – Tips for Parents https://www.pdst.ie/sites/default/files/RSE%20in%20Primary%20School%20Parent%20Tips.pdf	This document provides information for parents on RSE as well as tips for talking to their children about RSE.	PDST
Social, Personal and Health Education in Primary School – Tips for Parents https://www.pdst.ie/sites/default/files/Primary%20SPHE%20Tips%20for%20Parents.pdf	This document provides information for parents on SPHE and how parents can develop SPHE at home.	PDST
Stay Safe for Parents https://www.pdst.ie/StaySafeParents	This page provides information for parents on the Stay Safe programme, how it is taught in school and how parents/guardians are involved in the programme.	PDST
Stress Control www.stresscontrol.ie	A 6 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
Making the 'Big Talk' many small talks. www.healthpromotion.ie	"Making the 'Big Talk' many small talks" is a series of resources developed to help parents to talk with their children about relationships and sexuality. They may also be useful for teachers.	HSE

	For parents of children aged 4-7 and for parents of children aged 8-12.	
Restorative Practice		
Restorative Practice resources https://www.pdst.ie/primary/healthwellbeing/restorativepractice	This page contains information and resources on Restorative Practice which promotes and enhances skills such as the ability to empathise and to find solutions to specific problems. This practice allows for building trust between and with people.	PDST
RSE/SPHE		
SPHE/RSE Toolkit https://www.curriculumonline.ie/Primary/Curriculum-Areas/Social,-Personal-and-Health-Education/SPHE-RSE-Toolkit/	The toolkit aims to provides teaching and learning resources and guidance to support teachers in preparing for and teaching SPHE/RSE	NCCA
Primary SPHE https://www.pdst.ie/SPHE	This page provides a number of resources to support the teaching and learning of SPHE to include an E-learning programme for teachers.	PDST
Webinar: Relationships and Sexuality Education for Primary Schools: A Look at Resources https://www.pdst.ie/node/811	This webinar highlights the practical resources that are available to support teaching and learning in the Relationships and Sexuality Education (RSE) element of SPHE and outlines a range of new resources developed to support the teaching of the sensitive elements of RSE, including our new Busy Bodies workbook and the Advice for Parents document.	PDST
Busy Bodies www.healthpromotion.ie	A resource for schools and parents on supporting young people through puberty	HSE
Making the 'Big Talk' many small talks. www.healthpromotion.ie	"Making the 'Big Talk' many small talks" is a series of resources developed to help parents to talk with their children about relationships and sexuality. They may also be useful for teachers.	HSE

	• For parents of children aged 4-7. For parents of children aged 8-12.	
School Leadership		
Leadership and management in Primary schools Circulars Leadership and Management in Primary Schools (circulars.gov.ie) OR https://www.gov.ie/en/circular/cefd68-recruitmentpromotion-and-leadership-for-registered-teachers-in-recog/	This circular sets out a leadership and management framework for posts in recognized primary schools. This circular supersedes all previous circulars, memoranda, rules and regulations in relation to posts of responsibility, including Circulars 063/2017, 039/2014 and 07/2003.	DE
Centre for School Leadership https://www.cslireland.ie/	The vision of the CSL is to create a community of school leaders, who feel supported and valued as professionals and who have access to high quality continuous professional development.	CSL
Professional Development Service for Teachers https://www.pdst.ie/primary/leadership	Information on the range of supports and training available through the PDST.	PDST
Reluctant Attendance/ School Refusal Behaviour		
School Refusal – Good Practice Guide (HSE/NEPS, 2015): https://www.gov.ie/en/publication/3fe6e-school-refusal/	This pack is intended to support students, parents and schools in working together to prevent school refusal occurring. In addition, if school refusal does happen, this pack attempts to seek and provide successful solutions so that the student can once again become part of the school community and enjoy a positive experience of school.	DE/ NEPS & HSE

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 https://www.gov.ie/en/service/23 acf5-employee-assistance-wellbeing-programme/	The EAS provides advice to employees on a range of issues including wellbeing, legal, financial, bereavement, conflict, mediation etc. The EAS also provides advice and support to managers and delivers interventions to help them deal with health and wellbeing issues in the workplace.	DE/ Spectrum Life
PDST Wellbeing at work: Teacher Wellbeing section https://www.pdst.ie/teacher_wellbeing	This page contains a number of resources to support teacher wellbeing.	PDST
Take Care of You: Teacher Wellbeing https://www.teachingcouncil.ie/en/about-us1/take-care-of-you-tabhair-aire-duit-fein/	The Teaching Council website provides a list of supports and resources. to support the wellbeing of teachers, including personal, professional and financial supports.	The Teaching Council
Special Educational Needs		
NEPS Continuum of Support Guidelines and Documents: https://www.gov.ie/en/collection/97aa18 -national-educational-psychological-	This page contain resources for students with Special Educational Needs at Primary level. Documents include : • Continuum of Support Guidelines for Teachers • Continuum of Support Resource Pack for Teachers	DE/NEPS

service-neps-resources-and-public/#special-educational-needs	• Behavioural, Social and Emotional Difficulties – information guide for primary schools & Continuum of Support Guidelines for Teachers	
National Council for Special Education www.ncse.ie	The NCSE website provides information for schools about resources and professional development for teachers working with students with special educational needs.	NCSE
Pupil Voice		
Listening to Children and Young People (2016) https://s3-eu-west-1.amazonaws.com/govieassets/41319/6979e81cdfe44082a9faa4a11db99d5b.pdf	This resource was developed to support adults in their work with challenging and vulnerable children and young people.	DE/NEPS
Our voices Our school https://www.ourvoicesourschools.ie/	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.	DCYA Comhairle na nÓg
SPHE/RSE Toolkit https://www.curriculumonline.ie/Primary/Curriculum-Areas/Social,-Personal-and-Health-Education/SPHE-RSE-Toolkit/	The toolkit aims to provide teaching and learning resources and guidance to support teachers in preparing for and teaching SPHE/RSE	NCCA
Transitions		
Transition from Preschool to primary (2020) https://www.gov.ie/en/publication/0b6da-	Guidance document for parents of children transitioning into primary school	DE/NEPS

guidance-for-parents-of-children-transitioning-from-pre-school-to-primary-school/		
Guidance to support the effective management of transitions from early learning and care (ELC) settings to primary school – (June 2021) https://www.gov.ie/en/publication/bd74b-guidance-to-support-the-effective-management-of-transitions-from-early-learning-and-care-elc-settings-to-primary-school-june-2021/	This document provides advice for primary school leaders and teachers in supporting the transition of pupils into primary education. It also considers the transition of pupils from class to class, including special class settings, within the primary school.	DE
Mo Scéal Mo Scéal | NCCA	Pre-school to primary transition support materials	NCCA
Lets Get Ready website(2020) gov.ie/letsgetready.	Resources for children and families to support young children and their parents/guardians plan for the transition to pre-school or primary school later this year. Let's Get Ready includes guidance for parents on practical steps they can take to support their children over the coming months and tips on what children and parents can expect on their transition to pre-school and primary school	Department of Children, Equality, Disability, Integration and Youth
Transfer from Primary to Post-primary (2015) https://www.gov.ie/en/collection/84e52e-national-educational-psychological-service-neps-guidelines-tips-and-/#transfer-from-primary	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.	DE/NEPS
Transition to Post Primary https://www.sess.ie/resources/transitio	Information and resources on Transition to post primary school.	NCSE

[n-primary-post-primary](#)		
Education Passport (NCCA, 2014): [https://ncca.ie/en/primary/reporting-and-transfer/education-passport/](#)	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
Preschool to primary transition support material [https://ncca.ie/en/early-childhood/mo-sc%C3%A9al/](#)	Preschool to primary support materials	NCCA
Wellbeing Toolkit for staff (2020) [Wellbeing Resources for primary](#)	The wellbeing toolkit is a resource for primary schools which includes sections on : • Staff wellbeing and self-care • Settling back to school • Supporting the wellbeing of all children and young people in school Additional support for some children and young people	DE/NEPS