

Mayo Education Centre

Helping with the return to school in Autumn 2020

Presentations for Teachers & Parents on helping young people return to school

A number of useful presentations for Teachers, Parents and SNAs have been developed over the last 12 weeks by the National Educational Psychological Service (NEPS) and the HSE Child and Adolescent Mental Health Services (CAMHS) in partnership with ESCI

The Covid-19 pandemic and the responses to it have radically changed society and the education landscape.

These presentations have been developed to assist, inform and guide adults who are in contact with children who are transitioning from primary to secondary school but they will also be useful for parents and teachers of all children and young people who are returning to school following the Covid-19 school closures and summer holidays from March to September 2020.

Schools may find it useful to share these links with parents, teachers, SNAs and all other stakeholders in school communities.

Information and knowledge will help ease the return to school for our young people.

Transition to Secondary School 2020

Preparing & Supporting Students with ASD during Covid-19 Times.

[Click here to view the presentation](#)

Description

Presented by a NEPS Psychologist, this presentation deals with the issue of transition in uncertain times preparing and supporting students with ASD for the move to post primary school during the time of Covid-19.

Topics Covered:

- Change, and upheaval brought about by Covid-19
- Changes brought about by attending Post Primary School
- Apprehension nervousness and anxiety brought about by these two factors
- Anxiety and managing it. Why it is particularly difficult for children with ASD
- Practical anxiety management strategies
- Preparation for the move
- Academic and environmental challenges and sensory needs
- Additional Resources

This presentation is a collaboration between the National Educational Psychological Service and Kilkenny Education Centre

Psychological First Aid (PFA) for Teachers - School Year 2020/2021

[Click here to view the presentation](#)

Description

PFA is the result of a collaborative effort between the WHO, War Trauma Foundation and World Vision International. Endorsed by 24 UN/NGO international agencies and is available in numerous languages.

PFA may simply be defined as a supportive and compassionate presence designed to do three things: 1) stabilize (prevent the stress from worsening) 2) mitigate (de-escalate and dampen) acute distress 3) facilitate access to continued supportive care, if necessary. PFA *does not* entail diagnosis or treatment. Nevertheless, like physical first aid, it requires basic training to be effective and reduce the risk of inadvertently making things worse (Everly & Lating, 2017).

This presentation is offered by the Carlow/Kilkenny NEPS Team NEPS - Supporting School Communities in the Context of Covid-19.

Topics Covered:

- Supports available from NEPS in times of Covid-19
- Overview of Psychological First Aid (PFA)
- Looking after our students and the school community
- Looking after ourselves
- Contact details and further info

Transition to Secondary School 2020 Info, Tips & Strategies for Self-Regulation and Organisation

[Click here to view the presentation](#)

Description

Presented by a CAMHS Senior Occupational Therapist, this presentation covers the themes of Self-Regulation and Organisation, and how you can help your child to make school more manageable.

The topics covered include Nutrition; Exercise; Homework & Study; The School Diary; The School Bag; Books, Copies & Pencil Cases; Colour Coding; The Locker; Timetable; Continuing to offer positive Support.

This presentation is a collaboration between the Child and Adolescent Mental Health Service and Kilkenny Education Centre

Transition to Secondary School in 2020 - What to Expect; Supporting your Child

Description

Preparing for the school move to secondary school, supporting your child's education, school and friendships, a presentation by HSE Social Care Workers.

[Click here to view the presentation](#)

Topics covered:

- What's different in secondary school?
- Preparing for the School move
- Supporting education and school
- Taking an interest in your child's education
- Working closely with the school
- Supporting homework and study
- Homework guidelines
- Dealing with problems
- What can I do as a parent?
- Friendships - what to expect
- How can I help my child to make friends?

This presentation is a collaboration between the Child and Adolescent Mental Health Service and Kilkenny Education Centre.

Transition to Secondary School 2020 - Practical Approaches to Good Nutrition

[Click here to view the presentation](#)

Topics covered:

- Factors which affect dietary choices.
- Importance of nutrient density - many of our young people are well fed but under-nourished
- Weight
- Dieting
- Fruit and veg
- Giving advice and guidance to your teenager

This presentation is a collaboration between the Child and Adolescent Mental Health Service and Kilkenny Education Centre

Transition to Secondary School 2020

Adolescence and Developmental Changes

A Psychology perspective on adolescence and developmental changes that coincide with transition to secondary school.

[Click here to view the presentation](#)

Topics

Self reflection

Changes in and for adolescents

Challenges and ways to support your child during this time of change

Some implications of Covid-19

Supporting your adolescent

Adolescent mental health

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