



Presentation Secondary School, Wexford

“Simple, Slow, Steady & Sustainable”

Parent Resources

COVID-19 HIERARCHY OF NEEDS FOR SCHOOLS

Based off of Mazlow's Hierarchy of Needs

**SCHOOL IS
IMPORTANT DURING
THIS CRISIS**

BUT....

**NOT AS IMPORTANT
AS THE NEEDS OF
OUR FAMILIES WHO
ARE EXPERIENCING
ANXIETY AND FEAR
AS WE DEVELOP OUR
NEW NORMAL**



Our kids and families need us more than ever to model social and emotional learning before content.

@jaydostal

Remember all students are in the same position. Everyone is trying to do their best by learning remotely all over the country. Everyone is unsure and uncertain in these changed times about exams.

Focus on TODAY -doing your best today -what you can do today.

Stay safe, stay well, stay connected

Keep to your Routine and have structure in your day

We have been at home now for a number of weeks and we hope that you have all managed to establish a new daily routine. Remote Learning and Teaching is not easy, it can be frustrating and difficult to balance all the daily demands of family, our physical space at home, teachers and revision for exams and looking after ourselves both physically and emotionally.

Remember:

- **Get up early each day**
- **Have a good breakfast-you need food and water to nourish and feed your braincells.**
- **The place where you study is important -a proper table and chair if possible (not the bed!) If studying in your bedroom, please take regular breaks and get out of the room!**
- **Plan your day -Be ready each day for whatever subjects are timetabled for that day – have all your resources ready**
- **Plan your break time & lunch time and make sure you eat well -not too much junk!**
- **Talk to your friends by phone, social media during the breaktimes or go outside for some fresh air.**
- **Plan to get exercise each day -keep fit**
- **Plan doing something to look after your wellbeing**
- **Get your work done and have ‘me time’ to relax.**
- **Get sleep**
- **Plan your revision - Stick to what works for you!**



Stay connected

Keep in touch with friends and family. Remember talking things through with someone can help lessen worry or anxiety. If you want to check in with myself or Mr Nugent please email.

Stay informed

Set limits for news and social media. Avoid the constant speculation on social media about exams and updates about covid-19. Don't let other people's worries become your own or let it add to your own worry and stress. Consider limiting how much time you spend on social media discussing exams etc.

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE REACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

HOW OTHERS REACT

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES



Clipart: Carrie Stephens Art
The Counseling Coach.com

HOW STUDENTS CAN LOOK AFTER THEMSELVES AND OTHERS DURING SELF ISOLATION

 @BELIEVEPHQ



1 Stay in regular touch with friends through skype, facetime or google hangout. Staying connected can help reduce stress and anxiety



2 Make sure you engage in regular exercise. You can make this fun and do it online at the same time with friends or family



3 Don't be afraid to check in with your friends or family. Ask them how they are doing and see if you can help them in anyway



4 Challenge yourself each day to be curious about how well you can stay focused on the present moment



5 Reduce the amount of time you spend on social media and checking the news. Regular checking can increase worry



6 Schedule a time each day where you can sit down with your family and talk about what you are thinking and how you are feeling



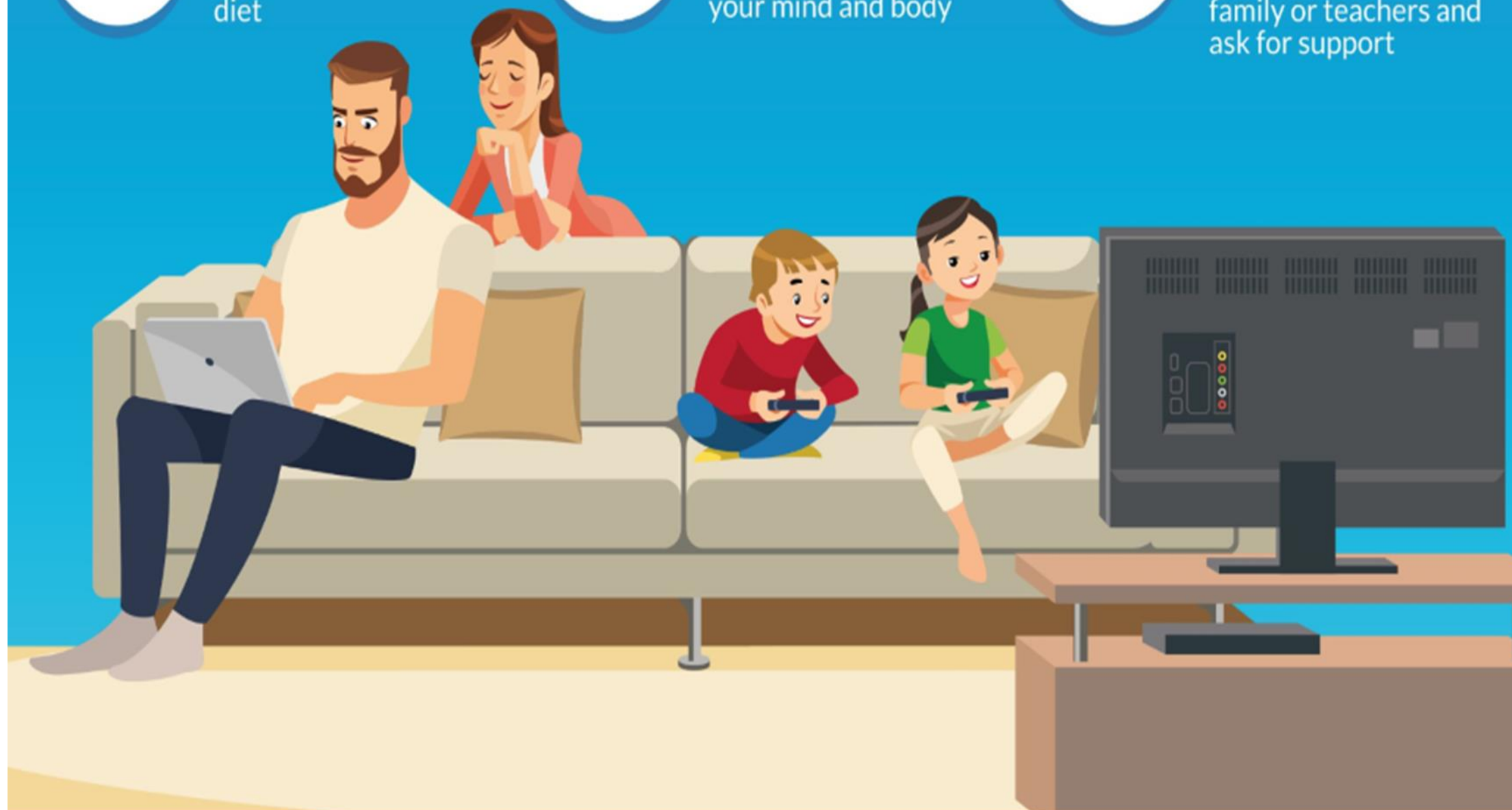
7 Take care of your physical health. Maintain a good sleep routine and make sure to eat a well balanced diet



8 Slow down what you are doing and breathe. Deep breathing is a great way to calm your mind and body



9 If you are struggling do not be afraid to reach out for help. Speak to your friends, family or teachers and ask for support



12 WAYS TO DE-STRESS



Resources For Well-Being

11 Little Mental Health Tips That Therapists Actually Give Their Patients

<https://www.self.com/story/11-little-mental-health-tips-that-therapists-actually-give-their-patients>

Brené Brown 'Unlocking Us' podcast discussing the impact this pandemic is having on us as a society, and how we as parents and teachers can set a good example as role models to our children on students on how it is ok to be scared and brave at the same time.

<https://open.spotify.com/episode/3dfDCFtzwJKIPGW7yajfuC>

Also accessible where all good podcasts are available.

Wellbeing Support services available

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

Dealing with anxiety

<https://www.youtube.com/watch?v=vzGp0DJGAQk&feature=youtu.be>

Simple Breathing exercise

<https://www.youtube.com/watch?v=oRYuWL413cU>

Tips and Advice

Wexford Parents Hub, they are sharing lots of numbers for accessing support during these times.

<http://www.wexfordcypsc.ie/wexford-parents-hub>

Advice from @Education_Ire: Parents and guardians are urged to support their children in practising social distancing, and to minimise physical contact with each other of body text

<https://www.jmb.ie/News-topics/Article/parents-and-guardians-are-urged-to-support-their-children-in-practising-social-distancing-and-to-minimise-physical-contact-with-each-other#.XmuLuQgJtco.twitter>

Advice for Parents: what is Teams and Online collaboration about

<https://support.office.com/en-us/article/distance-learning-with-office-365-guidance-for-parents-and-guardians-89d514f9-bf5e-4374-a731-a75d38ddd588?ui=en-US&rs=en-US&ad=US>

KIDS THRIVE ON ROUTINE AND PREDICTABILITY A

super article with great sensible, practical advice

‘How to prepare for extended school closings—and not lose your mind’

<https://www.upworthy.com/tips-for-parents-coronavirus>

Home-schooling during coronavirus closures: advice from experts

https://www.irishtimes.com/news/education/home-schooling-during-coronavirus-closures-advice-from-experts-1.4202372?utm_source=dlvr.it&utm_medium=twitter

The National Educational Psychological Service and @Education_Ire have today published advice for parents on routines and schedules

<https://www.education.ie/en/The-Department/Announcements/guide-for-parents-supporting-children.pdf>

Ensure your child's online experience is a positive one by talking to them about managing their #onlinereputation.

Here are some tips for #parents to get that conversation started.

<https://www.webwise.ie/parents/online-reputation-talking-points/>

COVID 19: Helping children and teenagers to understand – A Lust For Life

<https://www.alustforlife.com/tools/covid-19-helping-children-and-teenagers-to-understand>

Distance learning with Office 365: Guidance for parents and guardians

<https://support.office.com/en-us/article/distance-learning-with-office-365-guidance-for-parents-and-guardians-89d514f9-bf5e-4374-a731-a75d38ddd588>

In addition to the normal supports, the NCSE is providing online resources for children with Special Educational Needs who are at home as a result of the schools' closure.

<https://ncse.ie/online-resources>