

Presentation Secondary School, Wexford

"Simple, Slow, Steady & Sustainable"

Teachers 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

School completing virtual work/projects

Self-Actualization desire to become the

most that one can be

respect, self-esteem, recognition, strength, freedom

Esteem

Love and Belonging

friendship, family, sense of connection

Safety Needs

personal security, employment, resources, health

Physiological Needs air, water, food, shelter, sleep, clothing

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

ajaydostal

Some Resources for Remote Teaching

@ShaneHastingsIE has compiled a list of services that have been made available for free for the duration of the COVID-19 pandemic, and is being continuously updated.

https://covid19.shanehastings.eu/giveback/

A temporary hub of information and tools to help teachers during the coronavirus (COVID-19) crisis

https://teachfromhome.google/intl/en/?utm_source=Google&utm_medium=HPP&utm_campaign =Google%20Edu%20Hub%20Ireland

Some other websites that I have mentioned to you before include:

Old reliable

https://www.scoilnet.ie/scoilnet/news/article/news/detail/News/des-announcement-andscoilnet-supports/

This page provides links to a number of useful resources that have been produced over the past few weeks to support institutions and individual educators to respond to the spread of the Coronavirus.

https://www.dcu.ie/nidl/resources/Swiftly-Moving-Online-Coronavirus.shtml

Learn and explore with training and resources, and earn badges and certificates on a personalized hub created for educators like you. Some great FREE CPD for educators who are using the Office 365 platform. A lot of great resources and lesson plans here too! Have a look for yourself:

https://education.microsoft.com/en-us

A quick video on how to submit an assignment in @MicrosoftTeams from a students perspective

https://twitter.com/PaulCahillane/status/1238871298853474306?s=19

#edshareie - Sharing resources to help each other out in the Irish education community

https://padlet.com/amanda_jolliffe2/o09qn0bdumf7

A collection of global ideas

 $\frac{https://docs.google.com/document/u/0/d/13nBGD4uRwc2GUGD6oyBOPoyMjDqdmo3objT0b65ut}{eY/mobilebasic}$

This article is to help teachers & school leaders using Microsoft Education platform, including how to get started advice.

https://wakelet.com/wake/60ef07c0-3eab-4a59-82eb-f9fa2246c592

The DES has published a letter which has issued to schools highlighting the range of online resources available during closures.

YouTube clip showing students how to snap a picture of their work and how it then digitize it into a word document.

https://www.youtube.com/watch?v=jzZ3WVhgi5w&feature=youtu.be

Great advice on how to make the shift to online learning as seamless as possible.

https://www.edutopia.org/article/what-teachers-china-have-learned-past-month

Alison has a full free suite of maths courses for Junior & Leaving Certificate

https://alison.com

History teachers! Check out http://digitalstories.ie that is curated and compiled by @MI_McN. A brilliant

way so support student's creativity and engagement while #remotelearning.

https://sites.google.com/prod/view/digtechstories

Stacy Stout @MsStacyS now has a History Kahoot see link below

https://create.kahoot.it/share/13efe9b7-0b1e-4c9b-9eea-56c2ce0d7556

As we anxiously switch to online learning, a call to educators to pause & encourage our students to reflect on how they might be better and healthier selves, citizens and leaders in the face of uncertainty, crisis, fear & change.

https://insidehighered.com/advice/2020/03/20/beyond-focusing-educational-delivery-models-faculty-should-prioritize-essential

PDST created a dedicated page of curated content, developed to support schools and teachers engaged in distance learning in order to provide continuity to pupils/students, enabling schools to limit the impact of school closures.

https://www.pdst.ie/DistanceLearning

In addition to the normal supports, @ncseirl 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

Teachers share their advice on remote teaching

https://www.irishtimes.com/news/education/start-really-small-teachers-share-their-top-tips-for-remote-learning-1.4210871?mode=amp#.XnoYfF1XRVc.twitter

What Teachers in China Have Learned in the Past Month | Edutopia

https://www.edutopia.org/article/what-teachers-china-have-learned-past-month

Science teachers this is an ideal way to test how well students are preparing for exams. These quizzes will assess students in different ways, giving them reliable feedback as to how well they are managing their revision.

https://sciencequiznet.weebly.com/

The Post-Primary Languages Ireland (PPLI) is a dedicated unit providing expertise and support for foreign languages education in Ireland, predominantly at post-primary level.

https://ppli.ie/

Junior Cycle have lots of resources online as well.

http://www.jct.ie/home/home.php

General Resources

Studyclix.ie (free/paid)

An essential exam-focused tool. Past exam questions are broken down by topic, mock papers, exam papers, maths video solutions. Various free and premium options

available, highly recommended for all students. Discount code: HOMESTUDY for £10 off

625points.com (free/paid)

A website with free resources (study plans, predictions, high-quality sample answers) along with paid notes that cover the whole course. All great content, well worth looking at, and samples are available before purchasing.¹ iRevise.com (free/paid)

A general purpose tool for helping with revision, including past papers, video tutorials, sample answers, multiple choice quizzes. They also have been providing free honours maths grinds every morning at 9:30. A free trial is available so it's worth

giving a try.

HomeSchool.ie (paid)

Online grinds substitute featuring videos covering the entire subject syllabus for Junior and Leaving certificate subjects. Each subject costs money but can be a

cost-effective solution for revision courses and long term guides.

Jump-a-grade (paid)

A modern online grinds/personal tutoring service. Students are assigned tutors, are assigned work weekly and then personalized feedback videos are given. Starts at €25 per week, with discounts for additional subjects. They

are also beginning to offer remote revision courses.

Khanacademy (free)

An absolutely amazing free resource with thousands of lessons on many subjects. The website isn't targeted at leaving certificate students but you can find the course content among the videos. Make sure to check this one out.

Edco EBooks (free)

For any students that use Edco books (or may have left them in lockers...) Edco is currently offering access to Junior and Leaving Certificate books for free.

Account Details - Username: jcedcobooks or lcedcobooks, Password: edco2020

Quizlet (free/paid)

An easy to use platform for flashcards. Using flashcards can help avoid the inefficiency of needlessly writing notes. Popular amongst students and many card decks are easily available. While a premium version is available, the free version suits most people.

Dublin Academy of Education YouTube (free)

This YouTube channel features videos on many topics. Recently, they have began to post even more course content, so there is likely something you will find useful on this channel. There's also videos with general study tips, podcasts etc. Worth checking out.

Shmoop (free/paid)

With study guides for many subjects and topics, including both leaving cert and further learning and other resources for college preparation, there is likely to be something you find worthwhile.

Crash Course (free)

This youtube channel is not Leaving Certificate focused, but has great videos that cover broad areas of various subjects in an intuitive way. Watching these videos is a great way to become familiar with courses at a high level, before getting into the specifics with notes, textbooks or exam paper questions (particularly for physics and chemistry).

Surviving The LC (free)

This blog is a collection of past student's study notes in subjects such as Spanish, English, Geography, Biology, Economics, Maths and other general exam advice.

Dundalk Study Academy Instagram (free)

Hosting a wide range of study techniques, subjects specific advice, and tips for how to keep your motivation going, this account is worth a look especially if you are finding it hard to keep yourself focused and organised during this disruption.

Subject Resources

TheMathsTutor.ie (mostly paid)

An online platform for Leaving Certificate mathematics including videos, automatically graded exercises, and worked past paper solutions which covers the entire course. This website is primarily a paid service with some free resources. Discount: currently there is 50% off full membership.

MathsPoints.ie (paid)

A website with cheat sheets for the Leaving Certificate Maths and Applied Maths course. Also includes solutions to past exam paper questions, and <u>free resources</u> for the proofs and constructions.

ExamLearn (free/paid)

A Studyclix alternative that has some good quality videos on the Leaving Certificate Maths course, which are freely available on their Youtube.

Miss Keegan's Math Videos (free)

Another YouTube channel featuring free videos about a wide range of Leaving Cert Maths questions. Make sure to look at the playlists to find videos grouped by topic.

ProjectMaths.ie Activities (free)

A set of resources and activities for the project maths course, most likely more suitable for teachers, but you may find something of use if stuck.

Molloy Maths (free)

A website with a variety of resources for Leaving Cert Maths, most useful are the past paper solutions and some of the video lessons. A lot of the resources from projectmaths ie are uploaded here also.

ExamRevision(free/paid)

The entire Junior Certificate/Cycle course is complete in short video tutorials which make it easy for the students to understand.

eMaths (free)

A variety of resources including notes, flashcards, questions, videos and more. The website design/interface is a little hard to use but there is some good quality content regardless.

Biology

The Conical Flask (Biology) (free)

A website covering the entire Biology course, featuring slideshows, notes and task sheets with questions and solutions. I highly recommend this resource for both students and teachers.

Mr C Biology (free)

Another incredibly comprehensive website containing notes, videos, mind maps, short questions, quizzes, mind maps, experiment videos and more. Make sure to have a look at this resource

LeavingCertBiology.net (free)

Covering the whole Leaving Certificate Biology course, this website has high quality notes for every topic in the syllabus, along with interactive revision questions.

Biology Bugbears (free)

This YouTube channel is aimed at Leaving Certificate students and covers the whole course. This is a popular resource, and has lots of great videos.

Complete Leaving Cert Biology Definitions Quizlet (free)

KayScience.com (free)

A new website with really good quality biology and chemistry videos, along with quizzes. (This was released only days ago, so some content is missing). Mainly aimed at A-Level students but there is a lot of overlap.

Mandatory Practicals (free)

An illustrated set of notes for all mandatory practicals on the biology course, created by Declan Cathcart.

Leaving Cert Biology Study Notes (free)

A complete set of notes for the Biology course. The full document is only 55 pages, so the text and wording is very condensed. You might be able to get some useful information from it.

Short Questions by Topic (free)

This is a Google Drive folder containing short questions on almost all topics and it contains hundreds of questions per topic. Great for doing active revision of a topic after reading notes/watching videos.

Geography

9. The Geography Page (free)

This website has some very high quality sample essays and notes and is an essential resource for geography

10. Eoin Hughes' Geography Videos (free)

Great videos about leaving certificate physical geography showing formation of features and processes involved. Also contains videos about the Investigation coursework project

11. <u>Eoin Hughes' Geography Drive</u> (free)

This is a geography teacher's personal drive that they have shared containing all of their teaching notes. Some content is teaching focused but it is a good resource all the same.

12. Precision Revision (paid)

This is a great resource for students looking for an alternative and exam focused approach to Leaving Certificate Geography. They have a comprehensive field work guide, sample answers for past paper questions and guides on exam technique. They also have freely available podcasts which can be found on popular podcast apps.

13. Educate.ie 2010 - 2014 Paper Solutions (free)

Some sample questions to past papers with essays of a moderate standard. Good for trying to find where to begin when writing an essay

14. Rochestown College - Sample Answers from Students(free)

Here is a selection of essays written by students, they are quite mixed in terms of quality but are worth a look through all the same

15. SRPs Model Answer Book (free)

This book contains some lists of SRPs for various essays which can help you when you are writing an essay you haven't done before

16. ExamRevision(free/paid)

The website covers the entire Junior & Leaving Certificate course in short video tutorials.

History

10. <u>LeavingCertHistory.net</u> (free)

A pretty comprehensive website for Leaving Certificate History. Contains notes, information about the research project, revision guides and more. NOTE: at the time of writing, this website was down so I have linked to an archived version.

11. History Matters 365(free)

Another decent resource but more of a coalition of other resources from around the internet. Might be more useful as an accompaniment to other exam preparation materials.

Chemistry

• The Conical Flask (free)

Probably the best resource on the internet for Leaving Certificate chemistry. Every topic on the syllabus is covered in detail with videos and slideshows, along with high quality notes and questions with solutions. I'd highly recommend this website to every Leaving Cert chemistry student.

• Chemistry Teachers Reference Handbook (free)

While not suitable for everyone, for a student who wants more information about a topic or a teacher who is preparing material, this document is a comprehensive (600 page) guide to every single little bit of the chemistry course. Great if you want to dive deep into the subject whilst staying focused on the Leaving Certificate level content.

Mandatory Experiment Videos (free)

This YouTube channel contains every mandatory experiment on the chemistry course, and was created to accompany the 'Chemistry Live' textbook. The explanations are clear and the videos are a good resource for studying for Q1 to 3 in the exam.

Physics

• The Physics Teacher (free)

This is **the**resource for Physics students. It has notes on every part of the course, and is used frequently by students and teachers all over the country. Highly recommended.

• Loreto Balbriggan Physics (free)

A list of all of the experiments and (more importantly) a large number of worked solutions to past paper questions.

• Physics Teachers Reference Handbook (free)

Just like the aforementioned chemistry handbook, this is a comprehensive guide to Leaving Certificate physics, which goes into extreme detail. If you want to know more about an aspect of the course, or maybe you're confused or want a deeper understanding, this is a great resource. However, keep in mind that this is aimed at qualified teachers!

English

<u>LitCharts</u> (free)

Large poster-style documents containing almost every comparative and single text on the syllabus and is a good resource for getting information on themes, issues, some scenes and characters.

• Connemara Community Radio English Podcast (free)

A little known yet valuable resource, this is a series of podcasts covering a large amount of the material on the Leaving Certificate english course including poets, the single text and guidance on the essays. The podcasts feature teachers from the Institute of Education, and is an exam focused resource.

Hamlet: No Fear Translation (free)

A 'modern translation' of Hamlet, with a study guide that includes summaries, quotes, character descriptions and an analysis of the play. The 'translation' explains the more complex Shakespearean phrasing in an easy to understand way.

• Gill Critical Poetry Notes (free)

An incredibly comprehensive set of notes on all aspects of the Leaving Certificate poetry course. Each poet is given a background, a general summary, and aspects of style etc. Each poem is also examined in detail, including style and various interpretations of the poem. A great resource for both students and teachers.

• LeavingCertEnglish.net (free)

While this blog is no longer active, there is a very large number of articles which serve as a great guide to all aspects of the Leaving Certificate course. If you're looking for tips, advice, notes or answers to you questions, you'll probably find them on this website.

McArdle English (free)

Another comprehensive blog, there is some decent content on this website, including notes on the poetry, single text, and comparative. Some of the poetry resources are particularly detailed.

• Thinking Quilt Language Styles (free)

The syllabus, exam papers, chief examiner's reports and marking schemes all make frequent reference to language styles. This document contains examples of the language styles needed for all parts of paper 1.

Mr Tobin Leaving Cert English (free)

This YouTube channel is only a few days old but contains good notes on Wordsworth, and I expect that videos will continue to be added. Keep an eye on this one. NOTE: the 'two stars' reflects the small amount of content, this may be changed as more is added.

• Educate.ie Exam Solutions 2016 - 2009 (free)

These exam solutions (if there exists such a thing for English) are written by Aoife from aoifesnotes.com. They serve as sample answers that can show you the types of things you need to be looking out for in the exam.

• How to Memorise a Poem (free)

Nice resource with memorisation techniques for poetry if that is something that you struggle with.

Accounting

The Business Guys Accounting (free/paid)

Accounting resources with notes, past paper solutions, questions grouped by type. There are also worked video tutorials available for €55, but there's plenty of great great content.

• **EGS Accounting** (free)

This website contains past paper questions broken down by topic from 2019 to 1991. all past questions broken down. Notably, this contains more papers than studyclix, and so is a useful resource.

My Study Mate Accounting (free/paid)

A series of videos covering various aspects of the Accounting course. The videos focus on showing the completion of exam questions.

Business

The Business Guys (free/paid)

An exam focused website with notes, exam help (with tips, timing, answering questions etc) along with solutions to many questions. While most content is free (and there is a lot of it), there is some paid content available.

<u>ExamRevision</u>(free/paid)

The website has all Junior & Leaving Certificate video tutorials for students studying Business. The videos are short and condense lots of information in a few minutes.

• **SGC Business**(free)

A popular resource featuring a large collection of well made and freely available notes and powerpoints on the entire course.

Politics And Society

Pol Soc Podcast(free)

This is a great resource for exam candidates, with podcasts and blog posts for students about Politics and Society with notes on each podcast available also.

Irish

• 2020 Sraith Pictiúr Notes by Studyclix (free)

Comprehensive notes for the Sraith Pictiúr created by Studyclix. These notes are at a H1 standard and are very clear, great for preparing for the oral

• Gaelport Eolas (free)

A YouTube channel best known for it's high quality videos of the poems on the Irish course, which you have to read in the oral. Watching these videos can help you get a handle on the pronunciation, so you can get full marks in this part of the exam.

• McCGaeilge.com (free)

Resources on all aspects of the Leaving (and Junior) Cert Irish course, suitable for both higher and ordinary level. Everything from poetry to prose to phrases is on this website, definitely worth a look.

• AN TRIAIL le Máiréad Ní Ghráda (free)

An amature production of An Triail in video format, available on YouTube, created by a group of fifth years. Some may enjoy and some may dislike the style, so your mileage may vary.

HOW STUDENTS CAN LOOK AFTER THEMSELVES AND OTHERS DURING SELF ISOLATION POBELIEVEPHQ



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



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



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



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



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



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



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



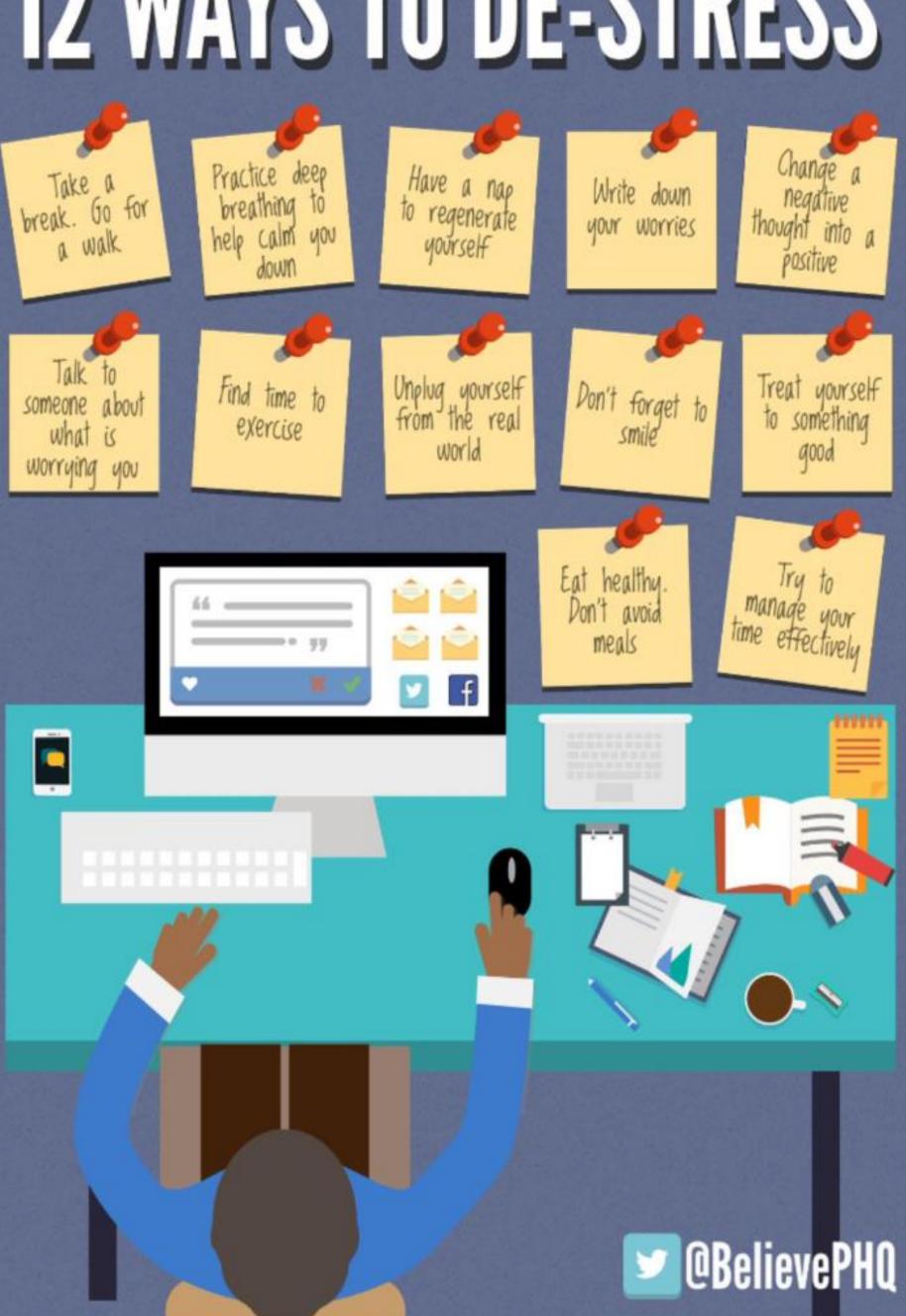
Slow down what you are doing and breathe. Deep breathing is a great way to calm



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







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

Opinion Piece on Coronavirus outbreak featured in Guardian newspaper

https://www.theguardian.com/commentisfree/2020/mar/20/home-schooling-teachers-child-coronavirus

Brené Brown 'Unlocking Us'

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

Also accessible where all good podcasts are available.

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronavirus%20staying%20home%20tips

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

Coping Strategies

The Mind Gym Physical Distance Activity Ideas

Self-Care Activities

Take time out for yourself
Check in on yourself regularly
Do some yoga every day
Wear something nice
Relax in a warm bath
Have a massage
Watch a favourite television programme
Do a hair/face mask
Cook food I love
Put on make-up, do hair, get out of PJs
Buy something small for myself
Listen to a meditation
Set a goal, make a plan

Recreational Activities

Go for a walk
Listen to music
Read a novel, magazine or newspaper
Go for a jog
Garden
Swim (Brrr!)
Watch an old favourite sports event
Play a game – hurling, footie, rounders, etc
Visit the countryside
Plan a holiday (this too will pass)
Get out in the fresh air
Play a board game

Social Activities

Write a letter (remember those?!)

Telephone a friend for a chat
Text a friend you're thinking of.
Send a little present to someone you miss
Do things together – games, walks, movies
Do something nice for somebody else
Have a good conversation
Check in on family / neighbours via text,
facetime, etc
Help out if you can – shopping, meds
collections, phone calls for those who need
them
Get back in contact with old school friends

Creative Activities

Write a poem
Paint a picture
Cook a new recipe
Decorate a room
Play an instrument
Do some DIY
Sewing or knitting
Make a model
Write a diary/journal
Sing a song

Educational Activities

Access the library
Enrol on an online course
Read a non-fiction book
Read an autobiography of someone you
admire
Do a crossword or puzzle
Learn a new skill – YouTube is your friend!
Learn a new language

My Own Ideas....

The Department has published a letter which has issued to schools highlighting the range of online resources available during closures.

An Roinn Oideachais agus Scileanna Department of Education and Skills

Resources for Remote Teaching



13 March 2020

Dear Principal and Teachers

As you all know the Taoiseach Leo Varadkar TD yesterday announced the closure of schools, pre-schools and further and higher education settings, for students, for a period until 29 March 2020, to support efforts to contain the spread of Covid-19. This is in line with the advice of the National Public Health Emergency Team. The Government, in conjunction with the public health authorities, will keep the situation under ongoing review. Any change to that date will be communicated as soon as it is known.

All pupils in schools are urged to practise social distancing, and to minimise physical contact with each other, to help avoid the spread of Covid-19. This should include minimising social contact, avoiding meeting up and keeping physical space between them. Parents and guardians are urged to support their children to maintain this approach.

This is an unprecedented situation and we are all conscious that in difficult times school communities come together to find solutions and always work in the best interest of their students. The Department is aware that schools have been actively engaging in contingency planning for an event such as this over the past few weeks.

In order to minimise the impact on teaching and learning all schools are asked to continue to plan lessons and, where possible, provide online resources for students or online lessons where schools are equipped to do so. Schools are asked to be conscious of students that may not have access to online facilities and to consider this actively in their response. School buildings should be available to staff if they wish to access the facilities in order to provide online delivery, or essential services once this is in line with HSE advice on social distancing etc.

In order to assist all schools to support students your attention is drawn to a range of online resources to assist schools to provide ongoing support to students during school closures.

Scoilnet is a resource to support schools, teachers, students and parents. Scoilnet has a number of home usage supports for teachers and students to benefit from, these are detailed in Appendix 1. Scoilnet will be updating the material available on its website regularly.

Appendix 1:

Scoilnet

Scoilnet is a resource to support schools, teachers, students and parents and can be accessed at the following link:

https://www.scoilnet.ie/scoilnet/news/article/news/detail/News/des-announcement-

Appendix 2:

Information regarding the platforms/tools available to support distance learning

The PDST Digital Technology team has developed a new dedicated webpage of curated content to support schools and teachers engaged in distance learning in order to provide continuity to pupils/students.

Using some of the online platforms and/or tools that are detailed on this page, schools will be enabled to limit the impact of school closures by giving learners access to materials, support, classwork and feedback. There are a number of dedicated areas on the webpage (available at www.pdst.ie/distancelearning) to support teachers in this task.

Share

- The Platform Section: This section explores the different online platforms that schools are currently using or may choose to use to connect with their pupils/ students as they continue their learning experience at home (for example, Microsoft Office, GSuite, etc.). The key features of each platform are outlined, as well as how these can be used for the purposes of distance learning.
- The Reliable Sources of Information Section: Content in this section highlights reliable online repositories where teachers can access curriculum-related content to plan lessons and can share curated information with their pupils (e.g. Using Learning Paths in Scoilnet). Attention in this section is also drawn to websites that learners can access at home to engage in remote learning/ project-based work/ etc. Here resources such as World Book Online, DK Findout and Epic are featured.
- The Online Tools Section: Within this section a number of digital tools are explored which teachers can use to support pupils/ students who are learning at home. Each tool featured in this section is described, linked to how it might be used in practical terms for distance learning and also includes links to associated resources/ video tutorials etc.
- The Video Content Section: Here a number of video hosting sites are listed which teachers can use to source and share appropriate digital content with their pupils/ learners to explore topics and consolidate learning at home.