

Dear Parents/Guardians,

We are aware of the difficulties faced by our families during this pandemic and we know that on-line education can at times be a challenge. Please feel free to contact us on [office@scoilbhridecailini.ie](mailto:office@scoilbhridecailini.ie) if we can assist you in any way.

On the following page, we have links to a range of resources which you may find helpful at this time.

Kind regards,

Paula Dargan

The Department of Education National Educational Psychology Service (NEPS) have many resources that you may find useful while the school is closed. These resources can be found on the Department website [here](#)

The screenshot shows a webpage from gov.ie with the title 'Wellbeing advice and resources during COVID-19'. It includes a list of categories: 1. Parents - Primary Schools, 2. Parents - Post-Primary Schools, 3. Students, 4. School Staff - Primary Schools, and 5. School Staff - Post-Primary Schools. There are also social media sharing options for Email, Facebook, and Twitter. A logo for 'wellbeing in education' is visible, along with a small text block at the bottom stating: 'The Department of Education NEPS psychologists have developed the following advice and resources for parents, students and school staff to support them during school closure due to COVID-19.'

### Plan for a Day

A [plan for the day](#) template is available [here](#) to help you and your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity.



### Advice for Young People

NEPS has published *Advice for Young People while Schools are Closed* which is available [here](#)



### Relaxation Techniques Podcast

[This link](#) will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



### Advice for Parents

NEPS has also published *A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed* which is available [here](#)

