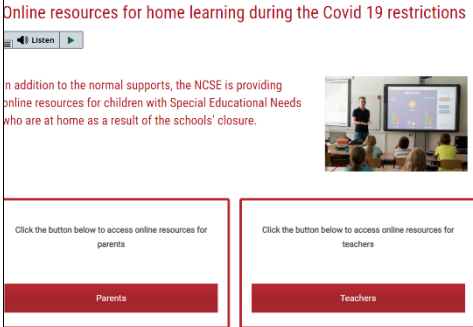
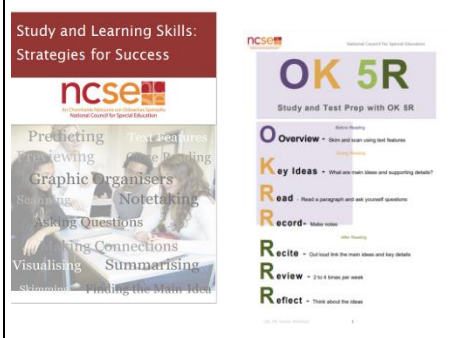


Compilation of Websites supporting Teachers in their support of students and parents during COVID -19.

<p>NCSE On- Line <u>Resources</u>.</p> <p>https://ncse.ie/</p> <p>Note: Visit website regularly for new updates.</p>	<p>Online Teacher and Parenting Resources</p> <p>In addition to the normal supports, the NCSE is currently preparing online resources for children with Special Educational Needs who are at home as a result of the schools' closure. Links to online resources are made available on the website</p> <p>Online resources for home learning during the Covid 19 restrictions</p>  <p>View/Download</p> 
<p>Social Emotional Supports</p>	
<p>JIGSAW – The National Centre for Youth Mental Health.</p> <p>https://jigsawonline.ie/coronavirus-and-youth-mental-health/</p> <p>Coping with the impact of COVID-19</p>	<p>JIGSAW supports the mental health and wellbeing of young people across Ireland.</p> <p>Dr Tony Bates, is the Founding Director and CEO.</p> <p>While their face-to-face services are suspended, <u>Jigsaw Online</u> is available to assist.</p>

<p>Articles, videos, animations and audio developed by Jigsaw Clinicians are being uploaded on the Jigsaw-Online site daily to reflect this challenging time.</p> <p>Includes</p> <p>Ask Jigsaw</p> <p>Allows the user to anonymously ask any question or query that they may have related to their mental health and have it answered by a Jigsaw clinician. Previous questions that were answered by the Jigsaw clinicians are included to view by clicking on the links.</p> <p>Live group chats</p> <p>Jigsaw – are currently hosting daily live group chats facilitated by a Jigsaw clinician. Apply up until three hours before the chat opens.</p>	<p>Young people’s mental health remains their top priority. Their clinicians are busy developing articles, videos, animations and audio which will be published regularly on their online website providing information and support for young people, parents and guardians and those working with young people.</p> <p>The site offers you the option of signing up to receive regular mental health and information updates. Equally you can view their uploaded videos or explore other options such as Ask Jigsaw and Live group chats.</p>
<p>How Teenagers can protect their mental Health. UNICEF document.</p> <p>https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19</p>	<p>This website offers 6 strategies for teens facing a new (temporary) normal.</p> <p>The article converses with expert adolescent psychologist, best-selling author and monthly <i>New York Times</i> columnist Dr. Lisa Damour about what you can do to practice self-care and look after your mental health</p>
<p>Parents Plus Programme.</p> <p>https://www.parentsplus.ie/</p> <div data-bbox="204 1473 651 1809" style="border: 1px solid #ccc; padding: 5px;"> <p>LATEST NEWS Archive</p> <p>Supporting parents online and by phone during the Covid-19 crisis – a new training</p> <p>Supporting parents remotely using the Parents Plus Programmes – an online professional training With the advent of the Covid-19 crisis, face to face support of families has unfortunately had to stop, yet many families remain in need of support and under additional stress due to the crisis. As a result, many services are starting to provide ... Continue reading <input type="checkbox"/></p> <hr/> <p>Resources for individuals, families and parents during Covid-19 Crisis</p> <p>Understanding and tackling the issues around the novel Coronavirus (Covid-19) is challenging for all of us. On this page we list resources for individuals, families and parents on how they can help themselves and their children. We will update the resources regularly. Please feel free to distribute to anyone you think might benefit Articles by ... Continue reading <input type="checkbox"/></p> </div>	<p>Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. Founder Dr John Sharry</p> <p>For those educators already trained on the ‘Parents Plus Programme’, and for those who are not, ‘Parents Plus’ has put together a list of Resources for individuals, families and parents during Covid-19 Crisis.</p>
<p>Social Emotional Learning in the Online Classroom.</p>	

<p>https://blog.alo7.com/coronavirus-and-education-how-to-transition-to-teaching-in-a-virtual-classroom-2020/</p> <p>https://blog.alo7.com/positive-behavior-management-online-classroom/</p> <p>https://www.storylineonline.net/library/</p>	<p>Tips for teachers on how to transition to a virtual classroom</p> <p>Including Positive Behaviour Management in the On-line Classroom. This website offers read-aloud books for young readers. Books include a diverse range of authors and characters but should be vetted by educators.</p>
<p>Resources for Social and Emotional Learning. On-Line resources</p> <p>https://www.commonsense.org/education/toolkit/audience/empathy-compassion</p>	<p>An American Website. It's worth browsing this website for appropriate resources.</p> <p>It has Topics, Quizzes, Videos and Podcasts related to SEL.</p>
<p>SEL and Self-Care Resources For Educators, Schools and Parents related to COVID – 19</p> <p>https://www.panoramaed.com/blog</p> <p>https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19</p>	<p>An American Website. Education.</p> <p>The Authors of this website have put together a list of informational resources, articles, and guides to support Educators, Schools and Parents during this difficult time. Their intention is to continue updating the list with relevant content</p>
<p>http://www.safehandsthinkingminds.co.uk/ Covid, Anxiety, Stress – Resources & Links</p>	<p>UK based website.</p> <p>By Dr. Karen Triesman. A specialist Clinical Psychologist, who has extensive experience in the areas of Trauma, Parenting, adversity, and attachment.</p> <p>Includes Free videos by Dr. Triseman to support relaxation and emotional regulation.</p>
<p>Study Websites:</p>	
<p><u>Schooldays.ie</u></p> <p>https://www.schooldays.ie/articles/post-primary-websites</p>	<p>A website which offers a multiple of eportals into many other educational websites and resources.</p> <p>These include portals to Study websites such as Studyclix, iRevise, ExamLearn.ie, IXL, HomeSchool.ie, to name but a few.</p>

	<p>It has Subject specific revision in 12 subjects. English, Irish, Maths, French, Geography, History, Home Economics, Graphics, Physics, Biology, German, Politics & Society.</p> <p>Additional website resources include National Geographic, Scoilnet, Webwise.ie, Ask about Ireland, Google Earth, BBC, to name but a few. Some websites require you to register and or donate.</p> <p>It has additional links to Junior and Leaving Certificate resources plus Internet Safety, and Parenting Articles.</p>
<p>StudyClix.ie</p> <p>https://www.studyclix.ie/</p>	<p>StudyClix is an Irish based website offering methods of studying for the Junior Certificate and Leaving Certificate Exams. Has both a Student and Teacher section including Videos and Podcasts.</p>
<p>Irish Times: Article featuring - Home tuition: Our guide to the best teaching and learning resources online. By Peter McGuire</p> <p>https://www.irishtimes.com/news/education/home-tuition-our-guide-to-the-best-teaching-and-learning-resources-online-1.4206766</p>	<p>An excellently researched article by Peter McGuire Highlights many online resources as well as work that can be done without internet access.</p> <p>Review Includes links to websites for</p> <ul style="list-style-type: none"> • Teacher Support. • Primary School Resources in both Literacy / Numeracy. • Gaeilge. • Physical Education. • STEM. • Geography. • Games/Tests • Special Needs. • Secondary School Resources. • Revision. • Individual Subjects.

FM104.ie

Ideas and free online resources for your kids to use during Covid-19 outbreak
By Emma Mullan

<https://www.fm104.ie/news/buzz/list-of-free-resources-online-for-your-kids-to-use-during-covid-19-outbreak/>

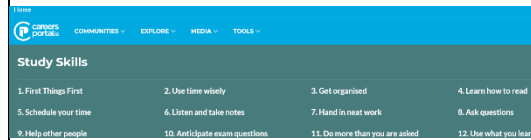
FM104 have compiled a list of online resources that are sharing free lesson plans, activities and ideas which you can download. More suited to younger Primary students. It's worth taking a look as it includes Literacy, Music & Art ideas.

CareersPortal.ie

Study Skills

<https://careersportal.ie/studyskills/index.php>

For all Students, Teachers and Parents who are familiar with Careers Portal, it has an excellent study skills section that contains a useful workbook and worksheets including 12 short videos on study tips skills.



<https://youtu.be/7YJzEf1g-6I> - First things First

https://youtu.be/yhUgEuVw3_Y - Use Time Wisely

<https://youtu.be/8H0fO5uBits> - Get Organised

<https://youtu.be/zpCtz0br9hg> - Learn How to Read

<https://youtu.be/IDIdhmzEv9Q> - Schedule your Time

<https://youtu.be/khkbGA7Dc44> - Listen and Take Notes

https://youtu.be/_hsXMS2T9VY – Hand in neat work

https://youtu.be/g_kROf0JTIs - Ask questions

<https://youtu.be/VN-5ikSEm6w> - Help other People

<https://youtu.be/09pl6w2jdyE> - Anticipate exam questions

<https://youtu.be/sV7P8OgA38U> - Do more than you are asked

<https://youtu.be/WQUTIRZrXmM> - Use what you learn.

<p>Join your local library. https://www.librariesireland.ie/</p> <p>www.librariesireland.ie ▾ Libraries Ireland: Library Services in Ireland Welcome to the Library Services in Ireland. With Resources for Business and Employment Support, School Services, Reading Adventure and Digital Reading.</p> <p>eLibrary eBooks - eAudiobooks - eLearning Courses - eMagazines - ...</p> <p>Join Membership of all public libraries is free for everyone. You can ...</p> <p>Services Irish public libraries offer a wide range of services online and in ... More results from librariesireland.ie »</p> <p>Local Libraries Local Libraries. Find your local library and learn more about ...</p> <p>eBooks eBooks. Select your library service using the map below to choose ...</p> <p>Find Your Local Library Find Your Local Library. Click on your local authority area using ...</p>	<p>It's now possible to join the library online and use Borrow Box straight away!</p> <ul style="list-style-type: none"> • Just go to Libraries Ireland, • complete the registration, • follow the instructions, • set a PIN <p>and you will be able to log in to eLibrary, download eBooks, audiobooks and read the newspapers</p>
<p><u>YouTube</u></p>	
<ul style="list-style-type: none"> • History Videos for students • Geography Videos for students • Maths video for students Junior Certificate Danswers – demonstrates how to do various maths problems. • Junior Cert Biology http://www.thephysicsteacher.ie/juniorcertbiologyhome.html • Mr. C. Junior Cycle Science https://www.mrcjcs.com/ 	<p>Academic.</p> <p>YOUTUBE websites that could compliment other academic websites already referenced.</p> <p>Advised to view all clips first to establish validity of content and appropriateness.</p>
<p>Motivational YouTube clips.</p> <p>https://youtu.be/3sK3wJAXGfs “If You Want to Change the World, Start Off by Making Your Bed” - William McRaven, US Navy Admiral – Goldcast.</p>	<p>YouTube has a multiple of educationally appropriate motivational clips that appeal to students.</p> <p>Background This speech was delivered as the commencement address to the graduates of The University of Texas at Austin on May 17, 2014. By William McRaven, US Navy Admiral.</p>
<p>How to stop Procrastination</p> <p>https://youtu.be/vOQCsc02xus</p>	<p>If students are finding it difficult to get started and or motivated there are YouTube clips that could help with</p>

<p>https://youtu.be/Qvcx7Y4caQE</p>	<p>getting unstuck when confronted with a task they don't want to do.</p> <p>View clips for suitability before recommending to Students.</p>
<p><u>Mindfulness:</u></p> <p>-7-8 Breathing Exercise by GoZen https://www.youtube.com/watch?v=Uxbdx-SeOOo</p> <p>5-Minute Meditation You Can Do Anywhere https://youtu.be/inpok4MKVLM</p>	<p>There are an array of YouTube Mediation clips.</p> <p>View clips for suitability prior to recommending to students or parents.</p> <p><u>Examples outlined:</u></p> <p>A simple Basic Breathing Exercise that encourages breath control that can help relieve stress.</p> <p>A Mindful guided 5 minutes meditation</p>
<p>Other Websites:</p> <p>Tech & Learning: Ideas and Tools for EdTech Learning Website.</p> <p>https://www.techlearning.com/</p> <p>https://www.techlearning.com/resources/free-online-learning-resources-for-schools-affected-by-coronaviruscovid-19</p>	<p>This website has a section for:</p> <p>Online Learning Resources For Schools Affected by Coronavirus/COVID-19. (Note: Tech & Learning is supported by its audience. When you purchase through links on the site, they may earn an affiliate commission)</p> <p>This list includes an A-Z of <i>e-learning platforms</i> and resources that cover a wide range of grade levels, subjects and needs.</p> <p>Websites should be vetted by educators.</p>
<p>Language Websites:</p> <p>Dulingo.com https://www.duolingo.com/learn</p>	<p>Duolingo is an American platform. The company uses the freemium model; the app and the website are accessible without charge, although Duolingo also offers a premium service for a fee.</p> <p>Could prove useful for students who need to practice the language that they are study for in school. Interactive.</p>

6 of the best free language learning sites.epale.
Electronic Platform for Adult Learning in Europe

<https://epale.ec.europa.eu/en/blog/6-best-free-language-learning-sites>

“EPALE is a European, multilingual, open membership community of adult learning professionals, including adult educators and trainers, guidance and support staff, researchers and academics, and policymakers.

EPALE is funded by the Erasmus+ programme. It is part of the European Union’s strategy to promote more and better learning opportunities for all adults.”

<https://epale.ec.europa.eu/en/about>

EPALE has compiled a list of top websites for language learning.

Terms and Conditions apply.

Terms of Service are set out by providers so please read before signing up. Basic versions of language courses **may** offer free trials free of charge with the option to purchase membership.

Virtual Tours

30 Amazing virtual tours from Museums to Zoos and Theme Parks from around the world.

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Help for frazzled parents: 20 virtual field trips to keep your kids occupied (and learning)

<https://www.marketwatch.com/story/20-virtual-and-educational-field-trips-that-might-help-keep-your-kids-occupied-2020-03-30>

Virtual Activities: Tours of Cool Places; Games, Learning & More: Social Distancing Activities

<https://www.bostoncentral.com/virtual-tours-animal-web-cams>

Dublin Zoo Webcam.

<https://www.dublinozoo.ie/animals/animal-webcams/>

6 live zoo cams that bring exotic animals into your home. RTE.IE

<https://www.rte.ie/lifestyle/living/2020/0320/1124358-6-live-zoo-cams-that-bring-exotic-animals-into-your-home/>

An on-line search for **Virtual Tours** opens doors to ‘visiting’ a multiple of Tourist attractions from Museums to Zoos (offering live webcam), Theme Parks, Natural Parks, Aquariums, from around the globe.

Note: Does require good broadband speed for downloading of live feeds or virtual tours. Downloading may not be possible if your Operating System, Internet Browser, Plug Ins and Internet Connection are not compatible.

Some websites look for donations from users.

