



Parent Information



Websites

www.elsa-support.co.uk



What is an ELSA?

ELSA's Emotional Literacy Support Assistants.

They are Teaching Assistants who have had special training from Educational Psychologists to support the emotional development of children and young people in school.



ELSA's help children and young people learn to understand their emotions and respect the feelings of those around them.

They provide the time and space for pupils to think and work through their personal circumstances and how they manage them.

What is ELSA?

How does ELSA work?

ELSA is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are met.

There will always be children and young people in schools facing life challenges and what may seem small to you can seem impossible for them to face and deal with.

These challenges can have a great impact on their self-esteem and ability to engage with learning and socialising.

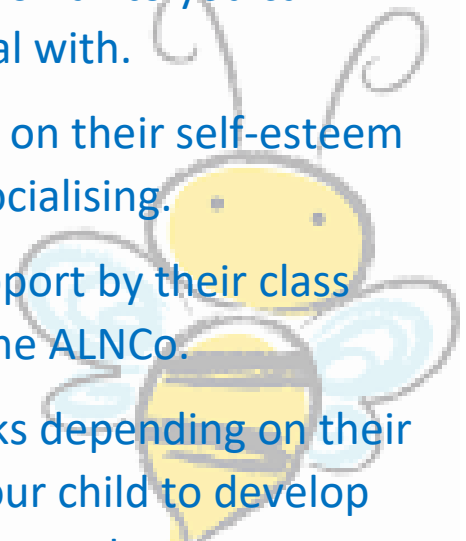
Children are usually referred for ELSA support by their class teacher, Senior Leaders and sometimes the ALNCo.

ELSA programmes will last for 6 to 8 weeks depending on their need of support. The sessions will help your child to develop new skills or coping strategies and give them a better understanding of themselves and their emotions. This will allow them to manage social and emotional demands of life's challenges more effectively.

Clear aims or SMART targets will be set early on and each session will have an objective which will be something the ELSA wants to help your child to understand and achieve.

The majority of ELSA work will be done on a one-to-one basis however small group work may be more appropriate especially in the areas of social and friendships skills.

During the programme, the ELSA will check in with the pupil out of session time just to give a quick reminder of what they have been working on or to congratulate them on achieving their aim/targets.



ELSAs can help with:

- ✓ Loss and bereavement
- ✓ Self-esteem
- ✓ Social skills
- ✓ Emotions
- ✓ Friendship issues
- ✓ Relationships
- ✓ Anger management
- ✓ Behaviour
- ✓ Anxiety
- ✓ Conflict
- ✓ Relaxation techniques

During sessions we use a variety of activities.

These include:

- ✓ Games
- ✓ Role-play with puppets
- ✓ Arts and crafts
- ✓ Stories
- ✓ Breathing Techniques
- ✓ Calm down zone!

Individual Sessions

Our ELSAs will plan each session for your child with their need and target in mind. Each session has three main parts.

Emotional check-in

This is an opportunity for them to express how they are feeling even if they don't quite know or understand yet.

Main session

Your child will have a learning objective or target, during the main sessions. They will work towards achieving this whether it is through a game, a therapeutic story or a simple statement. e.g., 'I can....' Or 'I am...' It will be tailored to their needs and level of understanding.

Relaxation time

To end the session our ELSAs will have planned a relaxation exercise which will be taught to your child to get them ready to go back to class and carry on their day.

Group Sessions

Again, our ELSAs will plan each group session with the children's needs and targets. Which will either be the same or similar. These groups will also help with communication and understanding each other's strengths and feelings.

Emotional check-in

This will be done in a circle where the children will take turns speaking.

A warmup activity

To help the children to settle and relax around each other.

Main session

This will be the same as individual sessions but with the children encouraged to work alongside/with others.

Relaxation time

The group will be taught a relaxation exercise to get them all ready to go back to class and continue their day.

At Ysgol Mynydd Isa we are lucky to have three qualified ELSAs who are available for all the children at the Infant and Junior sites.

We aim to provide a safe and respectful space where the children can share their thoughts and feelings and reflect on their achievements.

Change is a long-term process that needs everyone's help.

The ELSA will liaise with the class teacher so any new skills will be encouraged in class.

We ask for your support and to encourage that the new skills learnt will also be used at home.

Our ELSAs are:

Mrs Hinkson-Walsh – Infant site

Mrs Beresford – Infant site

Mrs Mooney – Junior site

Any questions, please get in touch via class teachers or our ALNCos, Mrs Curtis or Mrs Salisbury.

Thank you.