



What if my child is offered ELSA?

You will be informed by letter if your child is identified as able to benefit from ELSA support. You will be invited into school to review your child's progress.

The ELSA isn't there to fix the problem but there to help the child find their own solutions/coping strategies.

We have many trained ELSAs in school:

Mrs Craig
Mrs Egleton
Mrs Hall
Mrs Kitson
Miss Sharkey

If you have any questions, please contact the school office on 01753 860607.



ELSAs can help with

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

Mr Keohane (SENDCo) is also trained in Drawing and Talking. He has delivered training to all ELSAs so this as another strategy used to support sessions.



ELSAs also receive regular support from our link Educational Psychologist.

St Edward's Catholic First School



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An information leaflet for
Parents and Carers



www.elsa-support.co.uk





The role of the ELSA

What is an ELSA?

ELSAs are emotional literacy support assistants. They help children and young people learn to understand their emotions and respect the feelings of those around them. They provide them with the time and space for pupils to think about their personal circumstances and how they manage them.

Children learn lots of new skills at school, not just academic but also social and emotional skills. Whilst some children may require extra help with Maths or English, others will benefit from support with the emotional side of their development.

In recognition of this, the ELSA role is to support children in the development of their emotional literacy.



What is ELSA?

What is Emotional Literacy?

- How we understand and cope with feelings about ourselves and others
- Developing high self-esteem
- Interacting well with others

How can this help?

- Children learn best when they feel safe and comfortable in their school environment.
- Being emotionally literate helps children focus better on their learning.



How does ELSA work?

In collaboration with the class teacher and Mr Keohane (SENDCo), a timetable will be created to ensure the identified child will be released from class to have a regular 20-30 minute session. This may be delivered one to one but is often more powerful and productive in a small group.

Sessions will include structured, fun activities tailored to meet the needs of the children concerned. They may include games, arts and crafts or just time to talk and listen to the child. Achievable targets will be agreed upon by all involved and progress reviewed.

Most ELSA sessions will last for 6-8 weeks, helping the child to learn some specific new skills or coping strategies.

