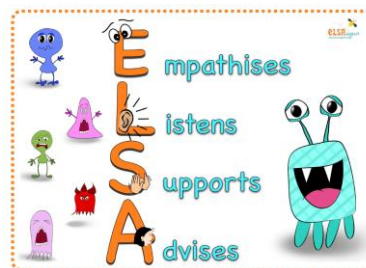


What is an ELSA?



There will always be children in schools facing life challenges that detract from their ability to engage with learning. Some will require greater support to increase their emotional literacy than others. Emotional literacy is about understanding and coping with the feelings of ourselves and others. It involves developing high self-esteem and creating positive interactions with other people. Being emotionally literate helps children to focus better on their learning and has a positive impact on their general happiness and well-being.

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 also addressed. ELSAs are specialist members of staff with a wealth of experience of working with children.

The majority of ELSA work is delivered on an individual basis, but sometimes can involve small group work, when the focus is on social and friendship skills. Sessions are fun and we use a range of activities such as games, activity sheets or arts and craft. ELSA sessions will take place with Mrs Nicol where she provides a calm, safe space for the child to feel supported and nurtured.

In our ELSA sessions we aim to provide support for a wide range of emotional needs including:

- Recognising and Managing Emotions
- Self-Esteem
- Social Skills
- Friendship Skills/ Friendship Issues/ Peer problems
- Anger Management
- Loss and Bereavement
- Low Self-Esteem/ Confidence
- Relationships
- Family Separation
- Anxiety
- Behaviour
-

How does ELSA work?

Children are usually referred for ELSA support by their class teacher or the SENCo, Mrs Moon. Parents are always informed of any referrals.

Our programme of ELSA support runs for 6-8 sessions which last between 20 and 30 minutes during the school day. The sessions are not intended to fix children's problems but

are a means of supporting a child through a situation and a way of encouraging them to begin to open up, talk and to learn strategies to deal with their emotions.

An ELSA will use counselling skills, including active listening, problem clarification and open questions to enable a child to talk about their thoughts and feelings.

Supporting - not fixing

Remember, ELSAs are not there to fix children's problems. What we can do is provide emotional support in a non-judgemental way and in a calm and safe space. Discuss strategies they may use to help them.

We aim to establish a warm, respectful relationship with the child and to provide a reflective space where they are able to share honestly their thoughts and feelings.