








Who to contact

If you think your child could benefit from ELSA sessions then please contact:



Mrs Rainbow
Senior Mental
Health Lead

Ms Bales
ELSA support

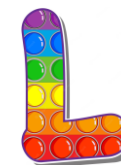
-  Loss and bereavement
-  Emotional Literacy
-  Self Esteem
-  Social Skills
-  Friendship Issues
-  Relationships
-  Managing Strong Feelings
-  Anxiety
-  Bullying
-  Conflict
-  Emotional Regulation
-  Growth Mindset
-  Social Stories



ELSA



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What is an ELSA?

ELSA's are Emotional Literacy Support Assistants. They are a specialist teaching assistant with a wealth of experience working with children. ELSAs are trained and regularly supervised by Educational Psychologists.

An ELSA is a warm, caring person who wants to help your child feel happy in school and to reach their full potential educationally.

Their aim to build your child's emotional development and help them cope with life's changes.

The ELSA will help your child to find solutions to any problems they may have.

Please do contact us if you have any questions or concerns about your child.



Individual session

Your child will be offered 6-12 weeks session initially and they can vary in time according to your child's age.

Their session consists of several parts.

Example lesson

Emotional check in

This is an opportunity to talk about how they are feeling.



Main activity

The ELSA will plan the activity to a learning objective. Something your child will be able to do at the end of the session they cannot do now. For example, your child will have low self-esteem. The ELSA will encourage your child to talk about their talents and or personal characteristics such as caring, helpful or kind.

Relaxation

Your child will be taught a relaxation technique to help them get ready for class.

Review

Your child will be able to reflect on the session and realise that they do have strengths and talents which will boost their self-esteem.

Group session

Your child will be offered 6-12 weeks session initially and they can vary in time according to your child's age.

The ELSA will plan their sessions for your child very carefully. Their session consists of several parts.

Example lesson

Emotional check in

This is an opportunity to talk about how they are feeling.

Warm up

A fun game or activity to help relax all of the children.

Main activity

This is similar to the individual session, but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group.

Relaxation

Your child will be taught a relaxation technique to help them get ready for class.

Review

Your child will be able to reflect on the session and talk about what they have learned.

