## Who to contact

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

Mrs Matthews (SENCO)
On 01977 798303

HOLY FAMILY AND ST MICHAEL'S CATHOLIC PRIMARY SCHOOL

## ELSAs can help with

- ❑ Loss and bereavement
- ❑ Emotional literacy
- ❑ Self esteem
- ❑ Social skills
- ❑ Friendship issues
- ❑ Relationships
- ❑ Managing strong feelings
- ❑ Anxiety
- ❑ Bullying
- ❑ Conflict
- ❑ Emotional regulation
- ❑ Growth mindset
- ❑ Social stories

For resources go to
www.elsa-support.co.uk

# ELSA

**E**motional

**L**iteracy

**S**upport

**A**ssistant

Miss Webster

elsa support

# What is an ELSA?



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

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

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

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

Please do talk to the ELSA in your school if you have any concerns about your child.





# Individual Session



Your child will be offered 6 to 12 sessions initially and they can vary in time, according to the age of your child

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

Example lesson

Emotional check in

This is an opportunity to talk about feelings,

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 that they cannot do now. For example your child might have low self esteem so the ELSA will work on your child's strengths. The ELSA will encourage your child to talk about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child may then make something to reinforce those strengths.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class.

Review

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

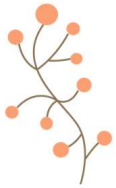
# Group Session



Your child will be offered 6 to 12 sessions initially and they can vary in time according to the age of your child

The ELSA will plan the group sessions for your child very carefully.

Emotional check in



This is an opportunity to talk about feelings,

Warm up activity

A fun game or activity to help relax your child 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 of children which they will all be able to answer at the end of the session.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class

Review

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