

ELSA

(Emotional Literacy Support Assistant)

Mrs Donna Robinson is our school ELSA and she does a lot of work supporting children across the school in a number of different ways.

What is an ELSA?

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. Mrs Donna Robinson has been trained to plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs. The majority of work is delivered on an individual basis, but sometimes small group work is more appropriate, especially in areas of social and friendships skills. ELSA sessions take place in our ELSA room, which provides a calm, safe space for the child to feel supported and nurtured.

Benefits of ELSA

ELSA helps children to

- recognise and understand emotions
- build self-esteem
- develop social skills
- develop friendship skills
- develop relaxation techniques
- develop anger and behaviour management strategies

ELSA can also help support children through:

- Loss and bereavement
- transition/change

How does ELSA work?

The class teacher, Mental Health Team or the school SENDCo refers children for ELSA support. We then identify and prioritise which children require a weekly programme or if more appropriate put supported strategies in place within a class setting. ELSA programmes run for 6-12 weeks. With the programme set we then plan support sessions to facilitate the pupil in developing new skills and coping strategies that allow them to manage social and emotional demands more effectively.

ELSAs aim to establish a warm, respectful relationship with a pupil and to provide a reflective space where children are able to share honestly their thoughts and feelings.