



## What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They are support assistants who have received special training from Educational Psychologists to support the emotional development of children in school. ELSAs have professional supervision from educational psychologists to help them with their work.

ELSAs help children to learn to understand their emotions and respect the feelings of others around them. They provide time and space for the children to think about their personal circumstances and how they manage them.

Mrs Rock is the ELSA at Chalfont St Giles Village School.

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

- Recognising and expressing emotions
- Self-esteem
- Social skills
- Friendship skills
- Anger management
- Loss, bereavement or divorce



## How does ELSA work?

Children are usually referred for ELSA support by their class teacher. Programs last 6-12 weeks and sessions are timetabled. The sessions will be delivered in either a small group or one to one.

Clear aims are set early on and each session has an objective- something that the ELSA wants to help the pupil understand or achieve. Sessions include structured fun activities and will be tailored to meet the needs identified. There is always time to talk and listen to the child.

You will be contacted by the school if we think ELSA sessions may benefit your child and of course, we will always be happy to answer any questions you may have.

## Supporting - not fixing

The ELSA is not there to 'fix' the child. For pupils with complex or long- term needs, it's unrealistic to expect ELSA support to resolve their difficulties. Change is a long-term process that needs everyone's help.