

# ELSA information for Parents & Carers



## Who are we and what do we do?

An ELSA (Emotional Literacy Support Assistant) is a member of staff who is trained to support children in the development of their emotional literacy. Our Emotional Learning Support Assistant at Acorns Primary school is Donna Carey. Donna is based in the ELSA room, which is a quiet and safe space for the children to talk and feel secure. All of the ELSA sessions are carried out in this room.



## What is emotional literacy?

- Understanding and coping with the feelings about ourselves and others
- Developing high self-esteem and positive interactions with others
- Being emotionally literate helps children focus better on their learning.



## How does the ELSA work?

- \*A regular slot during the school week for 30-45 minutes
- \*Sessions can be individual or in small groups and tailored to the child's individual needs.
- \*Sessions are fun and might include role-play, puppets, board games, art and craft and stories.
- \*They include time to talk. ☑ A pupil's progress will be reviewed on a half-termly basis.

## Some of the areas the ELSA may work on:

- Recognising emotions
- Self-esteem
- Social Skills
- Friendship skills
- Anger management
- Loss and bereavement

**As a parent/carer, how can you help?** By informing the class teacher if there are any issues that may be affecting your child. Please feel welcome to contact your child's teacher or the ELSA if you have any questions.

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