



ELSA

Emotional Literacy Support
Assistant

April 21



Everyone makes mistakes and an ELSA can help you deal with your feelings when you make mistakes. She/He can also help you learn how to not make the same mistake again in the future! We can help you rub out the mistake and learn from it.



ELSAs can help you to heal your wounds (the invisible ones that are deep inside of you). There are different 'hurts', ones that you can see such as a scraped knee, or a cut finger but somethings hurt us inside such as when our feelings are hurt or if your pet dies.



An ELSA will help you to unpick your problems and make sense of them. We all get problems from time to time and an ELSA will always listen to your problems and help you to find a solution.



Just like these cotton wool balls that feel soft and fuzzy, ELSAs are full of warm fuzzies and compliments. If you are feeling a bit down, sad or depressed then ask to see us or pop and see us at playtime/lunchtime and we can help to cheer you up!



Seeing an ELSA is always a 'treat' – it never means that you are in trouble! Also, just like a treat, ELSAs can help you feel better when you are sad or upset. Your time with an ELSA will make you feel special, and you will also have fun.



Pennies have value and are often considered lucky – 'Find a penny, pick it up...all day long you'll have good luck!' The penny reminds us that each and every one of us is valuable, special, and lucky to be who we are! The ELSA will remind you constantly about how special you are.



ELSAs will always find time to listen to you if you feel sad or have a problem.



Explorers from long ago used the "North Star" as a guide to help them stay on track and find their way when they were lost. Like the North Star, the ELSA can help you if you are feeling lost, confused, or unsure about how to solve a problem. They will support you in solving your problem.



ELSAs are there to talk to you and help 'save' you from scary, sad, or stressful situations. ELSAs will help you 'stay afloat' throughout the school year by giving you support, guidance, and kindness!



An ELSA can help to wipe away your tears when you feel sad or unhappy. ELSAs remind you that it is ok to let out your tears. A good cry can make you feel better. It is better to express your feelings rather than keep them bottled up inside you.

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ELSA

A 5 day course:- presented by Educational Psychologists, including supervision sessions for 2 years after initial training.

- An introduction to Emotional Literacy, active listening and circle techniques.
- Self Esteem and Managing Strong Emotions.
- Therapeutic Story Writing and Friendships.
- Social communication Needs and Practical Intervention.
- Supporting Loss and Bereavement Programme Planning.

Emotional Literacy Role

- To support children identified by APo/SLT/MLT/pupil premium
- To SMART plan individual needs.
- To provide activities to engage and support.
- To record and review progress.
- To support staff with activities to promote emotional wellbeing.

**WORKING
TOGETHER**



What therapies are already in place at Foxwood?

Free Photoshop PSD file download - Resolution 1280x1024 px - www.psdgraphics.com



powplay

Casy Counselling



Lego Therapy

Talk for Drawing/ Writing

CAMHS

Covid related Nurture KS3/ 14-19



What are we already doing at Foxwood?

- Encouraging students to talk about how they are feeling during activities and in conversations.
- Using symbols to make choice on how students are feeling- Zones of Regulation introduced by SPo.
- Using positive responses and language to support emotions.



What are the benefits of an ELSA at Foxwood?

- Access to prompt support for pupils in need.
- High profile students- reduced staffing levels.
- Positive changes in pupils with behavioural, emotional or social difficulties.
- Improved learning for target pupils and their peers.
- New skills/ideas cascaded to other staff.
- Increased confidence in managing 'problems' from within.
- Pupil's increased understanding of their emotions.
- Can link to the SIP-Therapies/ELSA training and support in school to work with identified pupils and groups and to give pupils a named contact for support.
- Links with other ELSA's/Educational Psychologists in other school settings.



What are the benefits of ELSA to students?

- Children learn more effectively when they feel OK.
- If we help children to manage their emotions more effectively and therefore learn better, then we will help to raise standards.
- When children feel better they get more enjoyment out of their learning.
- Developing children's ability to manage their emotions more effectively reduces their stress levels.



How does ELSA work?

- Students are usually referred for ELSA support by their class teacher/TA and Angie Potter.
- Every half term there is a meeting to discuss the referral forms and to identify and prioritise which children require a programme for the next 6-8 weeks.
- With the programme aims in mind 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.
- Each session lasts from 30 - 45 minutes once a week.

It is not expected that ELSAs set programme aims unaided.
Those referring pupils for support have a responsibility to help identify some hoped for outcomes

<https://www.elsanetwork.org/about/code-of-practice/>



Referral

- If there is a student identified as needing Elsa support then the class teacher/TA needs to complete a referral form.
- Angie Potter will oversee all referrals and decide on priority and if other agencies/ therapies are already in place.
 - The Elsa can then identify the area that needs to be focussed on and plan a 6 week intervention.
- SMART targets are set and reviewed after the initial 6 week intervention.

EMOTIONAL LITERACY SUPPORT

Please use this form when you are considering if a child would benefit from ELSA support. It should be completed by the referring adult in discussion with the ELSA.

Name of child: Dob: NC Year group:

Background information:

Please use the following table to help prioritise key areas to target:

	Skill	Ability				
		1 very poor	2	3	4	5 very good
Emotional awareness	ability to recognise how they feel					
	ability to say how they feel and why					
Social skills	making eye-contact					
	taking turns					
	speaking in a pleasant tone of voice					
	sharing					
	asking for help					
	paying attention when spoken to					
Friendship skills	ability to initiate friendships					
	ability to maintain friendships					
	understanding what friends do and do not do					
Self-esteem	ability to identify strengths					
	ability to accept praise					
	ability to accept constructive criticism					
	perseverance for tasks they find difficult					
	ability to cope with new experiences/change					
Anger management	ability to recognise when feeling angry					
	knowledge and use of strategies to help calm down when angry					
	ability to seek adult help when angry/frustrated					

Referral Form

Aims and Review

Please consider carefully what you would like to be different as a result of ELSA support. Targets should be agreed by all those involved. Consider how the targets will be reinforced and maintained outside of ELSA sessions.

The review should be filled in with discussion with the referring adult.

Target	Review
By the end of the ELSA programme it is hoped.....will be able to:	Programmes should normally be completed between 6 – 10 weeks. How well did we do?
1.	1.
2.	2.
3.	3.

Targets should be clear and measurable. In some cases (such as with regards to self-esteem) the target may be behavioural in nature. Some examples are as follows:

- James will be able to take turns with another child in a simple game.
- Jane will be able to recognise when she is feeling happy, sad and upset and label these feelings.
- Hannah will be able to talk about what makes her angry and be able to use a couple of strategies to feel calmer.
- Ben will be able to ask to join in a game with a couple of his peers.
- Joshua will be able to talk with an adult as part of a trusting relationship.
- We will be able to notice more occasions when Anna is smiling.



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How will we involve parents?

What are the benefits of ELSA?

Children learn better and are happier if their emotional needs are addressed.

They learn to:

- develop coping strategies and talk about difficulties
- interact more successfully with others
- develop greater self-awareness
- manage school better and feel better about themselves

Meet our ELSA



Miss Nikki Beard is our accredited ELSA. She has worked with a large number of children in her role as Wellbeing/Pastoral HLTA and shows all the required personal and professional qualities to become our ELSA.

If you would like to discuss any aspect of our ELSA work please contact Nikki.

Contact Details:
Email: nikki@westrise-jun.e-sussex.sch.uk
Mobile: 07971659470
(Working days: Mon, Tue, Thurs, Fri)

What can I do to help at home?

- ✓ Find time to listen to your child
- ✓ Do lots of fun things together
- ✓ Encourage your child to see the positives in themselves and every situation
- ✓ Encourage problem solving to find peaceful solutions
- ✓ Help your child to see things from the view of other people
- ✓ Discuss any problems or concerns you have with your child's teacher/SEND Co/ELSA



Emotional
Literacy
Support
Assistant

Looking after our children's
mental health and wellbeing



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- Parent leaflet explaining ELSA and the process.
- Parental consent/letter sent home.
- Termly updates via ELSA/ teacher/ APo.
- Positive reward notes sent home.

Who are ELSAs?

ELSAs are Emotional Literacy Support Assistants. They are specialist teaching assistants who have been trained by Educational Psychologists to support the emotional development of children in school. ELSAs have regular professional supervision from Educational Psychologists.

ELSAs have been chosen for their ability to build good relationships with children.



How can an ELSA help?

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

Will my child enjoy the ELSA sessions?

ELSA sessions are planned in advance and tailor made to suit the needs of the children. The sessions are designed to be fun and interactive to engage and motivate the children.

The ELSA may use a range of activities throughout the sessions which could include games, puppets, role play, music art & craft, talking and listening etc.

What is emotional literacy?

There will always be children in school facing life challenges that detract from their ability to engage with learning, and some will require greater support to increase their emotional literacy than others.

ELSAs can help with:

- Building and maintaining successful relationships
- Recognising and developing strategies to deal with emotions
- Strategies for happy and safe playtimes
- Developing social skills
- Recognising individuality and positive character traits to build self-esteem
- Dealing with anger and frustration
- Understanding emotions linked to loss and bereavement
- Overcome feelings of stress, anxiety and insecurity
- Developing emotional resilience to tackle academic and social challenges

What might a session look like?

Most ELSA programmes will last for 6 – 12 weeks, helping the child learn some specific new skills or coping strategies. Your child might take part in an individual or group session.

These sessions will consist of several parts:

Emotional check in

This is an opportunity to talk about feelings.

Warm up activity

A fun game or activity to help relax your child.

Main activity

The main activity will have a learning objective – something your child will be able to do at the end of the session that they can't do now.

Relaxation

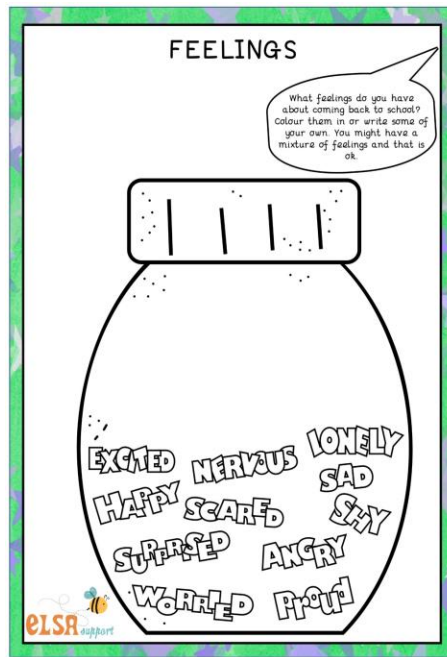
Your child will be taught a relaxation exercise to help get them ready to go back to the classroom.

Individual session

The main activity will usually contain an 'I can' statement such as 'I can tell you about my strengths' (a self-esteem objective). The ELSA will encourage your child to tell you about their talents or positive character traits such as 'kind', 'caring', 'helpful', 'brave'. The child will then make something to reinforce those strengths.

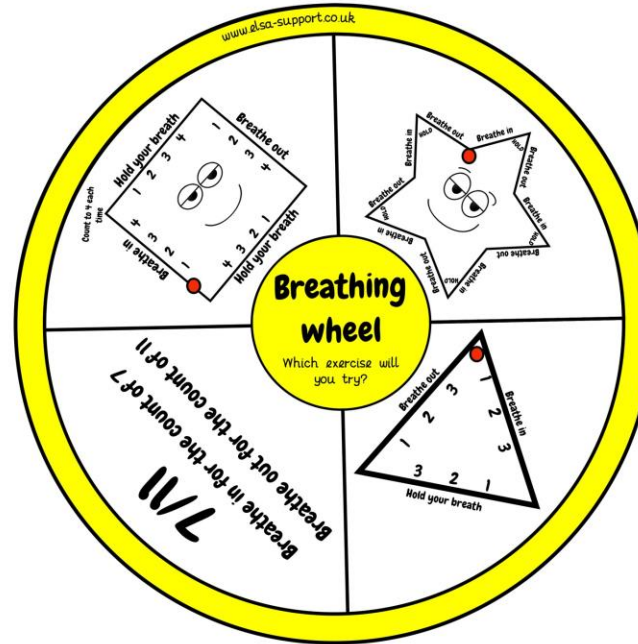
Group session

Your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging.



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Example Free
Resources...



©ELSA
Support



Gratitude walk

Go for a walk around your house, garden, classroom or school. Use your senses of sight, hearing, touch, smell and taste to make a list of things you are grateful for. Write them below

Unhelpful thoughts



Supporting NOT fixing

Remember, ELSAs are not there to fix children's problems. What we can do is provide emotional support.

- We aim to establish a warm, respectful relationship with a pupil and to provide a reflective space where they are able to share honestly their thoughts and feelings.
- ELSA work should be fun – that's what makes the difference. It *isn't* a reward for bad behaviour. By building a positive relationship with challenging children the ELSA can help them think about and reduce their troublesome behaviour. It will take time but will be worth it in the end.

www.elsanetwork.org



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Quotes from staff using ELSA

ELSA support is one of the most crucial parts of a schools social and emotional provision.

It's not about labelling young people as naughty... You need to understand that behaviour is a way of communicating.

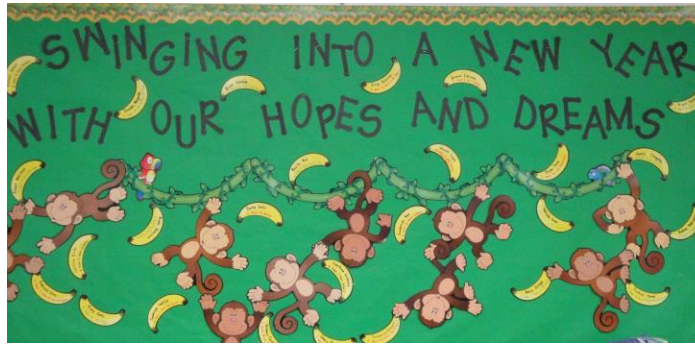
My job is making my pupils realise their worth.

We are the stepping stone of leading children down a positive path, aiding them to reach their full potential.

Well-being leads to Well-doing.

**Don't aim to fix,
Aim to listen,
emphasise
and validate.**

ELSA'S provide specialised, essential interventions, to ensure children can work through any barriers to learning they may face.



What we hope for...

- ELSA sessions to begin.
- To work alongside other professionals internally and externally.
- A space/ area to facilitate ELSA.
 - Time/planning and resources.
- To make a DIFFERENCE.

Thank you for your time- Bev and Lisa