What is ELSA?

An ELSA is a Learning Support Assistant in school who has had specific extra training in Emotional Literacy from an educational psychologist. ELSAs also receive on-going group supervision with an educational psychologist where common issues, anonymised cases and intervention plans are discussed.

ELSAs support the social, emotional and behavioral development of pupils. For example they help pupils who have difficulty with friendships, anxiety, shyness, bullying, anger, low confidence.

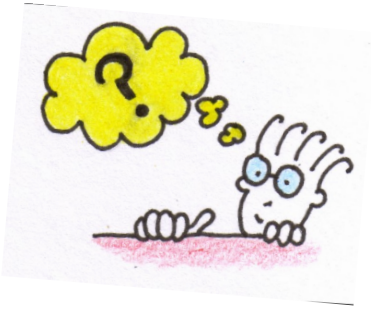
ELSAs work with class teachers to identify targets for pupils and design support sessions. They can work with individuals or small groups of pupils. Sessions usually happen weekly and last for 30-60 minutes. Sessions usually run for between 6-12 weeks.

ELSAs love to work with parents and encourage them to be part of the planning process.

What happens in sessions?

Sessions are designed to be fun and motivating for pupils. ELSAs choose activities that are matched to the child's interests and needs. Activities can include games, role-play, story writing, puppets, model making, talking and listening. All of the activities are linked to the emotional literacy targets identified for the child by the teacher and ELSA.





How can I help?

There are lots of ways you can help.

- Regularly have fun together (playing games, going out together, making things).
- Help your child see things from other people's points of view.
- Spend time listening to your child.
- Help your child to find peaceful solutions to problems.
- Encourage your child be positive.
- Talk to the school about any concerns you have about your child's development and ways in which you and the school can help.

Problem-solving

Confidence

Managing stress

Self-awareness

Relationships

Coping strategies

Motivation

Communication

Listening

Self-esteem

Social skills





BCP Council

What is ELSA?

Emotional Literacy Support Assistants

Information for parents and carers



Your ELSA contact in school is

.....