

What is an ELSA

An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists in your local education authority. An ELSA is a warm and caring person who wants to help your child feel happy in school and to reach their potential educationally. Their aim is to remove the barriers to learning and to have happy children in school and at home.

Please do talk to the ELSA in your school if you have any problems with your child.

ELSAs can help with

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Getting on/Falling out

Loss and bereavement

ELSA



Emotional

Literacy

Support

Assistants

Mrs French





When do sessions take place?

We run ELSA sessions in the afternoons so children do not miss out on the teaching of core subjects. Each session lasts for one hour and sessions continue over the course of 6 weeks. Our ELSA groups have no more than six children to allow enough time for everyone to take part.



Group sessions

The ELSA will plan their sessions for your child very carefully. The session consists of several parts, the first two parts consist of a circle-time where children sit in a circle and take turns to speak.

Emotional check in

This is an opportunity to talk about feelings and gain support from ELSAs and other members of the group. They can share any problems, worries and positive experiences.

Warm up activity

A fun game or activity to help relax your child.

Main activity

The ELSAs will plan the activity to a learning objective; something your child will be able to do at the end of the session that they cannot do now. This is usually an 'I can' statement such as 'I can tell you about my strengths' (a self-esteem objective). The child will then take part in an activity to reinforce the objective.

Refreshment and Review

At the end of each session children have the opportunity to have a drink and biscuit and review the session.



Typical problems



A very angry child

The ELSA will take the child through an anger management intervention to help them recognise their anger triggers. They share techniques on how to avoid those triggers and remain calm.

Feeling negative about their abilities

ELSAs support children with their self esteem, teaching them to recognise all the positive qualities they possess and help them overcome problems with confidence.

Having difficulties forming and maintaining friendships

Lots of the problems we deal with stem from friendship issues. ELSAs teach children to recognise which qualities are important in order to be a good friend alongside recognising those qualities in their peers. Children in the ELSA friendship group will learn how to deal with and overcome negative behaviours.

