

Who to contact?

ELSAs can help with



If you think your child could benefit from **ELSA** sessions then please contact:

**Headteacher:** Mrs Jayne Davies

**ALNCo:** Mrs Michelle Theobald-Beaumont

**ELSA trained TA's**

Mrs Nicola Davies

We have a dedicated **ELSA** area in **Ystafell Las**.

This room is a safe, relaxing space for pupils to explore and understand their emotions.



- Loss and Bereavement
- Emotional Literacy
- Self Esteem
- Social Skills
- Friendship Issues
- Relationships
- Managing Strong Feelings
- Anxiety
- Bullying
- Conflict
- Emotional Regulation
- Growth Mindset
- Social Stories



**E**motional

**L**iteracy

**S**upport

**A**ssistant

## What is an ELSA?



**ELSAs** are Emotional Literacy Support Assistants. They are a specialist teaching assistant with a wealth of experience of working with children. **ELSAs** are trained and regularly supervised by the Educational Psychologists.

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 build your child's emotional development and help them to cope with life's challenges.

The **ELSA** will help your child to find solutions to any problems they may have.

## Individual Session



Your child could be offered 6-12 sessions initially and they can vary in time, according to the age of your child.

The **ELSA** will plan their session for your child very carefully. The session consists of several parts:

**Emotional check in** – This is an opportunity to talk about their feelings.

**Main Activity** – The **ELSA** will plan the activity to a learning objective. Something your child will be able to do at the end of the sessions that they cannot do now. For example; your child might have low self esteem so the **ELSA** will work on your child's strengths. The **ELSA** will encourage your child to talk about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child may then make something to reinforce those strengths.

**Relaxation** – Your child will be taught a relaxation exercise to help get them ready to go back to class.

**Review** Your child will be able to reflect on the session and talk about what they have learnt

## Group Session



Your child will be offered 6-12 sessions initially and they can vary in time according to the age of your child.

The **ELSA** will plan the group sessions for your child very carefully.

**Emotional check in** – This is an opportunity to talk about feelings.

**Warm up Activity** – A fun game or activity to help relax all the children in the group

**Main Activity** – This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end of the session.

**Relaxation** – Your child will be taught a relaxation exercise to help get them ready to go back to class.

**Review** – Your child will be able to reflect on the session and talk about what they have learnt