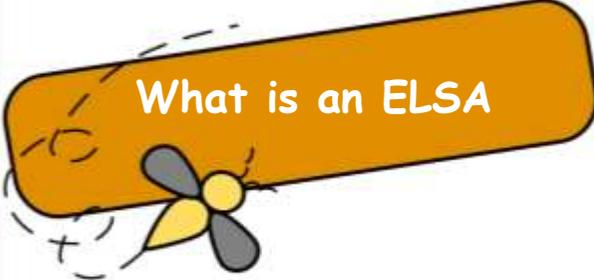


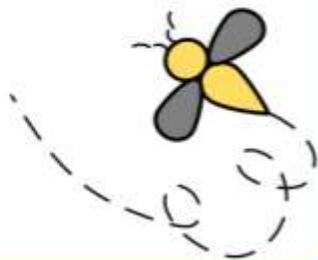
What is an ELSA



An ELSA is a specialist emotional support ambassador with a wealth of experience working with children. ELSAs are trained and regularly supervised by the Educational Psychologists in your local education authority in a range of areas including counselling skills.

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.

There is a wealth of evidence to indicate that if a child is emotionally literate they will be far more likely to reach their full potential.



ELSAs can help with



Loss and bereavement

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Bullying

Conflict

Relaxation techniques



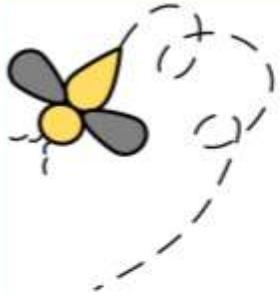
ELSA



Emootional
Literacy
Support
Ambassador

Mrs Squirrel





Individual session

The ELSA will plan their sessions for your child very carefully. The session consists of several parts. The interventions will usually last 6-12 weeks and have a specific target in mind.

For example:

Emotional check in

This is an opportunity to talk about 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 session/ intervention 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).

Relaxation

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



Group session

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

Emotional check in

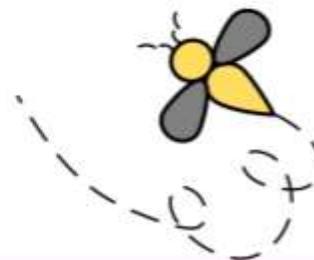
This is an opportunity to talk about feelings.

Main activity

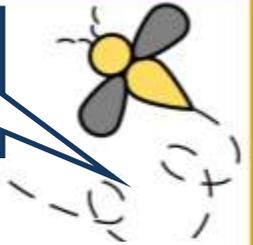
This is similar to the individual session but your child will be encouraged to work with other children. This helps with a wide range of skills including; co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will 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.



Referrals



Referrals can be made by ELSA's themselves, class teachers and occasionally parents. Targets will be set by the ELSA with input from the class teacher and child where appropriate.

The ELSA at our school is Mrs Squirrel.

Dame Tipping is proud to be an ELSA recognised school.

