



building for success

### What is ELSA?

ELSA is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

Mrs Turner is our qualified Emotional Literacy Support Assistant at Hatch Warren Junior School. She has been trained by Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs. The majority of ELSA work is delivered on an individual basis, but sometimes small group work is more appropriate, especially in the areas of social and friendship skills. ELSA sessions take place in our ELSA room which provides a calm, safe space for the child to feel supported and nurtured.

#### **In ELSA we aim to provide support for a wide range of emotional needs:**

- Recognising and understanding emotions
- Building self-esteem
- Coping with anxiety
- Social skills
- Friendship skills
- Anger and behaviour management
- Loss and bereavement
- Relaxation techniques
- Transition/Change

### How does ELSA work?

Children are referred for ELSA support by their class teacher, Senior Leaders or SENDCo. We then identify and prioritise which children require a weekly programme or if more appropriate put supported strategies in place within the class setting.

ELSA programmes run for 6-12 weeks. With the programme aims set 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.

### Supporting - not fixing

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

They aim to establish a warm, respectful relationship with a pupil and to provide a reflective space where they're able to share honestly their thoughts and feelings.

For children with complex or long-term needs it is unrealistic to expect ELSA intervention to resolve all their difficulties, however support will be designed to target specific aspects of a child's need.

Mrs Turner may discuss referring a child for further support, through either CAMHS, the school nursing team or other outside support available.