

ELSA information for Parents & Carers



Who are we and what do we do?

An ELSA (Emotional Literacy Support Assistant) is a member of staff who is trained to support children in the development of their emotional literacy. Children are referred to the ELSA by school staff and the ELSA and SENDCo triage referrals. There may be a waiting time to be accepted into the ELSA programme. The ELSA receives regular supervision from an Educational Psychologist as well as the Head teacher and SENDCo. Our Emotional Literacy Support Assistant at Sheepscombe is Mrs Kyte. Mrs Kyte has worked in school for 3 years and is well-known by the children. She is based in the ELSA space (now called the NEST, instead of the mezzanine) which is a quiet and safe space for the children to talk and feel secure. All of the ELSA sessions are carried out in this space (it is in the process of being redeveloped to make it more comfortable).

What is emotional literacy?

- ❖ Understanding and coping with the feelings about ourselves and others.
- ❖ Developing self-esteem and positive interactions with others.
- ❖ Being emotionally literate helps children focus better on their learning.

Some of the areas the ELSA may work on:

- ❖ Recognising emotions
- ❖ Self esteem
- ❖ Social Skills
- ❖ Friendship skills
- ❖ Anger regulation
- ❖ Loss and bereavement

How does the ELSA work?

- ❖ A regular slot during the school week for 30-40 minutes
- ❖ Sessions can be individual or in small groups and tailored to the child's individual needs.
- ❖ Sessions are fun and might include role-play, puppets, board games, art and craft and stories.
- ❖ They include time to talk.
- ❖ A pupil's progress will be reviewed on a half-termly basis.

As a Parent/Carer, how can you help?

- ❖ By informing the class teacher if there are any issues that may be affecting your child.
- ❖ Please feel welcome to contact your child's teacher or the ELSA if you have any questions.