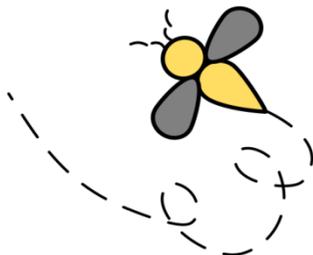


## What is an ELSA?

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.

ELSA's will help children learn to understand their emotions and respect the feelings of those around them. They can provide time and space for pupils to think about their personal circumstances and how they can manage them



## ELSAs can help with

Loss and bereavement

Support through a serious illness

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Bullying

Conflict

Relaxation techniques



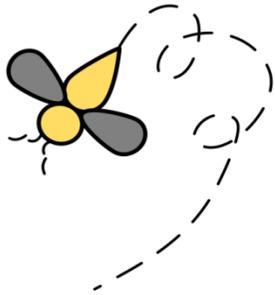
[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

## ELSA

**E**mootional  
**L**iteracy  
**S**upport  
**A**ssistant

Mrs Cloves & Ms Gardiner





## Individual session

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

### 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 that they cannot do now. The ELSA will encourage your child to talk about their talents or personal characteristics such as 'kind', 'caring', and 'helpful' or 'brave'. The child will then make something to reinforce those strengths.

### Review

Sessions can be varied, depending on the child's needs at the time of the meeting. All progress is carefully and confidentially recorded. The ELSA will liaise closely with your child's teacher but also with the parent/carer.

At Barrow Hedges Primary School the ELSA's have a warm and positive attitude to children's wellbeing.

*An ELSA's door is never closed!*



## 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 or a group activity.

### Emotional check in

This is an opportunity to talk about feelings,

### Warm up activity

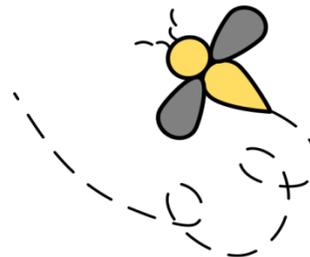
A fun game or activity to help relax your child.

### Main activity

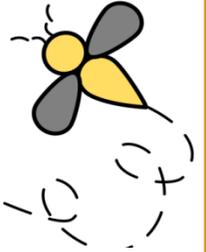
This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end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

### Relaxation

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



## Referring a child for ELSA



Your child's teacher may refer your child for ELSA support. They will liaise with you first to explain why they feel your child would benefit from this support. The ELSA will contact you to discuss the referral and the plan of support for your child. As a parent, you are able to refer your child for ELSA support – if you have any concerns, please speak to your child's class teacher first.

### About our ELSAs

Mrs Cloves and Ms Gardiner work together to support children's emotional and mental health needs. This entails working closely with parents. If your child is having ELSA sessions, it is very helpful that you communicate with the ELSAs and support any strategies they may suggest trying at home.

If you would like further advice or wish to talk to an ELSA at Barrow Hedges, then please feel free to contact;

### **Mrs J Cloves**

[jcloves@cirrustrust.uk](mailto:jcloves@cirrustrust.uk)

### **Ms L Gardiner**

[lgardiner@cirrustrust.uk](mailto:lgardiner@cirrustrust.uk)

