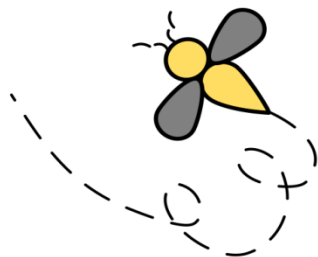


What is an ELSA

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.

Please do talk to the ELSA in your school if you have any problems with your child.



ELSAs can help with

Loss and bereavement

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Bullying

Conflict

Relaxation techniques



www.elsa-support.co.uk

ELSA

Emotional

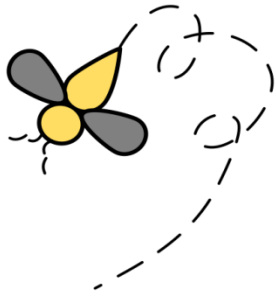
Literacy

Support

Assistant

Mrs Scully





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 that will be specific to the targets set for the intervention.

Relaxation

Your child will be taught a way of relaxing using different techniques.



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,

Warm up activity

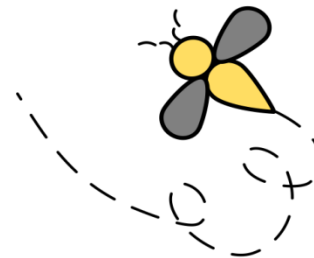
A fun game or activity to help relax your child.

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.

Relaxation

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



Typical problems

A very angry child

The ELSA will take the child through an anger management intervention to help them recognise their anger triggers, techniques to avoid those triggers and calming down techniques.

A loved pet has died

ELSAs are trained in bereavement and understand that the loss of a pet is probably the first experience of death for your child. They will work with your child to help them feel supported in school.

