



ELSA - Emotional Literacy Support Assistant



What is an ELSA?

ELSAs are 'Emotional Literacy Support Assistants'. They help children and young people learn to understand their emotions and respect the feelings of those around them. They provide them with the time and space for pupils to think about their personal circumstances and how they manage them.

Children learn lots of new skills at school not just academic but also social and emotional skills. Whilst some children may require extra help with Maths or English, others will benefit from support with emotional side of their development.

In recognition of this, St Stephens Community Academy has introduced the ELSA role to support children in the development of their emotional literacy. **Miss Coole** is our ELSA. She has trained through our Educational Psychologist Service in order to provide bespoke packages of support for individuals and groups of children on themes such as:

- Recognising emotions
- Self-esteem
- Friendship skills
- Social skills
- Anger management
- Loss and bereavement

What is Emotional Literacy?

- How we understand and cope with feelings about ourselves and others
- Developing high self esteem
- Interacting well with others.

How will this help?

- Children learn best when they feel safe and comfortable in their school environment.
- Being emotionally literate helps children focus better on their learning.

Assessment for ELSA Support

- Staff are consulted and asked to refer children they think need an intervention or parents can contact the ELSA to discuss their child.
- There will always be a meeting with key members of staff; this may include the SENDCo, ELSA and Class Teacher.
- Children are chosen for support and provision discussed.
- An ELSA provision plan is then filled in.

What if my child is offered ELSA support?

- You will be informed by letter if your child is identified as able to benefit from ELSA support. You will be invited in to review progress.

How does the ELSA work?

In collaboration with the class teacher, the ELSA will timetable a regular 20 - 40-minute session for the child where the child will be released from a lesson. The will be delivered on a one to one but occasionally in a small group. Achievable targets will be agreed upon by all involved and progress reviewed. Most ELSA sessions will last for 6-weeks, helping the child to learn some specific new skills or coping strategies.

Type of Content Covered in Sessions

Sessions will include structured, fun activities tailored to meet the child's needs. They may include; games, arts and crafts or just time to talk and listen to the child. Circle time activities

- Creative/imaginative play
- Puppet/drama therapy
- Art
- Drawing and talking
- Team building games

Supporting - not fixing

- Remember, ELSAs are not there to fix children's problems. What we can do is provide emotional support.
- We aim to establish a warm, respectful relationship with a pupil and to provide a reflective space where they are able to share honestly their thoughts and feelings.

It needs to be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues. 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.

Training and development of ELSAs is an ongoing process and wisdom is required to recognise when issues are beyond the level of expertise that could reasonably be expected of an ELSA. The Educational Psychologist that works with our school would be able to offer advice on suitability or nature of ELSA involvement in complex cases.

Please follow the link for our school ELSA leaflet

For further information please look at the ELSA website - www.elsa-support.co.uk

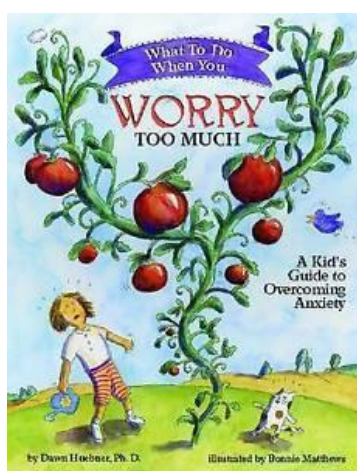
We are pleased to be able to share information with parents about Emotional Literacy Support on the school website. We also suggest helpful advice on how you can help your child; for example, in areas such as empathy, self-esteem or perhaps to pick up some tips about calming techniques. Parents and carers will be able to find out about recommended books which may be useful and links to other websites for some self-help at home.

*** Parents Self-Help section! ***

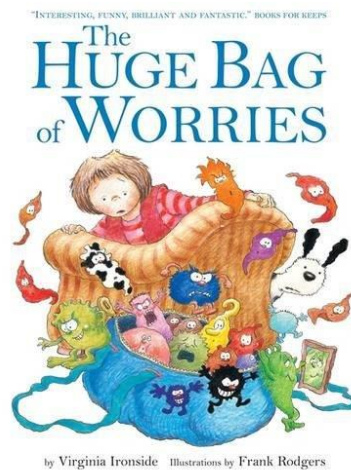
Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

<http://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>



What to Do When You Worry Too Much (A kids guide to overcoming anxiety) by Dawn Huebner - an interactive self-help book designed to guide 6-12 year olds and their parents for generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.

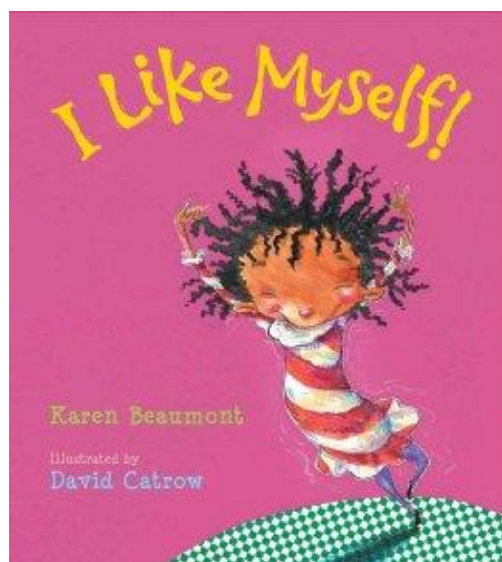


Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? The Huge Bag of Worries was written by Virginia Ironside. A compelling picture book which can be used as a spring board into what worries children today.

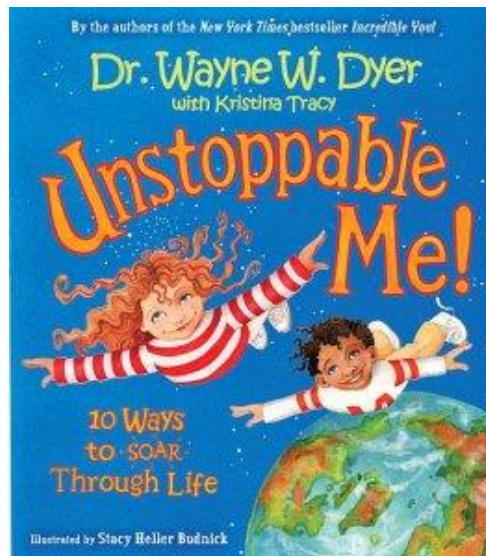
Self-esteem

Is your child having problems with self-esteem? Try following this link which gives some useful advice to parents:

<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>



Although all people are made up of both good and bad qualities, this picture book emphasizes the importance of loving one's self for all the things that make them the unique being they are.

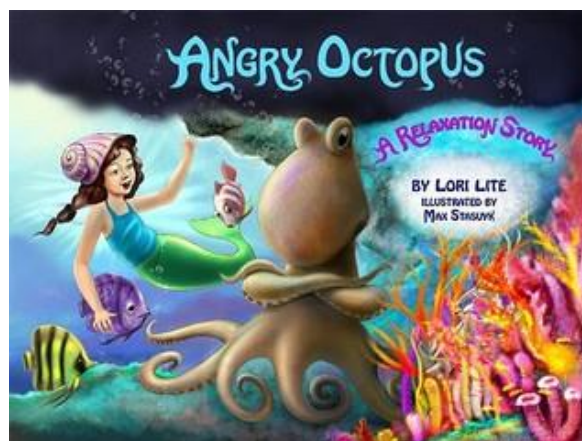


Presents ten lessons for children that foster confidence and self-esteem, with advice on overcoming worry, dealing with change, making choices, keeping healthy, and being creative.

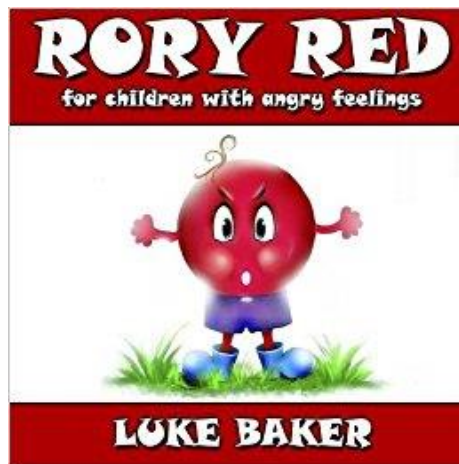
Anger management

Help with those 'hot feelings' - some tips and information for parents/guardians about managing anger in children:

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>

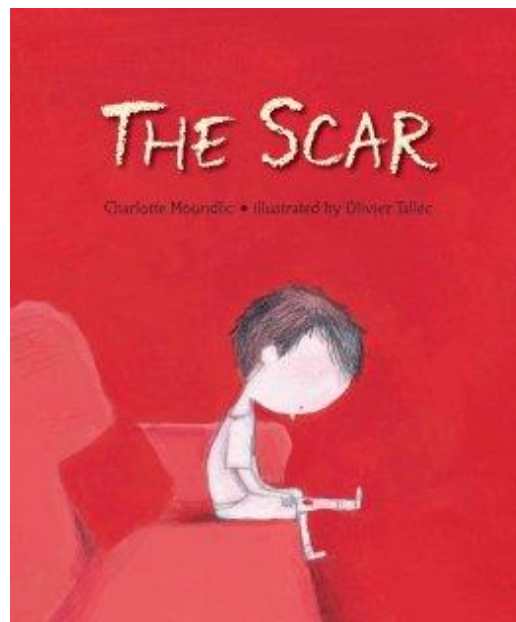


An anger management story for children written by Lori Lite. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This is a great little story to help children understand that they are in control of their emotions. It focuses on the ownership of feelings and emotions and taking command of the situation.



This book helps younger children understand their angry feelings and make the necessary changes to regulate their emotions. The book is about The Red family and their youngest member Rory. Rory Red is very angry all of the time. He wants to change but is told by both parents that 'It is just who you are.' Rory wants to change and one day meets a new friend Yasmine Yellow. Yasmine shows him the way and helps him to understand how he can change.

Bereavement

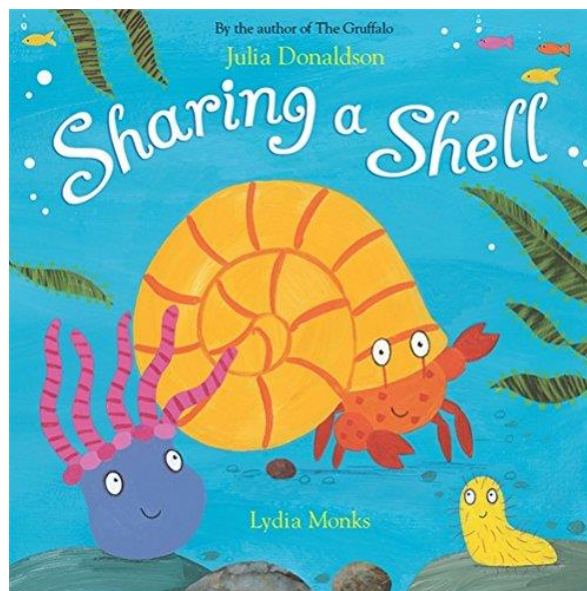


The language is simple and easy to understand. This book would be perfect for EYFS and KS1, (possibly even Lower KS2). When his mother dies, a little boy is angry at his loss and does everything he can think of to hold onto the memory of her scent, her voice and the special things she did for him, until his grandmother shows him another way to feel that his mom's love is near.

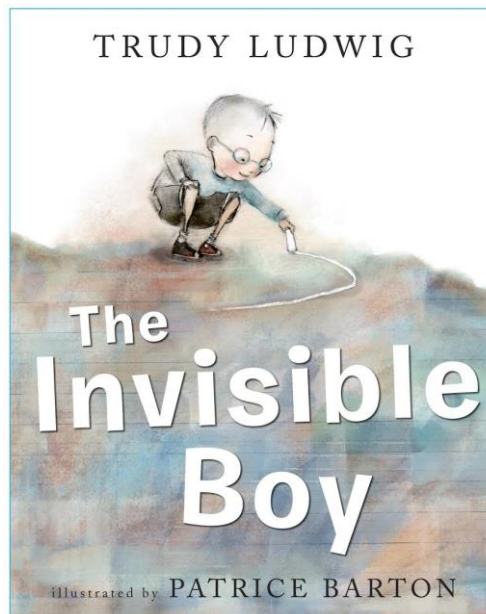


The Day Poppa Turned into a Star – A delightful little book which is perfect for opening up conversation on death, dying or loss. Very simple text and delightful images make this book perfect for sharing with a young child. The book is written by 'Tracey Lawrence', a Deputy Head Teacher, who wrote this book when her dad died to try and help her child cope with the death.

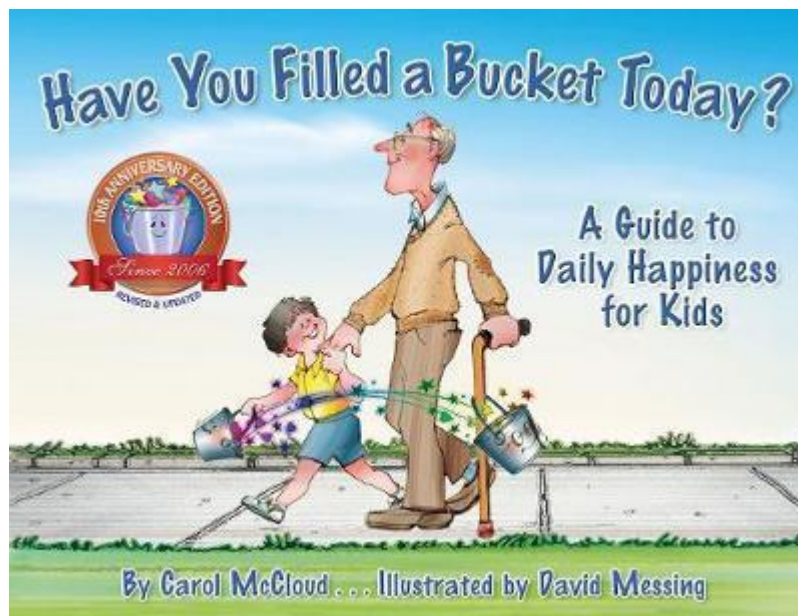
Friendships



The tiny hermit crab loves his new shell. He doesn't want to share it - not with a blobby purple anemone and a tickly bristleworm. But life in the rock pool proves tougher than Crab thinks, and soon he finds he needs his new housemates in this rollicking story of sea, shells and friendship.



Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine. This gentle story shows how small acts of kindness can help children feel included and allow them to flourish.



This heart-warming book encourages positive behaviour by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation, and love by "filling buckets." It will help readers better understand that "bucket dipping" is a negative behaviour, not a permanent label. It also explains that it's possible to fill or dip into our own buckets.