



Information for Parents /Carers

An ELSA (Emotional Literacy Support Assistant) is a member of staff who is trained to support children in the development of their emotional literacy.

What is emotional literacy?

- . Understanding and coping with feelings about ourselves and others.
- . Developing high 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 management.
- . Loss and bereavement.

How does the ELSA work?

- . A regular slot during the school week for approximately 20 - 30 minutes.
- . Sessions are on a 1:1 basis and specifically tailored to the child's individual needs.
- . Sessions are fun and might include role-play, drawing, board games, art and craft and stories.
- . They include time to talk.
- . A pupils 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.

The ELSA in your school is..... Mrs Wall

