



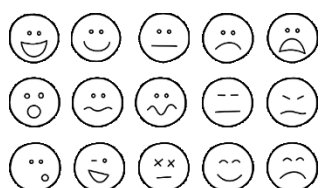
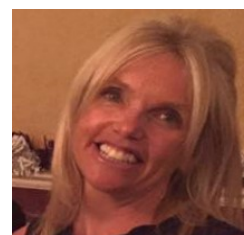
ELSA iNfOrMation

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. Our Emotional Learning Support Assistants at St Mary's are Mrs Ireland and Mrs Copeland. Mrs Ireland and Mrs Copeland have both worked at the school for a number of years, with experience across the year groups as well as being trained ELSAs.

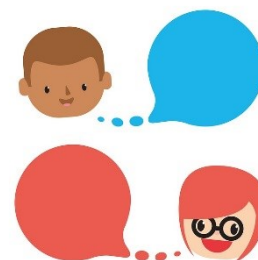


What is emotional literacy?

- Understanding and coping with the 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 approx 30 minutes over 6-8 weeks, but can be a longer period of time.
- 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 do contact Mrs Beaven if you have any questions.

