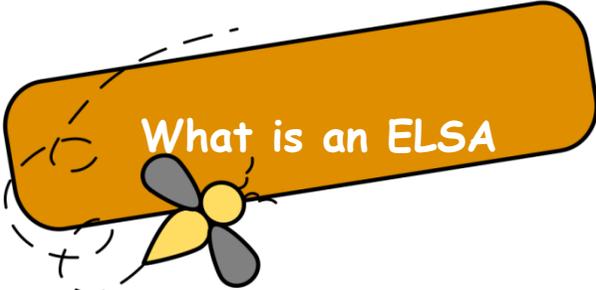


What is an ELSA



Our ELSAs, Mrs Bond and Mrs Corney, are specialist teaching assistants with a wealth of experience of working with children.

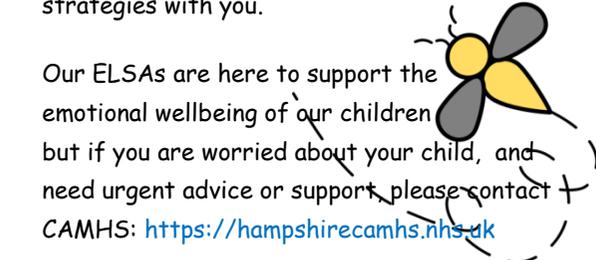
Our ELSAs are trained and regularly supervised by Hampshire and I.O.W. Educational Psychologists.

Our ELSAs want 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.

ELSAs are not there to fix your child's problems but do provide emotional support and a reflective space for your child to share their thoughts and feelings and explore strategies that may help them to solve their problems.

Our ELSAs work closely with your child's Class Teacher to ensure the strategies the child has learned with the ELSA are used within class. Your child will also be encouraged to share their new skills and coping strategies with you.

Our ELSAs are here to support the emotional wellbeing of our children but if you are worried about your child, and need urgent advice or support, please contact CAMHS: <https://hampshirecamhs.nhs.uk>



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



Emootional

Literacy

Support

Assistant

Mrs Bond and Mrs Corney



Individual session



Children are usually referred for ELSA support by their Class Teacher and our ELSAs regularly meet with the SENCO to identify and prioritise children that require a 6-8 week programme.

Our ELSAs plan a sequence of sessions for your child very carefully. The session consists of several parts. Sessions will take place in our ELSA room, Cyril's Den or our Cosy Cabin on a weekly basis. Each session will last 20-30 mins.

Emotional check in

This is an opportunity to talk about feelings,

Main activity

Our ELSAs will plan the activity to a learning objective that will help the child meet their target. It will be something your child will be able to do at the end of the session that they cannot do now. This is usually a 'I can' statement such as 'I can tell you about my strengths' (A self-esteem objective). Our ELSAs will encourage your child to tell you about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child will then make something to reinforce those strengths.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class
Your child will now be able to answer the question 'I can tell you about my strengths'



Group session

Our ELSAs 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. Sessions will take place in our ELSA room, Cyril's Den or our Cosy Cabin on a weekly basis. Each session will last approximately 30 mins.

Emotional check in

This is an opportunity to talk about feelings,

Warm up activity

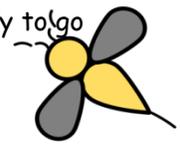
A fun game or activity to help relax your child.

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

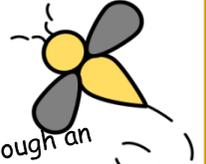
Your child will be taught a relaxation exercise to help get them ready to go back to class



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.

A very anxious child

In this time of increased challenge for us all, our ELSAs are trained to support children with anxiety and help them to find coping strategies and use relaxation techniques to calm down.

