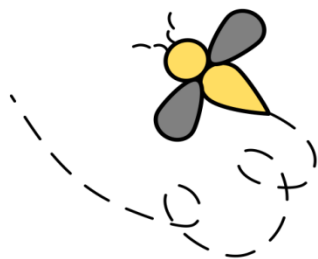


## What is an ELSA?

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 concerns about 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](http://www.elsa-support.co.uk)

## ELSA

**E**mootional

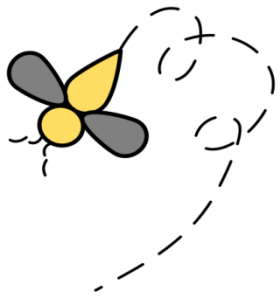
**L**iteracy

**S**upport

**A**ssistant

Mrs Jenkins





What are the benefits of ELSA?

Children learn better and are happier if their emotional needs are addressed.

They learn to:

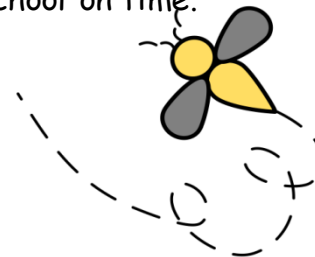
- Develop coping strategies and talk about difficulties.
- Interact more successfully with others.
- Develop greater self-awareness.
- Manage school better and feel better about themselves.

Pupils who have had ELSA support feel they have been listened to and supported.

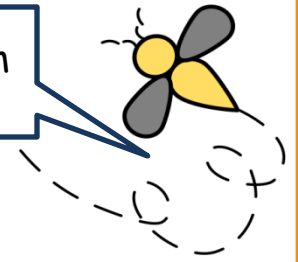


What can I do to help at home?

- Find time to listen to your child.
- Do lots of fun things together.
- Encourage your child to see the positives in every situation.
- Encourage problem solving to find peaceful solutions.
- Help your child to see things from the view of other people.
- Encourage your child to write things down.
- Have a good bedtime routine - no screen time before bed.
- Have a good morning routine, including breakfast.
- Arrive at school on time.



The Garden Room



The Garden Room is a quiet space within school. It is a sunny room with access to a garden area.

There is a relaxing reading corner with books and comics, cushions and puppets. There is lots of Lego and plenty of games to play.

The Garden Room is used for ELSA time, for small group work and 1-1 sessions. It is also a quiet space to go at lunchtime for those who need it.

