

An ELSA 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 the feelings of 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 20-30 minutes
- 😊 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 feel welcome to contact your child's teacher or the ELSA if you have any questions.

The ELSA in your school is

*Mica Gemma Burton*