



# Emotional Literacy

## Support Assistant (ELSA)

### What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They are Teaching Assistants who have had special training from Educational Psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from an Educational Psychologist to help them in their work. ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

### How does ELSA work?

Most ELSA programmes will last for about 6 weeks, helping the pupil to learn some specific new skills or coping strategies. At Busbridge Junior School, these sessions happen for about 30 minutes a week on a Monday or Wednesday afternoon. The ELSA isn't there to 'fix' the child. For pupils with complex or long-term needs, it's unrealistic to expect ELSA support to resolve all their difficulties. Change is a long-term process that needs everyone's help.

### What sorts of areas can an ELSA help with?

- Anger
- Anxiety
- Emotional awareness
- Friendships and relationships
- Growth mindset
- Independence
- Self esteem
- Social skills

### How is my child referred to the school's ELSA?

You can ask your child's teacher for a referral or they may ask you for your thoughts on a referral. Sometimes there is a waiting list but usually we can begin support within a short period of time.

