

Emotional Literacy Support Assistant (ELSA)

As well as valuing your child's education at Parrett & Axe we also value their welfare, as we recognise that children learn better and are happier in school if their emotional needs are met.

What is emotional literacy?

Understanding and coping with the feelings of ourselves and others
Developing high self-esteem and positive interactions with others

As an ELSA we provide support for a wide range of emotional needs:

Recognising emotions
Self esteem
Social skills
Friendship skills
Anger management
Loss and bereavement

At some time in our lives we all experience difficulties and unfortunately children are not immune to the same problems adults encounter. At Parrett & Axe we recognise the need to support your child through these difficult periods.

Sessions

The sessions usually last from 25 to 45 minutes once a week. Generally they are delivered on a one to one basis, although sometimes it can be beneficial to work in small groups. They are designed to be fun and might include role play, stories, puppets, board games and arts and crafts.

The aim is to provide a calm, safe space for the child to feel supported and nurtured.

ELSAs are not there to **fix** a child's problems, but to provide emotional support and a reflective space where they are able to share honestly, their thoughts and feelings.

For children with complex or long term needs it would be unrealistic to expect ELSA intervention to resolve all aspects of a child's need. If it is recognised that a child's issues are beyond the level of expertise that an ELSA can provide, we would work as a school to find suitable agencies that could offer further assistance.

Jane Stott (ELSA)