

GREASBY INFANT SCHOOL



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ELSA at Greasby Infant School



What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They are specialist teaching assistants with a wealth of experience of working with children. ELSAs are trained and regularly supervised by Educational Psychologists.

Their aim is to build your child's emotional development and help them to cope with life's challenges. The ELSA will help your child find solutions to any problems they may have.

Mrs Butler has been undergoing training since September 2024 and will soon be qualified to work with the children at our school where needed. The class teachers will work alongside Mrs Butler to select children for these sessions.

What can an ELSA help with?

- Loss and bereavement
- Emotional literacy
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety
- Bullying
- Conflict
- Emotional regulation
- Growth mindset
- Social stories

What happens in these sessions?

If your child is offered these sessions, they will work with Mrs Butler for 6-8 weeks within a half term. The sessions vary in time but last no longer than 30 minutes. Mrs Butler will plan the sessions

to focus on the child's specific needs. The sessions may be carried out on a 1:1 basis or in small groups.

Progress is closely monitored throughout the intervention and adjustments can be made based on how the pupil responds to the support. At the end of the support period, Mrs Butler will review the pupil's progress against the initial goals. If further support is required, Mrs Butler may extend the intervention slightly. After the intervention ends, the child will have 'keeping in touch' sessions to recap their learning and discuss any worries they may have.

Structure of the sessions:

Each session starts with an emotional check-in where the children can talk about feelings. They will then carry out a fun game or activity to help relax the children if they are working in a group.

Main task -

Mrs Butler will plan an activity based on a specific objective. This will be something the child will be able to do at the end of the session that they cannot do now. For example, your child might have low self-esteem so the ELSA will work on your child's strengths. The ELSA will encourage your child to talk about their talents or personal characteristics such as 'kind', 'helpful' or 'brave'. The children may then make something to reinforce those strengths.

Relaxation -

Each child will then be taught a relaxation exercise and this will help them to return to their classroom.

Review -

The children will be able to reflect on the session and talk about what they have learned.

We are really looking forward to launching the ELSA intervention after half term and we will update our website with more information in the coming weeks.

Kind regards,

Mrs Whelan
Wellbeing Lead