

What is ELSA?

There are three ELSA's at Apley-

Miss Skowronek (Miss S)

Ms Osbourne

Mrs Slater



ELSA stands for Emotional Literacy Support Assistant. We are a team within school who will help children to learn and understand their emotions and respect the feelings of those round them. We provide the time and space for them to think about their personal circumstances and how to deal with them. Giving them the ability to engage with learning whilst facing life challenges that may detract from that.

We have received training from Telford and Wrekin Educational Psychologists, and have regular supervision, including meet ups to aid us in carrying out our role. We may use a range of activities in the sessions which may include games, puppet, role play, music, art, talking and listening etc.

The benefits for children of having someone to talk to, someone to listen to them and spend time with them one to one or as a small group, is priceless. Children look forward to their sessions and value having 'their' time. Making them feel valued and important is the common factor, regardless of why they come to see us. They may speak to us for a variety of needs.

ELSA's can help with:

- Building and maintaining successful relationships
- Recognising and developing strategies to deal with emotions
- Developing social skills
- Recognising individuality and positive character traits to build self-esteem
- Dealing with anger and frustration
- Understanding emotions linked to loss and bereavement
- Overcome feelings of stress, anxiety and insecurity
- Developing emotional resilience to tackle academic and social challenges

Following initial sessions with pupils, we can then work with the children's key staff when required to make sure any strategies, targets are achieved. The sessions are carried out in six-week slots.

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

Making a difference to a child's life, just by listening, is the best reward in our role.