



ELSA at Rydes Hill

Emotional Literacy Support Assistant



RYDES HILL

PREPARATORY SCHOOL & NURSERY

WHAT IS ELSA SUPPORT AND WHY DO WE OFFER IT?

The Emotional Literacy Support Assistant (ELSA) programme is an initiative developed and supported by Educational Psychologists. It recognises that when a pupil's emotional needs are met they are generally happier and more resilient and so learn more effectively.

ELSAs are Teachers or Teaching Assistants who are specially trained and regularly supervised by Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or long term emotional needs.

HOW DO ELSA SESSIONS HELP PUPILS?

ELSA sessions help pupils learn to recognise, understand and express their emotions.

The main areas for support are:

- **Emotional awareness and regulation (including sadness, anger and anxiety)**
- **Self-esteem and resilience**
- **Social skills**
- **Friendship skills**
- **Loss, bereavement and family break-up**

WHO CAN HAVE ELSA SESSIONS?

If we feel that a pupil would benefit from ELSA support we will inform their parents that we would like to invite them to come for some sessions. Parents may also speak to their class teacher or a member of the senior leadership team if they would like their child to be considered. Sessions are complimentary and the majority of ELSA work is delivered on an individual basis but occasionally will be done as part of a small group.

Sessions are most suitable for children from Lower Prep to Form One but can sometimes be adapted for Early Years pupils. Sometimes a pupil may need to be added to a waiting list but will be seen as soon as possible.

WHO IS THE ELSA AT RYDES HILL?

Mrs Jo West is a qualified teacher with over 20 years of teaching experience and is a trained ELSA. She is also a mother of three grown up girls who had various emotional, behavioural and learning needs and so has firsthand experience of the complexity of parenting. Mrs West aims to establish a warm, respectful relationship with each pupil so they are able to share their thoughts and feelings honestly. She works collaboratively with teachers, parents, and other professionals to ensure holistic support for the pupils.



WHAT HAPPENS DURING AN ELSA SESSION?

ELSA sessions take place in our Quiet Room which provides a calm, safe space for the pupil to feel supported and nurtured. ELSA sessions are 30 minutes long and take place once a week, usually for 8 weeks. Sessions are aimed to be fun and may involve a range of activities including talking, interactive games, role play, and story work.



Each session has a carefully planned target to help the pupil work towards learning a specific skill or coping strategy. Please note that for pupils with complex or long-term needs it is unrealistic to expect a single ELSA intervention to resolve all their difficulties, however

support will be designed to target specific aspects of a pupil's need. It must be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues. Some pupils may require further ELSA sessions.



WHAT HAVE PARENTS SAID ABOUT ELSA SESSIONS?

"I have seen so much improvement, he's so much happier".

"Her favourite day of the week is Wednesday and she eagerly looks forward to her ELSA sessions".

"We greatly appreciate your efforts. We noticed that they have a very positive impact".

"There has been a noticeable improvement in his previously abrupt behaviour so I thank you very much for this".

"Thank you for all your support, she certainly shows signs that she is happier".

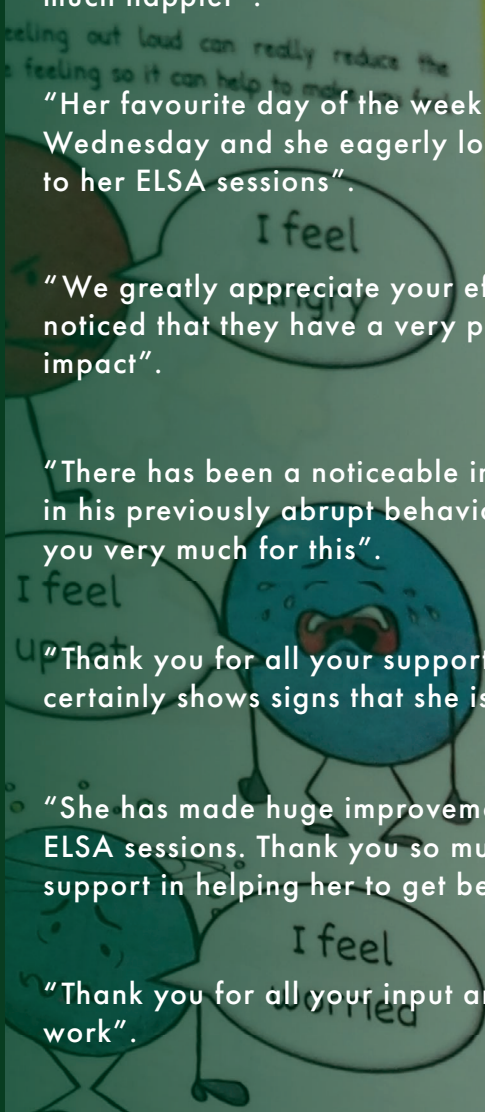
"She has made huge improvements after her ELSA sessions. Thank so much for your support in helping her to get better".

"Thank you for all your input and hard work".

"I've noticed a real difference since he started ELSA".

Find your Calm

A guide for pupils



HOW CAN PARENTS SUPPORT ELSA SESSIONS?

Parents will receive a copy of their child's targets after the first session has taken place and each week the pupil will bring home a small resource or activity to complete that will help enhance their progress. Parents are encouraged to talk to their child about their sessions and to remind them to complete any tasks, as this will reinforce their learning. After the final session a detailed report will be sent home by email, explaining progress made and giving advice on any suggested areas for further support.

HOW CAN YOU FIND OUT MORE ABOUT ELSA AT RYDES HILL?

If you would like to ask a question about ELSA at Rydes Hill or would like to enquire about sessions please email:

Mrs West (ELSA) jo.west@rydeshill.com or

Mrs Wood (Deputy Head Pastoral) vanessa.wood@rydeshill.com

To find out more general information about ELSA please visit the website:
<http://elsanetwork.org>

