

What are ELSAs?



Emotional Literacy Support Assistants; staff who have received specialist training to support children experiencing social or emotional difficulties .

Who are The ELSAs at MCP?

We currently have nine qualified ELSAs; Mrs. Pomeroy, Miss Hall, Miss Styles, Miss Blazer, Mrs. Livingstone, Mrs. May, Miss Matthew, Miss Crowe and Mrs. Knight. They have each completed a 6 day training programme run by educational psychologists to give them the skills they need to plan and deliver programmes of support for children.



Our ELSA Team

Who might need ELSA support?

Any child might need some extra support to meet their social and emotional needs during their time at Mile Cross Primary School.

These needs might be:



Recognising emotions

Self-esteem

Social skills

Friendship skills

Anger management

Anxiety

Bullying

Relaxation Techniques

Relationships

Conflict

Loss and bereavement



What Happens in ELSA sessions?

ELSA sessions are delivered on an individual basis. Sessions are fun, using a range of activities such as: games, role-play or arts and craft. ELSA sessions take place in one of our 'ELSA rooms' which provide a calm, safe space for the child to feel supported and nurtured.

Children have a half hour session a week over six weeks.

Who can request support?

Any member of staff, parents/carers and children.

What can I do to help my child at home?

- Talk to them about what they have done in ELSA sessions.
- Use any strategies that have been suggested.
- Visit the Just One Norfolk website for more advice about emotional wellbeing www.justonenorfolk.nhs.uk

