



## ELSA

### Information for parents/carers



#### **Owls**

An ELSA (Emotional Literacy Support Assistant) is a member of staff who is trained to support children in the development of their emotional literacy.

What is emotional literacy?

- Understanding and coping with the feelings about ourselves and others
- Developing high self-esteem and positive interactions with others
- Being emotionally literate helps children focus better on their learning

Some of the areas the ELSA may work on:

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

How does the Elsa work?

- A regular slot during the school week
- Sessions can be individual or in small groups tailored to the child's/children's needs
- Sessions are fun and might include role-play, puppets, board games, art & craft and stories
- They include time to talk
- A pupil's progress will be reviewed on a half-termly basis

As a parent/carer, how can you help?

- By informing the class teacher if there are any issues that may be affecting your child
- Please feel welcome to contact your child's teacher or the ELSA if you have any questions

The ELSA at Llangrove CE Academy is Mrs Gee