

Miss Openshaw is an experienced Learning Support Assistant, with 11 years working within education. She completed her **ELSA** (Emotional Literacy Support Assistant) training in May 2022.



*Please note that Miss Openshaw receives regular **professional supervision from Educational Psychologists** to support their work.*

How can ELSAs support my child?

ELSAs aims are to help to ensure that your child is **happy** in school and is reaching their educational potential by **identifying and reducing any barriers to learning**. They know that a **happier child will always be more able to learn**.

ELSAs help children and young people to **understand and process their emotions** and respect the feelings of those around them. They provide a welcoming private space, time and the opportunity for your child to think about their personal circumstances and how to manage them.

Strategies and Support, not fixing.

ELSAs aren't there to 'fix' your child's problems. What they can do is provide **emotional support in a non-judgemental environment**. They aim to establish a warm, respectful relationship with a pupil and to provide a **reflective** space where they can honestly share their thoughts and feelings.

ELSAs aim to help your child to learn some specific new skills or coping strategies.

Intervention sessions

- Clear programme aims (SMART targets) are set early on and each session will have an objective that ELSAs help the child to achieve or understand
- These sessions will initially last 6 weeks, followed by a review to reflect on whether the support needs to be continued
- If we think that a child would benefit from working in a group (for specific social or friendship work for example) they may move between 1:1 sessions and groups
- **An ELSA session could be play based, involve emotional check ins, relaxation or calming techniques or CBT but is always a child-centred approach. ELSAs work aims to always be positive and is about building positive relationships**



Referrals

A child may be identified/referred through the Class Teacher/TA or from parents or carers. Children can also request 'a chat'.

The ELSA will liaise regularly with Teachers to discuss progress and once the sessions finish, the child will hopefully be able to implement and transfer any guidance and any new skills taught, into their regular routine.

For any specific information or general ELSA advice, please email:

S.Liriano@whjs.hants.sch.uk

You can find out more information about ELSAs at: www.elsanetwork.org

Please note that ELSA lunchtime drop-ins also take place 3 times weekly to allow children to chat, play games or simply have some time out or calm, quiet time.

Miss Openshaw is also available for an informal drop-in over most break times.

ELSAs can help with:

- Supporting **changes** at home
 - Resilience
 - Relationships
- Managing **anxiety**
 - Social skills
 - Self – esteem
- **Friendship** skills
- Supporting **loss**
 - Supporting **bereavement**
- Working with **uncomfortable emotions**
- Recognising and managing **feelings**
 - Transitions



The Schools of
Woolton Hill

ELSA

Emotional Literacy
Support Assistant

