



What are the benefits of ELSA?

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

What can I do to help at home?

- Encourage problem solving to find peaceful solutions.
- Help your child to see things from the view of other people.
- Discuss any problems or concerns you have with your child's teacher / SENDco.

Who to contact?

Beverley Manley

Landline: 01737 215488

Emails:

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"I don't worry as much
I am happier in myself I
laugh more"





What is an ELSA?

An ELSA is a specialist teaching assistant who has been trained to work with children who are showing a wide range of emotional or social difficulties for example; anxiety, low self-esteem and problems with anger .

Here at Unified Academy we have Beverley Manley and Nicole Reynolds working as a qualified ELSAs.

ELSA's have been chosen for their ability to build good relationships with children.

What does an ELSA do?

ELSA's work closely with teachers to set clear objectives for individual children. The ELSA will then work on these objectives with the child individually or in a small group.

Activities which target the needs of the child will be planned carefully by the ELSA's.

Will my child enjoy the ELSA sessions?

They will....

ELSA sessions are planned in advance and tailor made to suit the needs of the young person. The sessions are designed to be fun and interactive to engage and motivate the young person.

The ELSA may use a range of activities throughout the sessions which could include games, puppets, role play, making things, talking and listening .

For example, puppets can be a great way of modelling social situations or getting children to talk about how they feel in different circumstances.

What Issues may be covered during the sessions?

- Relationships/friendship issues
- Self-Esteem
- Understanding Anger
- Loss and Bereavement
- Anxiety
- Coping Strategies/social skills
- Building Resilience
- Bullying and Peer on Peer issues
- Social Stories
- Well being

What if my child needs further help?

Your child's progress will be monitored closely during the ELSA programme. If the school or parent/carer feels that the child needs further support the school has access to a range of external support services.

ELSA's have close links with the schools Educational Psychologist.

- Do lots of fun things together.
- Encourage your child to see the positives in every situation.