

What is an ELSA?

An ELSA is an experienced Teaching Assistant who supports children with their emotional literacy. They are specifically trained and have regular supervision sessions with an Educational Psychologist in Slough.

A key part of their role is to help children feel happy and safe, aiming to remove barriers to learning. This enables children to reach their full potential.



ELSAs can help with...

Loss and bereavement

Self-esteem

Social skills

Emotions

Friendship issues

Relationships

Anger management

Behaviour

Anxiety

Bullying

Conflict

Calming techniques



Emootional

Literacy

Support

Assistant

Miss Howard



Sessions

Children either have a 1:1 session or group session depending on their needs.

The sessions will focus on pre-agreed SMART targets. The sessions are interactive, fun and reflective.

Children are encouraged to use Zones of Regulation throughout the sessions so they can relate and use what they learn in the sessions in the classroom.



Children's Views

"It makes me happy." Year 1 child.

"I like when Miss Howard uses the puppets, it's so fun! We were learning about feelings." Year 1 child.

"It's helpful because I can share my feelings." Year 2 child.

"I find it helpful because I think more about my behaviour now." Year 2 child.



How can you help?

Regular check ins with your child.

Refer to the Zones of Regulation at home.

Speak openly about your own feelings in an appropriate way.

Discuss self-regulation techniques you use.

Spend time with your child doing something they really enjoy.

Listen to their worries.

Speak to the school's SENCO if you are worried.

