

## How can I buy in the ELSA programme or find out more?

The ELSA training will be running again in the Summer term of 2018 over 5 non- consecutive days.

The training is currently open to mainstream primary schools in Hounslow.

You can send up to 3 Teaching Assistants (TAs) from your school to attend the training.

The training is usually held in a host school in Hounslow.

The cost of the package to each school is £1,500 which includes the training and group supervision for the following year.

After completion of the training and once receiving regular supervision, TA's are added to the list of trained ELSAs in Hounslow.

If you would like to subscribe to the ELSA programme or find out more about what is involved, contact Dawn Collard or Hannah Green at the Educational Psychology Service.

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### Hounslow Educational Psychology Service

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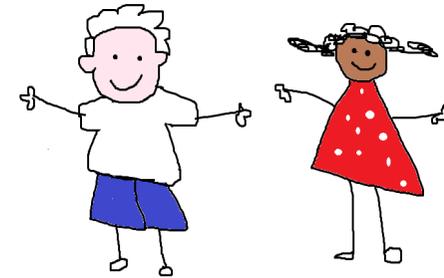
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# ELSA

## Emotional Literacy Support Assistants

Supporting children's emotional wellbeing in schools



ELSA stands for Emotional Literacy Support Assistant.

The ELSA programme was originally developed by Sheila Burton, a Principal Educational Psychologist in Hampshire and is now being implemented across the UK.

The aim of the ELSA programme is to build capacity within schools to support children's emotional and social wellbeing.

It recognises that children whose emotional needs are met, learn and engage better at school.

## How does the ELSA programme work?

ELSAs are trained by Educational Psychologists in concepts relating to social, emotional and mental health as well as in skills in planning and implementing interventions. After the training, the ELSAs are then ready to deliver interventions, usually over 6- 12 weeks to both individuals and groups of children.

ELSAs do not offer therapy, but planned, focused psychological interventions. The ELSA programme is not about “fixing” children nor is it about behaviour management or giving advice. The aim is to provide children with a safe space where they can express how they feel and find their own solutions to their difficulties. The children are also supported to learn skills in coping and building resilience.

Areas of need may be

- Developing awareness of emotions in oneself and others
- Bereavement
- Peer relationships

## What does the training cover?

ELSAs attend a training programme over five non-consecutive days. These are some of the areas that are covered:

- Emotional awareness
- Self esteem
- Emotional regulation (including anger management)
- Social and friendship skills
- Use of social stories and therapeutic stories
- Loss, bereavement and family breakup
- Active listening skills

After training ELSAs attend termly supervision sessions with an Educational Psychologist which is an essential part of supporting ELSA’s work with vulnerable children.

## Does the ELSA programme help?

There is increasing evidence which appears to show that ELSA the intervention can have a positive impact on the wellbeing of vulnerable pupils and supporting the whole school to better understand their needs.

In those Hounslow schools which have successfully committed to implementing ELSA, staff have noticed that pupils appear to have better relationships with others and are more ready to learn.

## What schools need to do to help make ELSA work?

It is important that schools are committed to implementing the programme in their schools. Here are some key things to think about:

What is needed	Why it’s important
Helping teachers and staff understand what the ELSA intervention is about.	<i>The ELSA programme works best when the school as a whole is aware of what it is about and how it can help children. The idea is for everyone to work together to support children’s emotional wellbeing.</i>
Regular time for ELSAs to plan interventions	<i>ELSAs may have other roles in the school and can often be very busy. However it is really important for ELSAs to have regular time to plan interventions with children and create resources.</i>
Interventions are delivered at a regular time in a quiet room each week.  It is not helpful if ELSAs are pulled out to cover a class and cancel sessions with children at the last minute.	<i>It is important to respect the needs of the children we work with. Vulnerable pupils who may attend ELSA sessions may have experienced loss, have poor self – esteem and feel that adults are not there for them regularly. Knowing that they have their ELSA time once a week will help the child feel secure and ready to use the time effectively.</i>
Listening to ELSAs. Allowing time for staff and ELSAs to liaise and talk about children.	<i>Not only have ELSAs received training, but as they start to work with children they will begin to develop a greater understanding of the child. This understanding can be shared with staff who work with the child.</i>