

What is ELSA intervention?

ELSA intervention is used to support the emotional development of children in schools and childcare settings.

What are ELSA's?

Elsa's are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from educational psychologists to help them in their work.

Who are St Mary QOM school ELSA's?

Our school ELSA's are Mrs Laws and Miss Conroy.

What does ELSA intervention include?

Elsa interventions are delivered in school time to children that may need support with;

- Anger
- Anxiety
- Emotional Aware
- Friendships and relationships
- Growth mindset and behaviour
- Independence
- Self-esteem
- Social Skills

What happens if your child needs ELSA support?

If your child's teacher thinks your child may benefit from emotional support they will contact you to discuss this. Contact may be face to face, telephone or email.

What happens next?

When parental consent has been given the ELSA's will meet your child and explain their job role. A small questionnaire will be used during this time to allow the child to express their own needs.

How long is an ELSA session?

An ELSA session is delivered weekly by one of the two school ELSA's. The weekly sessions can last between 6 and 12 weeks.

What happens next?

When the child has completed the sessions they will be monitored by the class teacher and they will also receive 'check ins'. Check ins can be done throughout the school day. In this time, your child can express further emotions and ask for extra ELSA support if needed.

What can parents do to help?

As a parent, it can be very upsetting to see your child upset, worried, anxious or angry. Please remember, all of these emotions are normal and we can help you to help them.

Please speak to your child's class teacher and they can arrange further support.

Useful links to help your child at home

<https://www.elsa-support.co.uk/> - This website has lots of free resources and can offer guidance.

<https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/> - This website is useful when your child needs support with worries and anxieties. It offers a selection of guided meditation stories that you can read to your child within a relaxing environment.

Here is a link to a list of books that can be borrowed from your local library or purchased. These will be a great resource if your child needs further support.

<https://www.elsa-support.co.uk/elsa-recommended-booklist/>