

EMOTIONAL LITERACY SUPPORT ASSISTANT (ELSA)
EFFECTIVE LEARNING THROUGH MEETING SOCIAL,
EMOTIONAL AND MENTAL HEALTH NEEDS.



THE ELSA PROGRAMME

The Emotional Literacy Support Assistant (ELSA) programme is designed to support primary and secondary schools in building their capacity to meet the emotional needs of children and young people. It recognizes that children and young people learn better and are happier in school when their emotional needs are met.

ELSAs are trained and supervised by educational psychologists to have a robust understanding of social, emotional and mental health needs. They are then able to plan and implement bespoke individual and group interventions in schools addressing a wide range of needs, including:

- Recognising and managing emotions
- Improvements to self esteem
- Effective peer relationships
- Bereavement and loss
- Calm conflict resolution



COURSE STRUCTURE AND CONTENT

5 days of training delivered by two experienced educational psychologists

- Raising Awareness of Emotional Literacy
- Building Resilience
- Self-esteem and Emotional Regulation
- Loss and Bereavement, plus Social and Friendship Skills
- Skills for Calm Conflict Resolution

4 x 1.5-hourly supervision and group learning sessions with an educational psychologist

- Provision of planning time for ELSAs to pro-actively meet pupil need.

On-going supervisions will be available, as recommended by the ELSA programme, to support continuous professional development - please contact us for further details.

COSTS:

£595 per person, includes all course materials and an accompanying handbook, plus lunch and refreshments on each day of training.

EVIDENCE

There is a growing body of research indicating that ELSAs can make a significant, positive difference to the emotional wellbeing of children and young people.

Indeed, the use of evidence-based approaches is emphasized in the Code of Practice (2015).

Further, how schools support the social and emotional wellbeing of its pupils is becoming an increasing focus for Ofsted.

Get in touch to find out when the next ELSA course is coming up.