

ELSA Training Commitment

What is ELSA?

The ELSA programme is an evidence informed, nationally recognized approach to supporting children and young people with social and emotional needs. Once trained by our highly experienced EP's, ELSAs can become an integral part of your school's approach to supporting these vulnerable pupils. Further information about ELSA can be found on the attached flyers, www.futuresinmind.org and the ELSA Network www.elsanetwork.org

Commitment from the training provider – Futures in Mind

Futures in Mind will deliver five days of ELSA training (9.00am-3.30pm) and four 2 hourly supervisions sessions, by two experienced Educational Psychologists.

The following topics will be covered:

- An Introduction to ELSA, Emotional Literacy and Self-Esteem and Resilience, plus **Line managers ELSA presentation (with ELSA trainees) 3pm - 4pm.**
- Self-Esteem and Resilience
- Managing Emotions and Relaxation Skills
- Managing Grief and loss; Friendship Skills; Therapeutic Stories,
- Active listening skills

In addition to the five days of training, there are also four group **supervision** sessions which will be scheduled approximately every half-term, starting with the term **after day 5**. Each supervision session consists of two hours supervision within a small group (8 max) with the EP trainers. ***In order to receive your ELSA certificate, it is essential that you attend each of the five days and the four supervision sessions.*** We will agree the dates and times of the supervision sessions with you during the course of the programme.

On-going supervision: Futures in Mind will offer half-termly supervision sessions for qualified ELSAs. If you are a practicing ELSA, accessing supervision is integral and essential to your continuing professional development and role as an ELSA. Guidance from the ELSA Network states that ELSAs should access on-going supervision from qualified Educational Psychologists in order to continue to be able to offer ELSA support in their settings. ELSAs who do **not** access supervision will be at risk of being **de-registered**.

Commitment from the School

The commitments laid out below are essential to provide the very best foundation for ELSA work to be maximally beneficial in your school. In our experience, where schools have been able to effectively implement and maintain the standards below, the work undertaken by the ELSA(s) has produced positive outcomes for children and young people.

- The school will nominate one TA (identified as having the necessary prerequisite skills to train as an ELSA, see attached) who will then be released for the five whole-day training sessions and for four half-termly supervision sessions.
- The school will also need to release each ELSA for a minimum of **1/2 day per week to plan, deliver and evaluate** programmes of support to individual pupils identified by the school. Interventions are delivered at a regular time in a quiet room each week. In this respect, such sessions should be regarded as no different from 'booster' sessions for literacy and/or numeracy.
- **A member of the teaching staff should be nominated to line-manage their ELSA.** The effectiveness of the ELSA approach is most successful when there is strong support and guidance from the school's senior management team. The aim is for an ELSA to receive ongoing support and guidance from their line manager to ensure there is an understanding of the ELSA approach throughout the whole school community.
- As far as is possible, the school should allocate a (small) budget each year to enable ELSAs to develop an appropriate bank of resources in response to needs.
- The school agrees to release fully qualified practicing ELSAs for a minimum of 5 half-termly supervision sessions during an Academic Year. Guidance from the ELSA Network states that ELSAs should access **on-going supervision** from qualified Educational Psychologists in order to continue to be able to offer ELSA support in their settings. *ELSAs who do **not** access on-going supervision will be at risk of being de-registered.*

If you have any questions or queries, please do not hesitate to contact us