

ELSA @JPCE



The Emotional Literacy Support Assistant (ELSA) program is designed to enhance the emotional wellbeing, resilience, and social skills of children within a school setting. Trained ELSAs support students under the guidance of our Inclusion Team, providing targeted assistance to those experiencing emotional difficulties.

Key Objectives of ELSA

- **Emotional Support:** Address feelings of anxiety, worry, anger, or sadness.
- **Self-Esteem Building:** Enhance confidence and self-worth.
- **Social Skills Development:** Improve friendships and social interactions.
- **Coping Mechanisms:** Assist with change, loss, or bereavement.
- **Emotional Resilience:** Foster understanding and expression of emotions.

ELSA Session Structure

- **Format:** 1:1 or small group sessions.
- **Frequency:** Typically once a week.
- **Duration:** Spanning 6-12 weeks.
- **Environment:** Conducted in a supportive and calm setting.

Activities during these sessions include games, role-play, creative crafts, and mindfulness techniques, aimed at making children feel safe and supported.

Parental Involvement and Communication

Parents are informed of their child's participation in ELSA and may receive updates on progress. Sessions are confidential to ensure a secure environment for the child, but any safeguarding concerns will be communicated appropriately.

Differentiation from Counselling

ELSA is not formal counselling or therapy. It is a structured, short-term intervention focused on building emotional skills. Should further support be necessary, schools will discuss additional steps with parents.

Supporting Your Child

Parents can aid their child's emotional growth by encouraging open communication, maintaining consistent routines, and supporting strategies shared by the school. It is a 6 week programme.

Contact Information

For further details regarding ELSA support, please reach out to us. We will enter details to a triage system and meet weekly to review need. Working collaboratively, we aim to equip children with the emotional tools necessary for success in school and beyond.