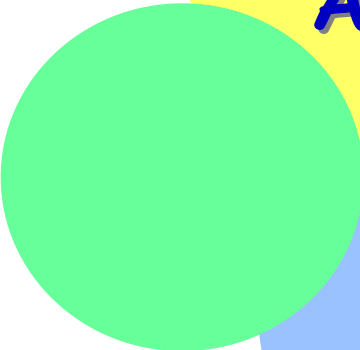




**EMOTIONAL  
LITERACY  
SUPPORT  
ASSISTANT**



**ELSA**



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### *What is ELSA?*

ELSA is an Emotional Literacy Support Assistant. An ELSA is a member of staff at Porthcawl Comprehensive School who is trained to support children in the development of their emotional literacy.

### *What is Emotional Literacy?*

- Understanding and coping with our feelings and the feelings of others.
- Developing children's high self-esteem and the positive interactions with others.
- Being emotionally literate helps children focus better on their learning.

### *Some areas the ELSA may work on;*

- Recognising emotions
- Self-esteem
- Social skills
- Friendship skills
- Anger management

### *What does ELSA involve?*

- ELSA sessions take place at regular intervals during the school week for 20-60 minutes.
- Sessions can be individual or in small groups and tailored to the child's individual needs.
- Sessions are fun and may include role play, board games, art & craft and stories.
- The sessions allow time for children to talk.
- A pupil's progress will be reviewed on a half-termly basis.

### *As a parent/carer, how can you help?*

- You can help by informing the teacher or ELSA if there are any issues that may be affecting your child.
  - Please feel free to contact your child's teacher or ELSA if you have any questions or would like further information.
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