

Individual session



The ELSA will plan their sessions for your child very carefully. The session consists of several parts.

Emotional check in

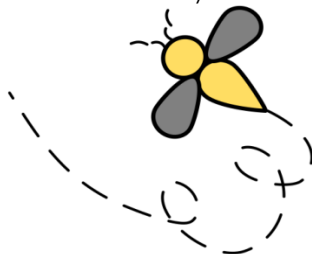
This is an opportunity to talk about feelings,

Main activity

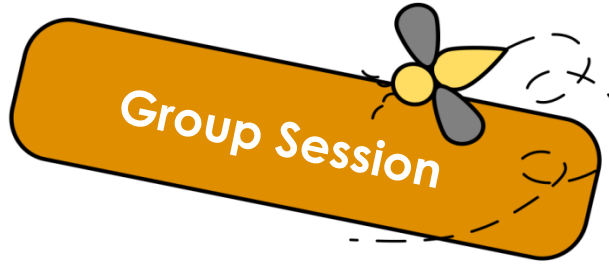
The ELSA will plan the activity to a learning objective. Something your child will be able to do at the end of the session that they cannot do now. The ELSA will encourage your child to tell you about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child will then make something to reinforce those strengths.

Review

Sessions can be varied, depending on the child's needs at the time of the meeting. All progress is carefully and confidentially recorded. The ELSA will liaise closely with your child's teacher but also with you as parent/carer.



Group Session



The ELSA will plan their sessions for your child very carefully. The session consists of several parts, the first two parts consists of a circle-time where children sit in a circle and take turns to speak.

Emotional check in

This is an opportunity to talk about feelings,

Warm up activity

A fun game or activity to help relax your child.

Main activity

This is similar to the individual session but your child will be encouraged to work with other children. This helps with co-operation, social skills, friendship and gives a sense of belonging. A learning objective will be set for the group of children which they will all be able to answer at the end of the session.

Relaxation

Your child will be taught a relaxation exercise to help get them ready to go back to class



ELSA at CCI



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Mrs Dickinson





What is an ELSA?

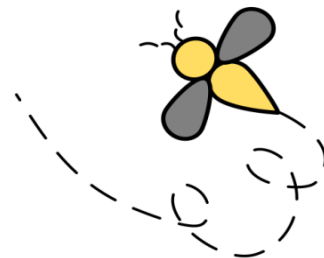
An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists in your Local education authority. An ELSA is a warm and caring person who wants to help your child feel happy in school and to reach their potential educationally. Their aim is to remove the barriers to learning and to have happy children in school and at home.

Please do talk to the ELSA in your school if you have any problems with your child.



ELSAs can help with

- **Loss and bereavement**
- **Self-esteem**
- **Social skills**
- **Emotions**
- **Friendship issues**
- **Relationships**
- **Anger management**
- **Behaviour**
- **Anxiety**
- **Bullying**
- **Conflict**
- **Relaxation techniques**
- **Separation/divorce**



Referring a child for ELSA



Your child's teacher may refer your child for ELSA support. They will liaise with you first to explain why they feel your child would benefit from this support.

The ELSA will contact you to discuss the referral and the plan of support for your child. As a parent, you are able to refer your child for ELSA support – if you have any concerns, please speak to your child's class teacher first.

About our ELSAs Mrs Dickinson is our SENCO and Pupil Premium lead who is trained to support children's emotional and mental health needs. This entails working closely with parents. If your child is having ELSA sessions, it is very helpful that you communicate with the ELSAs and support any strategies they may suggest trying at home.

If you would like further advice or wish to talk to an ELSA at CCI, then please feel free to contact;

Mrs Dickinson susan.dickinson@gmail.org.uk

Tel: 01454 866562

