

Information for Parents/Carers

An ELSA (Emotional Literacy Support Assistant) is a member of school staff who is trained to support children in the development of their emotional literacy.

What is Emotional Literacy?

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

Some of the areas the ELSA may work on:

- Recognising emotions.
- Self-esteem.
- Social skills.
- Friendship skills.
- Anger management.
- Loss and Bereavement.

How does the ELSA work?

- A regular 30-minute slot during the school week.
- Sessions may be individual or in small groups and are tailored to the child's individual needs.
- Sessions are fun and might include role-play, puppets, board games, art and craft and stories.
- They include talk time.
- A pupil's progress will be reviewed on a regular basis.

As a parent/carer, how can you help?

- By informing the class teacher if there are any issues that may be affecting your child.
- Please feel free to contact your child's teacher or the ELSA if you have any questions.

The ELSA at Tedder Primary School is Mrs Sandra Murray