

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.

ELSAs can help with;

- Loss and bereavement
- Self-esteem Social skills
- Emotions involved in Friendship and Relationships
- Self-Regulation, at points of stress
- Anxiety/Worries
- Relaxation techniques



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Sessions

Your child could be offered 1:1 or group sessions depending on the reason why the support has been offered. The sessions will only ever be led by our trained ELSA. Our Support Assistant has been trained through the Educational Psychology service, and will attend supervision regularly throughout their practice.

Children will usually complete six sessions but this is flexible depending on the overall need, and natural running course of the intervention.

Parents or guardians will always be notified that their child will be working with our ELSA, and there will be an opportunity to ask any questions if necessary.

Supporting not fixing

Remember, ELSAs are not there to fix children's problems.

What they will do is provide emotional support.

Our aim is to establish a warm, respectful relationship with a pupil providing a reflective space where they are able to share honestly their thoughts and feelings.

It needs to be appreciated that change doesn't always happen quickly, this is dependant upon which complex issues the young person is dealing with.

The support from our ELSA will build upon the emotional and social development which is at the core of everything we do at Belmont.

Children's comments.

'To Miss Allen Thankyou for all your support, you are the best person ever, you have helped us get through the saddest times, you have been there when we struggled, we know we can rely on you and have our backs!'

'Thanks for helping me control my temper and thoughts, I now know my worth!'

'I'm confident now and ready for any thing!'