



My name is Mrs Thompson, and I am the Emotional Literacy Support Assistant (ELSA) at school.

My role is to build a trusting and supportive relationship with your child, helping them to feel safe, valued and able to express and explore their thoughts, feelings and emotions. I work closely with teachers and support staff to understand each child's individual needs and identify areas where additional support may be beneficial.

ELSA provides a nurturing environment in which children can develop the emotional literacy skills they need to understand and manage their feelings, build resilience, develop positive relationships and navigate everyday challenges. Through this support, children are equipped with strategies to help them cope with difficulties and feel more confident both in and out of the classroom.

ELSA sessions take place in our 'Calm Cove', a welcoming space where children can reflect, explore their feelings and develop their emotional wellbeing. Much of the work is delivered through stories, rhymes, games, play-based learning, and creative, interactive activities that are tailored to meet individual needs.

If it is felt that your child may benefit from ELSA support, their class teacher will discuss this with you and complete a referral form. Following a review of the referral, your child may either be placed on a waiting list or begin sessions shortly afterwards. Most children attend a weekly session lasting around 30-40 minutes for approximately 6-8 weeks, although this may vary according to individual needs.

I am usually available on the playground at morning drop-off from Wednesday to Friday, so please do come and say hello or ask any questions about the work I do.

I look forward to working with and supporting your wonderful children.

Mrs Thompson

Emotional Literacy Support Assistant (ELSA)