



Loss & bereavement

Emotional regulation

Self-esteem

Social Skills

Friendship Issues

Relationships

Anxiety

**Managing strong
feelings**

Our Pastoral Team



Miss Carne

Pastoral Lead

Tel: 01256 762468

Email:

admin@hook-
jun.hants.sch.uk

ELSAs

*Emotional Support
Assistants*

Mrs Croft

Mrs Rode



Emotional

Literacy

Support

Assistant



Hook Junior School

What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They are a specialist teaching assistant with a wealth of experience working with children. ELSAs are trained and regularly supervised by the Educational Psychologists.

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 build your child's emotional development and help them cope with life's challenges.

The ELSA will help your child to find solutions to any problems you may have.

Please do talk to Miss Carne, via the school office, if you have any concerns about your child.



Individual Session

Your child will be offered 6 sessions initially and they can vary in time, according to the needs of your child.

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

The ELSA will plan the activity to a SMART learning target. For example, your child might have low self-esteem so the ELSA will work on your child's strengths. The ELSA will encourage your child to talk about their talents or personal characteristics such as 'kind', 'caring', 'helpful' or 'brave'. The child may then make something to reinforce those strengths.

Your child will be able to reflect on the session and realise they have lots of strengths and talents which will boost their self-esteem.



Group Session

Your child will be offered 6 sessions initially and they can vary in time according to the needs of your child.

The ELSA will plan the group sessions for your child very carefully.

Emotional Check In

This is an opportunity to talk about feelings.

Warm Up Activity

A fun game or activity to help all of the children.

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 SMART target will be set for the group of children.

Review

Your child will be able to reflect on the session and talk about what they have learnt