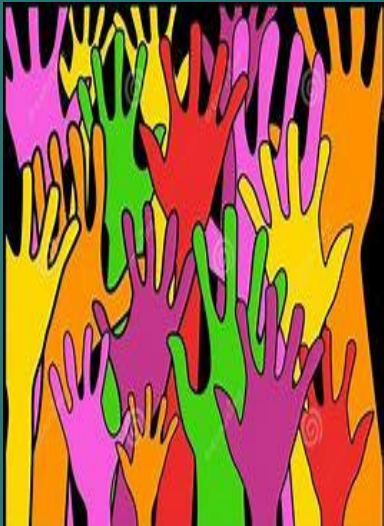


ELSA

“One of the simplest things to make you happy is to let go of things that make you sad”



What is Emotional Literacy?

ELSA is about developing a respectful relationship with the student where they can feel safe and are able to share their feelings and emotions without being judged or criticised. These students find it hard to achieve to the best of their ability with all the emotional worry they carry around with them. By providing students with this support they can find their own solutions to the issues that affect them.

The sessions focus on small, specific targets which are identified at the start. The ELSA delivers these sessions in an interesting and fun way, building positive relationships.

The students will be monitored throughout the year and interventions put in place as needed.

Emotions are an integral part of human nature. We respond to our day-to-day lives using our emotions. They affect our actions, thoughts, decisions and impact on our relationships.

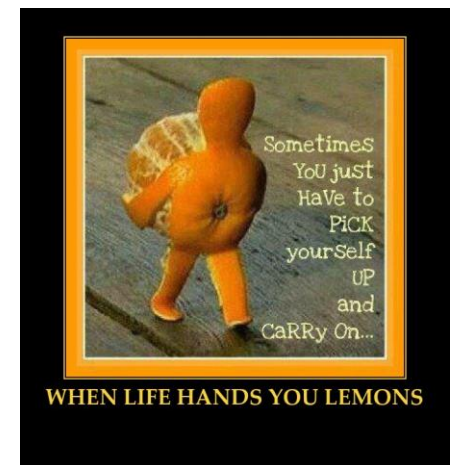
To become 'emotionally literate', we have to be able to put ourselves in another person's shoes. Can we empathise with that person?

What do students need to develop?

'Emotional Literacy'?

We all struggle with our emotions now and again. We are all human. But, some young people can struggle more.

Some students may never have developed a stable relationship with family or friends and may not be able to maintain relationships. Our ELSAs can work with the student to teach them these important social skills. This will then have a positive impact on the student's self-esteem in school and at home, enabling them to reach their full potential.



Who are our ELSAS?



Laura Rigby



Georgina Attwood

How can you get hold of us?

Ring the Learning Support
Department

02392 259214 Ex 3022

Or Email us

l.rigby@oaklandscatholicschool.org

g.attwood@oaklandscatholicschool.org

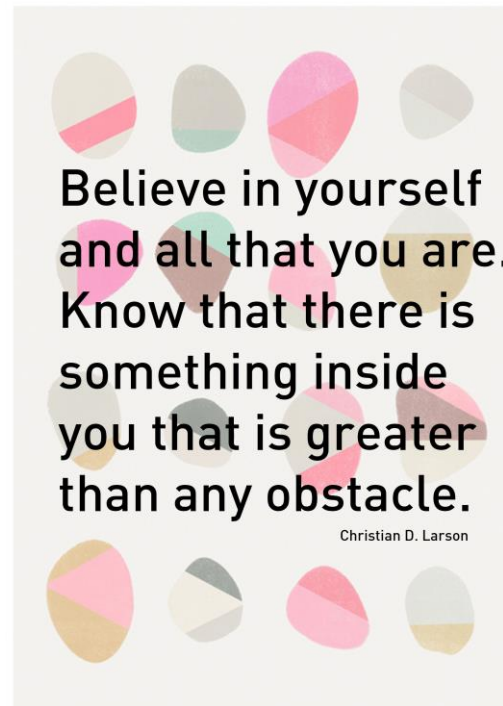
You will be asked by letter at the beginning of ELSA session for your input.

We are very approachable and are keen to share ideas and strategies with you.



Some of the areas our ELSAs will work in:

- ❖ **Friendship skills**
- ❖ **Self-esteem**
- ❖ **Social skills**
- ❖ **Loss and Bereavement**
- ❖ **Resilience**
- ❖ **Emotional Management**



What do the sessions involve?

Each student will initially have a 1-1 session to decide on the appropriate intervention.

The sessions will be specific to the needs of each individual student.

There will be time for each student to talk in every session and encouraged to discuss and explore their feelings.

Progress will be reviewed at regular intervals by tutors, HOY, Subject Teachers, SENCo and our ELSAs.



The students who will benefit from ELSA sessions are often the ones who have difficulty making and maintaining friendships and/or coping with school life.