
What Is ELSA?

The **ELSA (Emotional Literacy Support Assistant)** program is designed to help children understand and manage their emotions so they can feel happier, more confident and ready to learn. It provides support for children who may need extra help with:

- Managing their feelings
- Building self-esteem
- Developing friendships
- Coping with anxiety or worries
- Improving social skills
- Building resilience
- Managing change, such as family circumstances or transitions

At our school, we are proud to have **three fully trained ELSAs**:

- **Mrs Day**
- **Mrs Logan**
- **Mrs Sadler**

These staff members have received specialist training from educational psychologists to deliver emotional support in a calm, safe and confidential environment. They work closely with class teachers to identify children who may benefit from ELSA sessions and tailor the support to each child's individual needs.

ELSA sessions typically take place once a week and provide a nurturing space where children can talk, play, reflect and learn new strategies to help them cope with everyday challenges.

Our aim is to help every child feel understood, valued and emotionally equipped to thrive both in school and at home.

ELSA Mission Statement

Our mission is to nurture the emotional wellbeing of every child, helping them feel safe, understood and confident in who they are. Through the support of our trained Emotional Literacy Support Assistants (ELSA) — Mrs Sadler, Mrs Logan and Mrs Day — we provide a caring, supportive space where children can explore their feelings, build resilience, develop healthy coping strategies, and grow the social and emotional skills they need to thrive.

**Working in partnership with teachers, families and the wider school community,
we aim to ensure that every child knows they are valued, listened to and supported
— so they can flourish both inside and outside the classroom.**
