

Support in School

Wellbeing Team:

Sara Colenso - SENCO

Jackie Crossingham - ELSA

Justine Bateman - DSL

Marie Richardson - DSL

Ellen Farragher - PSHE Lead and Mental Health First Aider

Leanne Roberts - EWP

ELSA

An ELSA in a school is an Emotional Literacy Support Assistant. We have one trained ELSA

ELSAs are trained by Educational Psychologists to plan and deliver programmes of support to pupils who are experiencing temporary or longer term additional emotional needs. The majority of ELSA work is delivered on an individual basis but sometimes small group work is more appropriate, especially in areas of social and friendship skills.

Our ELSA sessions are fun and include a range of activities such as games, role-play with puppets or arts and crafts. These ELSA sessions take place in a calm and quiet space where the child feels supported and safe.

A child may be referred to our ELSA through our SENCO; a member of teaching staff; or a parental concern that has been discussed with a teacher. The period of time our ELSA will see a child depends on the individual's need.

Examples of areas covered by our ELSA include social skills, emotions, bereavement, social stories and therapeutic stories, anger management, self-esteem, friendship and counselling skills to develop a solution focused approach to problem solving.

Emotional wellbeing practitioner (EWP)

We are part of the NHS national mental health trailblazer programme and, as such, are fortunate to have an emotional wellbeing practitioner to work with our pupils. Our EWP runs six-week programmes for pupils on topics such as anxiety, resilience and cognitive behaviour therapy (CBT). Our EWP also runs programmes for parents and provides one to one sessions for pupils who need individualised support for their wellbeing. Referrals are made by our SENCO or a member of the Wellbeing team in liaison with class teachers. All referrals require parental consent. Regular workshops take place for parents around themes specific to our school community need.