ELSA stands for Emotional Literacy Support Assistant.

The aim of the ELSA programme is to build capacity within schools and some post-16 settings to support children and young people’s emotional and social wellbeing.

It recognises that children learn and engage better at school when they have their emotional needs met.
How does the ELSA programme work?

ELSAs are trained by Educational Psychologists in concepts relating to social, emotional and mental health, as well as skills in planning and implementing interventions. After the training, the ELSAs are then ready to deliver interventions, usually over 6-12 weeks to both individuals and groups of children & young people.

ELSAs does not offer therapy, but planned and focussed psychological interventions. The ELSA programme aims to provide young people with a safe space where they can express how they feel and find their own solutions to their difficulties. The children are also supported to learn skills in coping and building resilience.

Areas of need identified in young people may include:
- Developing awareness of emotions in oneself and others
- Bereavement, loss or trauma
- Peer relationships
- Low confidence & anxiety

What does the training cover?

ELSAs attend a 6 day training programme over 1 term. SENCOs/Inclusion Leads (or someone within school who will be overseeing the programme) is invited to join a half-day session.

These are some of the areas that are covered;
- Emotional awareness
- Self-esteem
- Emotional regulation
- Social and friendship skills
- Use of social stories and therapeutic stories
- Loss, bereavement and family break-up
- Active listening skills

After the training, the ELSAs attend half-termly supervision sessions facilitated by an Educational Psychologist.

This is an essential part of supporting ELSAs’ work with vulnerable children & young people.

What’s the evidence base?

There is an increasing evidence base which indicates that the ELSA intervention can have a positive impact on the wellbeing of vulnerable pupils and supporting the whole school to better understand their needs. Pupil appear to have better relationships with others and are more ready to learn. Recent research has highlighted the positive impact of ELSA for Looked After Children.

Experience shows that schools need to be committed to implementing the programme to ELSA to be effective. This will involve senior learnership, sufficient planning and liaison time and appropriate resourcing.

Further details and how to sign up

The ELSA training will be running in the spring term 2020.
- Day 1: Monday 10th February
- Day 2: Wednesday 26th February
- Day 3: Wednesday 11th March
- Day 4: Friday 27th March
- Day 5: Wednesday 22nd April
- Day 6: Wednesday 29th April

The cost of the package is £580, which includes the 6 day training, course materials, ELSA handbook and 2 group supervision sessions. A member of staff from your senior leadership team e.g. SENCO, is also asked to attend some of day 1 for free.

ELSAs who complete the training and attend the supervisions will become registered with the ELSA Network

To sign up to the ELSA programme, please follow this link [http://cpd10g.cyberdrome.co.uk/pls/cpd1920/gen_cpd_pubview?p_cr_id=192000223&p_style_id=121](http://cpd10g.cyberdrome.co.uk/pls/cpd1920/gen_cpd_pubview?p_cr_id=192000223&p_style_id=121)

If you would like to find out more about the ELSA programme, contact;

Nila Onwurah (Educational Psychologist): email nila.onwurah@barnet.gov.uk or call 020 8359 5616
Amy Gibb (Educational Psychologist): email amy.gibb@barnet.gov.uk or call 020 8359 5135