



Friday 6th January 2023

RE: ELSA Support Spring Term

Dear Families,

Welcome back and Happy New Year.

Our new ELSA

We are pleased to announce that we have recently appointed a new ELSA (Emotional Literacy Support Assistant) Mrs. Liz Peacock. Mrs Peacock, previously worked as a Specialist TA in a local school where she developed a passion for supporting children's emotional development. She is a fully qualified ELSA and Emotion Coach; she also delivers Youth Mental Health First Training. If you would like to read more about the support Liz can offer, please see her website for details.

[Elizabeth Peacock: Coaching Wellness – Supporting positive mental health and wellbeing \(elizabethpeacockcoachingwellness.co.uk\)](http://elizabethpeacockcoachingwellness.co.uk)



What is an ELSA?



ELSAs are Emotional Literacy Support Assistants. They are a specialist teaching assistant with a wealth of experience of 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 they may have.

Please do talk to the ELSA in your school if you have any concerns about your child.

ELSAs can help with



- Loss and bereavement
- Emotional literacy
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety
- Bullying
- Conflict
- Emotional regulation
- Growth mindset

How long does ELSA last?

ELSA is a 6-week program. During this time, the ELSA will work with your child to develop strategies to support their emotional development, raise self esteem or help them manage 'big feelings.'

When will the sessions be?

Mrs Peacock will be in school on a Monday and Wednesday afternoon. She will also be supporting children with lunchtime groups on both days.

I think my child would benefit, what can I do?

Please talk to your child's class teacher, they will listen to your concerns and explain the referral process.

What next?

Liz has been working closely with Tracey Burke (SENDCO) and the class teams to identify children who may benefit from additional support, and she will begin working with them from this week.

If you have any questions, please email the office for the attention of Liz Peacock.

Many thanks

Laura Constanza
Headteacher