

Ysgol Gyfan Porthcawl
Porthcawl Comprehensive School

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What is ELSA?

ELSA is an Emotional Literacy Support Assistant. An ELSA is a member of staff at Porthcawl Comprehensive School who is trained to support children in the development of their emotional literacy.

What is Emotional Literacy?

- Understanding and coping with our feelings and the feelings of others.
- Developing children's high self-esteem and the positive interactions with others.
- Being emotionally literate helps children focus better on their learning.

Some areas the ELSA may work on;

- Recognising emotions
- · Self-esteem
- Social skills
- Friendship skills
- · Anger management

What does ELSA involve?

- ELSA sessions take place at regular intervals during the school week for 20-60 minutes.
- Sessions can be individual or in small groups and tailored to the child's individual needs.
- Sessions are fun and may include role play, board games, art & craft and stories.
- The sessions allow time for children to talk.
- A pupil's progress will be reviewed on a halftermly basis.

As a parent/carer, how can you help?

- You can help by informing the teacher or ELSA if there are any issues that may be affecting your child.
- Please feel free to contact your child's teacher or ELSA if you have any questions or would like further information.