

**Emotional Literacy Support Assistant (ELSA) training, June – July 2019.**

**Venue:**

Cecil Gowing Infant School  
Falcon Rd West  
Sprowston  
Norwich  
NR7 8NZ

**Dates & Times:**

June	
5th	9am – 2.30 pm ELSA (school) line managers are invited to attend an information session between 9-10 along with the trainee ELSA
6 <sup>th</sup> , 12 <sup>th</sup> and 19th	9am – 2.30 pm
July	
3 <sup>rd</sup> and 4th	9am – 2.30pm

**Contact:** [office@cepp.co.uk](mailto:office@cepp.co.uk) to confirm you would like to attend and to request an invoice.

In order to process your booking we will need:

1. Delegate name:
2. Delegate email address:
3. School/Setting:
4. Email details of who/where to send the invoice to:

Cost for the 6 day training (inclusive of refreshments, lunch and resources) is £380 plus VAT which is eligible for Sports or Pupil Premium funding.

**Local context**

Young people themselves have told us in recent local research\* they want better information and emotional wellbeing support, in school, that is accessed fast and is non-stigmatising. ELSA support offers a fast and proven method of working with children and young people to improve emotional wellbeing.

\*<http://www.southnorfolkccq.nhs.uk/news/transformation-plans-children-and-young-people%E2%80%99s-mental-health-services>

**National context**

Given December 2017's Green Paper

([https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/664855/Transforming\\_children\\_and\\_young\\_people\\_s\\_mental\\_health\\_provision.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/664855/Transforming_children_and_young_people_s_mental_health_provision.pdf)) it is clear that the emphasis on schools to consider the provision for children and young people's support around well-being (with an emphasis on early intervention and good mental health for all) continues to gather momentum.

**What is an ELSA?**

An ELSA is a member of staff who is trained to support children in the development of their Emotional Literacy.

### What is Emotional Literacy?

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

#### How does the ELSA work?

A regular slot during the school week for 20-30 minutes

Sessions are 1:1.

Sessions are FUN and might include role play, puppets, art and craft and stories, they also include a time to talk

*A pupils progress will be reviewed half termly*

ELSAs also receive ongoing (group) supervision from a Child and Educational Psychologist whilst they work as an ELSA. This can be provided by CEPP if required.

### CEPP ELSA training

CEPP offers 6 day training to school staff from Specialist Senior Child and Educational Psychologists to enable them to begin practicing as an ELSA. Staff must continue to have ongoing (group) supervision whilst they remain practising as an ELSA from a Child and Educational Psychologist. Some areas that an ELSA may work on: Recognising emotions, self-esteem, social skills, friendship skills, anger management, parental separation and bereavement.

### RELEVANT ADDITIONAL LINKS:

Child and Educational Psychology Practice - [www.cepp.co.uk](http://www.cepp.co.uk); ELSA network- <http://elsanetwork.org/>.

There is a growing research body which details the positive impact ELSA's can have on children's wellbeing ([http://elsanetwork.org/index.php?option=com\\_content&view=article&id=49&Itemid=196](http://elsanetwork.org/index.php?option=com_content&view=article&id=49&Itemid=196)).