

ELSA - Emotional Literacy Support

WELCOME!

Welcome to the FCJ ELSA page!

We are pleased to be able to share information with parents and guardians about Emotional Literacy Support; our aim is to offer ideas and helpful advice on how you can help your child in areas such as empathy, self-esteem or perhaps to pick up some tips about calming techniques. Parents and guardians will be able to find out about recommended books which may be useful and links to other websites for some self-help at home.



What is ELSA?

There will always be children in schools facing life challenges that detract from their ability to engage with learning. Some will require greater support to increase their emotional literacy than others. ELSA is an initiative developed and supported by educational psychologists. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

We are fortunate to have a qualified Emotional Literacy Support Assistant at FCJ Primary. She has been trained by Educational Psychologists, Family Support Workers and Wellbeing Facilitators 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 the areas of social and friendship skills. Sessions are fun and ranges of activities are completed, such as; games, role-play with puppets or arts and craft. ELSA sessions take place in our very own 'ELSA room' which provides a calm, safe space for the child to feel supported and nurtured.

In ELSA we aim to provide support for a wide range of emotional needs:

Recognising emotions
Self-esteem
Social skills
Friendship skills
Anger management
Loss and bereavement

How does ELSA work?

Children are referred for ELSA support by Mrs Inglis, following discussion with the child's parents/guardians and class teacher. Prior to ELSA beginning, the ELSA meets with Mrs Inglis to discuss the referral forms and questionnaires completed by the child, parents/guardians and teacher. What will be required for the child's weekly programme is identified, for the next 6 weeks. With the programme aims in mind, support sessions are planned, to facilitate the pupil in developing new skills and coping strategies that allow them to manage social and emotional demands more effectively. At the end of the ELSA sessions, the child completes an evaluation sheet and the outcome of the aims is shared with the parents/guardians.



Supporting - not fixing

Remember, ELSAs are not there to fix children's problems. What they can do is provide emotional support and teach them skills and strategies which they can apply in the future.

The aim is to establish a warm, respectful relationship with a pupil and to provide a reflective space where they are able to share honestly their thoughts and feelings.

It needs to be appreciated that change cannot necessarily be achieved rapidly and is dependent upon the context and complexity of the presenting issues. For children with complex or long-term needs, it is unrealistic to expect ELSA intervention to resolve all their difficulties. However, support will be designed to target specific aspects of a child's need. Training and development of ELSAs is an ongoing process and wisdom is required to recognise when issues are beyond the level of expertise that could reasonably be expected of an ELSA.

So what do the children think?!

On completion of their ELSA programmes, we ask the children to reflect on their experiences and to kindly leave us some feedback. Here are some of the lovely comments we receive:

“It gave me a place where I could talk and think about what was worrying me”

“It made me think about all the good things about myself”

“Talking about things that were worrying me helped me a lot”

“I didn’t realise I had so many special qualities”



Parents/Guardians Self-Help section!

Here we can sign-post you to some of the different Positive Parenting Programmes (Triple P) available in Jersey, as well as some online websites which offer help and advice to parents/guardians.

Triple P – Positive Parenting Programme

Parenting Support Services work in conjunction with the Family Support Workers in Primary and Secondary schools across the island, to deliver the Triple P (Positive Parenting Programme).

This is a programme that offers ideas to help deal with the big and small parenting challenges that are part of family life. Triple P does not tell you how to be a parent but offers a range of simple strategies for you to choose, that fit your family.

Triple P aims to help parents and carers of children up to 12 years and teenagers up to 18. They also deliver a programme for parents and carers of children with special needs. Triple P programmes can also be delivered in Portuguese.

Triple P Positive Parenting helps you:

- raise happy, confident children and teenagers
- manage behaviour in a positive way
- set family rules and routines that everyone follows
- get along better with your children or teenagers
- balance work and family without stress

The current timetable of events is detailed and is frequently updated on

<https://www.gov.je/Caring/Organisations/Pages/TriplePProgramme.aspx>

If you would like to attend one of these events, please email parentingadmin@gov.je

Wellbeing Team and Educational Psychologist Team Helpline

Parents/guardians can seek advice from the Wellbeing and Educational Psychologists Consultation Line, operated every Wednesday between 12:30pm and 3:30pm term time only
<https://www.gov.je/health/coronavirus/educationchildcare/pages/psychologywellbeingservicecoronavirusresponse.aspx>

Children and Families Hub

Parents/guardians can also seek advice from the Children and Families Hub:
<https://www.gov.je/Caring/ChildrenAndFamiliesHub/pages/childrenandfamilieshubhomepage.aspx>

Other Outside-Agency Support Available:

The Bridge Child and Family Care:
<http://www.jod.je/kb5/jersey/directory/service.page?id=PJg2SEJEjFg>

MIND Jersey:
<https://www.gov.je/Caring/Organisations/Pages/MindJersey.aspx>

Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

<http://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>



Self Esteem

Is your child having problems with self esteem? Try following this link which gives some useful advice to parents:

<http://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>



Parental Advice for Anger Management

Help with those 'hot feelings' - some tips and information for parents about managing anger in children:

<http://www.scholastic.com/parents/resources/article/praise-discipline/anger-management-children>