

Emotional Literacy Support Assistants

ELSA's



Mrs Francescotti



Mrs Mudie

What is an ELSA?

An ELSA is an 'Emotional Literacy Support Assistant'

What do ELSA's do?

ELSA's meet and support students who want help with a wide range of emotional needs such as:

- Self esteem
- Organisation
- Exam stress
- Managing feelings
- Social skills
- Friendship issues
- Anxiety

How do ELSA's Support You?

Depending on what you need support for, they meet with students in a small group each week or on a 1:1 basis

Sometimes the support will only be needed for a few weeks, sometimes it will be for a longer period.

How do I meet with an ELSA?

Speak to your Head of Year, Mr J Doherty, Mr J Caddy, Mr R Conway or Mrs C Lowther and they will let the ELSA's know you would like support. They will then contact you.

