



...your journey to success starts here.

**We are kind | We are a team | We try our best
...and we keep on trying!**

Kindness | Teamwork | Resilience

ELSA Newsletter

ELSA (Emotional Literacy Support Assistant)

Looking after our pupils' Mental Health & Wellbeing.

Looking after our pupils' mental health and overall well being is of great importance to us at The Compass Academy. That is why, in September 2022, The Compass Academy introduced ELSA support for those pupils who are facing barriers to learning and engagement in school due to difficulties with their emotional health. Our school ELSA provides 1:1 targeted support and group based support to a number of pupils across the academy.



What is an ELSA ?

An ELSA is an emotional literacy support assistant who has received specialist training from the Educational Psychology team, to support staff development and the emotional development of children & young people in school. ELSA's have regular professional supervision from the Educational Psychology team to help them in their work.



How can an ELSA help?

ELSA's help children learn to understand their emotions and respect the feelings of those around them. They provide the time and space for our pupils to think about their personal circumstances and how to manage situations that they may be finding difficult.

ELSA's can help with:

- Building and maintaining successful relationships
- Developing social skills
- Recognising and developing strategies to deal with emotions
- Recognising individuality and positive character traits to build self esteem
- Develop strategies for happy and safe break/lunch times
- Dealing with anger and frustration
- Understanding emotions linked with loss and bereavement
- Overcoming feelings of stress, anxiety and insecurity
- Developing emotional resilience to tackle academic and social challenges.

What are the benefits to ELSA Support?



Pupils learn better and are happier if their emotional needs are addressed.

During ELSA support sessions, pupils will learn to:

- Develop coping strategies.
- Have an outlet to talk about their feelings/difficultes.
- Interact more successfully with others.
- Develop greater self awareness.
- Manage school better and feel better about themselves.

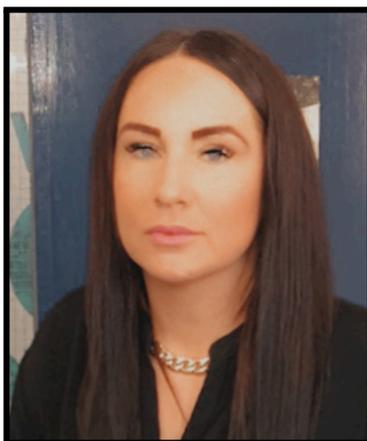
When young people are overwhelmed by big emotions it is our job to share our calm, not join their chaos.

What can you do at home to help?



- Find time to listen to your child.
- Take some time to do fun things together as a family.
- Encourage your child to see the positives in themselves and every situation.
- Encourage problem solving to find peaceful solutions.
- Help your child to see things from the view of other people.
- Discuss any problems or concerns that you may have with your child's tutor, SENCO or the Academy's ELSA.

Meet the Academy's ELSA: Miss Murray



Miss Murray is one of our Student Liaison Officers and recently accredited ELSA and Mental Health Lead in school. As part of her role in the pastoral team, Miss Murray has worked with a number of our pupils and has established excellent relationships with our pupils/families.

If you would like to discuss any aspects of ELSA support or think that your child may benefit from ELSA support, please do not hesitate in contacting Miss Murray.

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