



MALET LAMBERT

TRADITIONAL VALUES ● CONTEMPORARY ASPIRATIONS ● CREATIVE CURIOSITY



ELSA

(Emotional Literacy Support Advisors)
Mental Health First Aiders

What is emotional literacy support?

There will always be children in school facing life challenges that detract from their ability to engage with learning. Some will require greater support to improve their emotional literacy than others.

The ELSA provide the relevant intervention for children who may need support relating to emotional well-being.

What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They have had special training from Educational Psychologists to support the emotional developments of children in schools.

Our ELSAs can help with:

- Self-esteem
- Social skills
- Emotions
- Friendship issues
- Relationships
- Anger
- Anxiety
- Loss and bereavement
- Resilience
- Wellbeing sessions

and provide regular well-being checks.

What might a session look like?

Most ELSA programmes will last for 6 to 12 weeks. They will provide support and coping strategies relating to their well-being. Your child might take part in individual or small group sessions.

The main activity usually contains an “*I can . . .*” statement such as, “*I can tell you about my strengths*” (a self-esteem objective).

The ELSA will encourage your child to talk about their talents or personal characteristics such as being kind, caring, helpful or brave. Your child may record their thoughts in a learning journal.

Your child will be encouraged to work with other children. This helps with cooperation, social skills, friendships and gives them a sense of belonging.

Children can face increased anxiety as they move to secondary school and the ELSA programme can help equip them with the relevant tools and strategies to help reduce anxiety around this time of transition.

Emotional Literacy Support Assistants

Lead ELSA Coordinator *Miss Morfitt*

ELSA Assistant *Mrs Braithwaite*

ELSA Assistant *Mr Armstrong-Rush*

ELSA email address: ***ELSA@maletlambert.hull.sch.uk***

Malet Lambert

Malet Lambert is a leading provider of educational services, offering a wide range of courses and programmes designed to equip students with the skills and knowledge needed for success in the 21st century. Our experienced faculty members are dedicated to providing high-quality education and support, ensuring that every student achieves their full potential.

Our courses are designed to be flexible and accessible, allowing students to study at their own pace and in a way that suits their needs. We offer a variety of learning styles, including traditional classroom-based learning, online learning, and blended learning. Our state-of-the-art facilities and resources provide a supportive and engaging learning environment, ensuring that students have everything they need to succeed.

At Malet Lambert, we are committed to providing a high-quality education that is relevant and up-to-date. Our courses are regularly updated to reflect the latest industry trends and research, ensuring that students are equipped with the most current knowledge and skills. We also offer a range of support services, including career guidance, financial aid, and student support, to ensure that every student has the opportunity to succeed.

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 01482 374211

 enquiries@maletlambert.hull.sch.uk

 maletlambert.co.uk

 James Reckitt Avenue, Kingston-upon-Hull, HU8 0JD