

## How can I help my child?

- Find time to listen to your child.
- Avoid confrontation.
- Validate their feelings.
- Regularly have fun together.
- Help your child see things from another person's point of view.
- Encourage your child to develop a positive outlook.
- Notice and praise.
- Encourage and support peaceful problem solving.
- Co-regulate.
- Look after your own mental health.
- Discuss any concerns about emotional well-being with the school.
- Ensure your child has someone to talk to.

The ELSAs at Calthorpe Park School are:

**Ms Ball**



**Mrs Pascoe**



**Mrs Brant**



To make an appointment please talk to your tutor or attend a drop in at break time. You can also email us:

**[ELSA@cps.hants.sch.uk](mailto:ELSA@cps.hants.sch.uk)**

Calthorpe Park School

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**Calthorpe Park School**

*Learners who aspire for themselves and inspire others*



## What is an ELSA?

An ELSA is trained to plan and deliver specialist programmes of support to students who are experiencing temporary or longer term emotional needs. ELSAs are trained and regularly supervised by the Educational Psychologist in the Local Education Authority.

The ELSA project recognises that students will learn better and are happier in school if their emotional needs are also addressed.

## Therapeutic sessions

One to one therapeutic sessions

Lego Therapy

Canine Assistance Learning

Drawing and Talking

ELSA lunchtime and after school clubs

Sand Tray therapy

Active listening

## What can an ELSA help with?

**Self-esteem**

**Loss & bereavement**

**Social skills**

**Emotions**

**Exam Pressure**

**Body Image**

**Friendship issues**

**Relationships**

**Identity**

**Anger Management**

**Behaviour**

**Anxiety**

**Transition into Secondary School**

**Relaxation techniques**

**Emotional Regulation**

## What happens in an ELSA session?

The majority of ELSA work at Calthorpe Park School is delivered on an individual basis, but sometimes small group work will be appropriate, especially in the areas of social and friendship groups or Lego therapy intervention.

ELSA sessions usually take place weekly and typically run for 6-12 sessions. Each session is planned to be specifically targeted to the student's needs and lasts about 25 minutes. The activities are designed to motivate and engage the student.



*Supporting, Developing & Encouraging*