

ELSA

Portsmouth Inclusion Service



Who are ELSAs?

Emotional Literacy Support Assistants (ELSAs) are school staff who have been trained by Educational Psychologists to deliver interventions for children focused on:

- Building relationships
- Social and friendship skills
- Self-esteem & Wellbeing
- Emotional regulation
- Anxiety
- Neurodiversity
- Loss and bereavement
- Social Stories

Our ELSA Training, which takes place over 6 days, teaches ELSAs to plan and deliver these interventions safely and effectively. They also learn and develop skills such as active listening, self-awareness, working creatively and making adaptations for different needs. ELSAs learn how to write SMART targets to ensure interventions are measured and supporting CYP to make the progress required to thrive in school and beyond.



How many ELSAs do we have in Portsmouth?

There are approximately 80 ELSAs in the city who work in more than 41 settings (made up of infant, primary, junior, secondary



How much time is involved?

ELSA interventions are typically delivered in 8 to 12 sessions. They focus on helping the pupil to learn some specific new skills and strategies related to their emotional and social wellbeing. Clear SMART targets are written by ELSAs early in the intervention, so that the sessions are designed to help pupils achieve their targets.

ELSAs require a minimum of 1 day per week (including planning and delivery time) for their role. Each setting signs a training contract which outlines commitments made within the project.



Portsmouth
CITY COUNCIL

Training Information

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