

## ELSA Information for Virtual School Website

Tower Hamlets Educational Psychology Service (EPS) has been supporting primary and secondary schools to meet the needs of vulnerable children, including those who are Looked After, through delivering Emotional Literacy Support Assistant (ELSA) interventions.



ELSA is a bespoke short-term intervention developed and delivered by trained staff in schools that helps children to:

- Recognise and communicate their emotions
- Manage their emotions, thoughts and feelings
- Develop social and friendship skills
- Build resilience, confidence and self-esteem

The ELSA programme is supported by the Virtual School and has been successfully running for the last 6 years. ELSAs are not therapists or counsellors but are trained support staff in schools who work on developing children's skills, and not all LAC will require ELSA support. If you think a child you are caring for could benefit from intervention to develop their emotional literacy or social skills, please speak to your school SENCo to enquire more about this. Not every school has an ELSA, but we run training courses every year, so if your school does not currently have anyone trained and supervised by Tower Hamlets EPS in this role, they can register interest with the Educational Psychology Service for the next training course.