

ELSA

Newsletter



Bee happy...

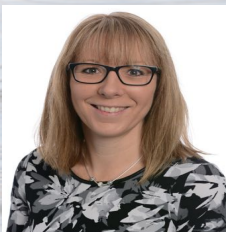


Hi Everyone! It's the ELSA team here checking in with all our lovely ELSA children and families. We know it's a bit strange not being in school at the moment, so we wanted to help you with some ideas of things you can do at home!

Mrs Morgan

Miss Taylor

Mrs Hill



What is an ELSA?

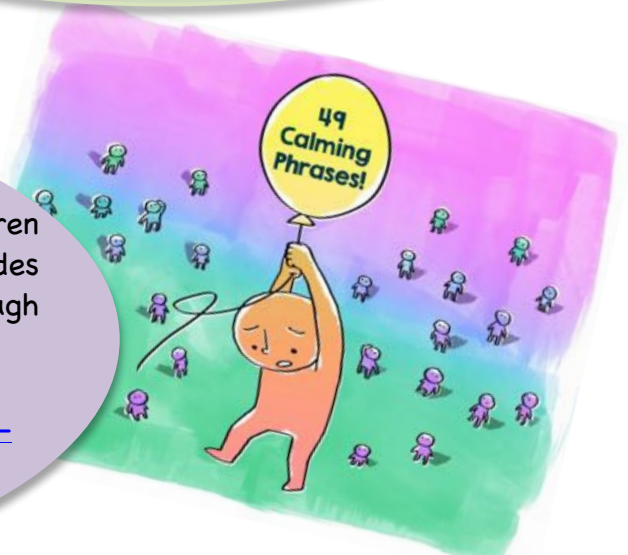
ELSA stands for Emotional Literacy Support Assistant and we have 3 ELSA's in school. ELSAs are trained and regularly supervised by our Educational Psychologist, Kevin Mackelworth. An ELSA is a warm and caring person who wants to help your child feel happy and reach their potential.



Social stories are a really helpful way to explain to children what is happening if they are worried. You can download a free copy of this story from our inclusion page on the home learning section of our school website or <http://www.elsa-support.co.uk>

It can be an anxious and uncertain time for children and families at the moment. This website provides 49 helpful phrases that can help you work through any anxiety with your child.

<https://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>



ChildLine.org.uk is a great website with a tool box of resources for calming down, art and craft activities, a space to track how you're feeling (Your Locker, Your Space) and loads of games. It also gives your child a chance to speak to a counsellor if they wish.

Click: <https://www.childline.org.uk/toolbox/>

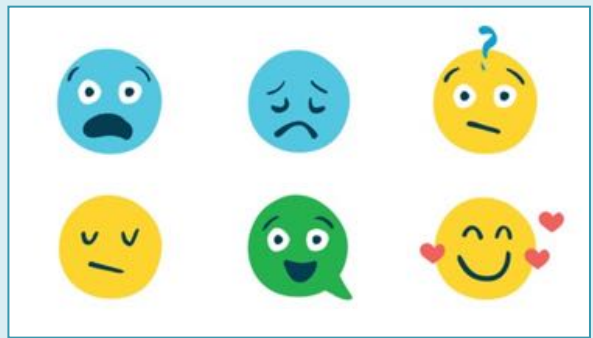
Some useful links to videos for older children from ChildLine below:

[How to Cope with Anxiety | Childline](#)

[Coping with Stress: Calming Exercises](#)

<https://www.youtube.com/channel/UCAnpKC4YA4viKUjowwO4V0w> Creative ways to cope.

YOUR LOCKER, YOUR SPACE



The locker is your place to make your own. By signing up, you can track how you're feeling, write in your journal, see a gallery of your images and change your background to suit you



The Children's Commissioner for England promotes and protects the rights of children. They have published a guide that aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

With all the lovely rainbow art that has been happening across the UK and with those children in school to help cheer others up and spread hope, we thought you might like these free ones with uplifting quotes to download and colour in from ELSA Support. Good for talking about and colouring together.

<https://www.elsa-support.co.uk/rainbow-window-art/>



ELSAs can provide support for a wide range of emotional needs such as recognizing emotions, self-esteem, social and friendship skills, anger management, anxiety, mindfulness and relaxation activities, as well as loss and bereavement support. Children are usually referred for ELSA by their class teacher or member of the Inclusion Team, but we understand that this is a challenging time for all families. So if there is anything that we can support you with at home, then please do email us at inclusion@bengeworth.worcs.sch.uk and we will do our best to help.