

# YSGOL BRO BRYNACH

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10.09.19

## Cymorth ELSA / ELSA Support

Wrth weithio tuag at y cwricwlwm newydd a chryfhau ein strategaethau o waith Iechyd a Lles yn yr ysgol, rhoddwyd hyfforddiant dwys i Mrs Helen Seal er mwyn iddi gynorthwyo llythrennedd emosiynol ein disgyblion. Darllenwch y gwybodaeth isod sy'n disgrifio beth yw cynnwys gwaith ELSA yn yr ysgol.

*Whilst working towards the new curriculum and strengthening our strategies of Health and Wellbeing at the school, we have provided an opportunity for Mrs Helen Seal to receive intense training to support pupils emotional literacy development. Read the information below to understand what role an ELSA has in school.*

Beth yw ELSA? What is ELSA?

*"An ELSA in a school is an Emotional Literacy Support Assistant. There is a recognised ELSA training course aimed specifically at Teaching Assistants in schools. Examples of things covered on the course are social skills, emotions, bereavement, social stories and therapeutic stories, anger management, self-esteem, counselling skills such as solution focus and friendship. The priorities for an individual pupil will be identified in discussion with other staff in the school. These priorities will inform the setting of aims for the programme, which are akin to individual education plan targets. Where possible it is also helpful to have pupil input on target setting. Working on what is important to them is likely to increase the impact of the support. With the programme aims in mind the ELSA would plan support sessions to facilitate the pupil in developing new skills and coping strategies that allow them to manage social and emotional demands more effectively. Each session has its own objective (either something the ELSA wants to achieve or something for the pupil to achieve) that builds towards the longer term aims".*

Diolch am eich cefnogaeth barhaus / Thank you for your continued support

Mr Mathew Lemon (Pennaeth)