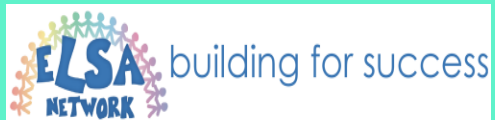


Evaluation Report

September 2012 – August 2013.

This initiative, developed by Sheila Burton, has been promoted locally by the educational psychology team in Cardiff. It supports schools to apply psychology of children's emotional and behavioural developments to particular areas of need through individual short term interventions.

Identified teaching assistants receive six days training from educational psychologists on aspects of emotional literacy including emotional awareness, self-esteem, anger management, social and friendship skills, social communication difficulties, loss and bereavement and family breakup. The teaching assistants are then supported to plan and implement short term interventions to support individual and small groups with identified emotional and social needs. **Due to the nature of work undertaken all ELSAs receive regular supervision sessions from educational psychologists. They are line managed by a teacher in their school.**



Emotional literacy Support Assistant (ELSA) Intervention



What did we do?

We trained 115 teaching assistants.

6 cohorts of training took place over 2 years.

15 Educational Psychologists have contributed to training sessions and leading supervision groups.

66% of schools in Cardiff now have the support of an ELSA.

Training highlighted:

- the importance of teaching emotional literacy,
- the building blocks of self-esteem,
- working with puppets,
- using social stories & therapeutic story writing,

I can't tell you how great it has been to have a solid framework and rationale for continuing to support some of our vulnerable pupils

Is the ELSA intervention working?

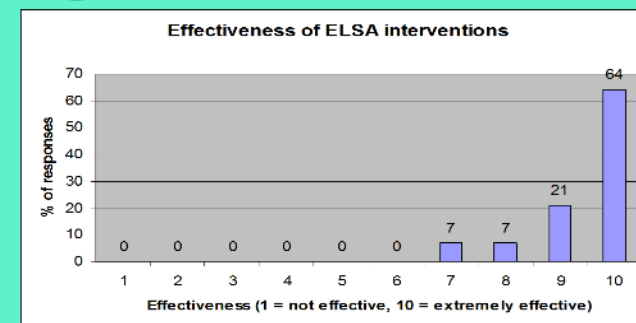
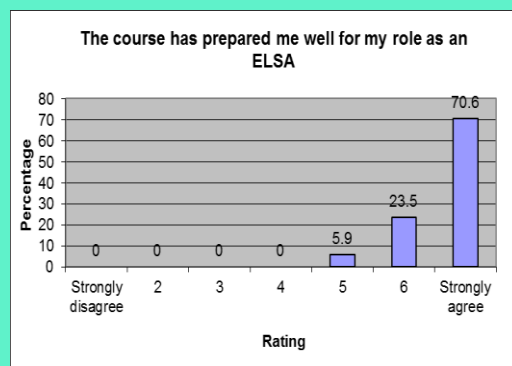
Headteachers evaluated the ELSA intervention positively and they said

The pupils that took part made really good progress

The project has been amazing and the wellbeing of our students have much improved.

Children feel valued and understand that there is someone in school to help them deal with difficulties they are experiencing

All ELSAs reported that they enjoyed their role and felt that their ELSA interventions had an impact on vulnerable children.



The story behind the project

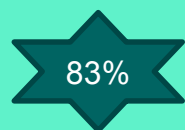
Promoting emotional health and wellbeing continues to be one of the key priorities for the Education Service in Cardiff.

The Elsa Project has enabled Cardiff EPS to develop and increase our psychological input into schools and increase the capacity of schools to meet the needs of more pupils who experience emotional and social difficulties. In addition, it has contributed to improving staff confidence in promoting emotional literacy in schools in a time and cost effective way.

After training from Sheila Burton (Area Principal Educational Psychologist in Hampshire) the Cardiff EP team allocated time to take part in delivering training modules and providing supervision sessions. An information evening was held and all Cardiff schools invited and since then there has been 100% take up of the places available. A course has run each term since the project was launched in September 2011.

The ELSA project is now established in over 25 Local Authorities. There is a growing body research that contain positive evaluations on the impact it is having in schools.

Pupils rated ELSA positively:



of children said they felt 'sad' or 'ok' before starting work with their ELSA



of children said they felt 'happy' when going to work with their ELSA.
The rest felt 'OK'.



It's fun and has helped me to make friends.

I feel better when I work with my ELSA.

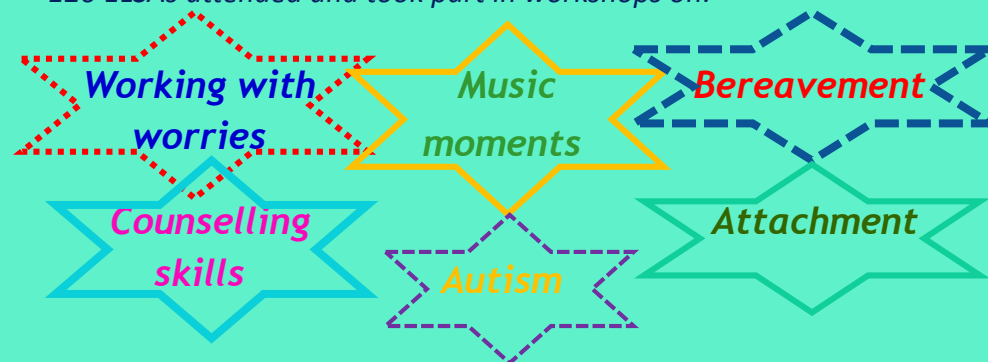
11 **Supervision** groups have been established.

- ✓ One group for specialist provisions.
- ✓ Separate secondary and primary groups
- ✓ Separate group for supervision in the medium of Welsh.

In addition, we:

helped organise and participated in a conference (July 2013) for local authorities in the South Central Wales Consortium.

120 ELSAs attended and took part in workshops on:



Another Conference is being planned for June 2014.

What we plan to do in 2013 – 2014

Work with our EP colleagues in the South Central Wales Consortium, hosted by Links to ensure ELSA training is available each term throughout the five authorities.

Provide a training program to support the ELSA role for teachers, line managers and/or SENCOs.

Provide additional C.P.D training for ELSAs on Attachment, Counselling Skills, Working with Worries and Young Carers.