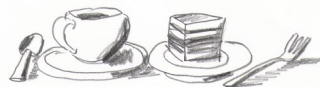


9:00am Thursday 6th July

Coffee and Chat

- ◆ Meet other parents
- ◆ Share advice
- ◆ Swap strategies/resources
- ◆ Build up a support network
- ◆ Come and speak to Mrs Devereaux, our ELSA Lead



What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. They are a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by an Educational Psychologist.

Their aim is to help support a child to deal with life's challenges and build their emotional development.

Mrs Devereaux is our ELSA lead.

ELSAs can help with:

- Loss and bereavement
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing feelings
- Anxiety
- Conflict
- Emotional regulation
- Growth mindset
- Social stories

FURTHER ADVICE AND CONTACT DETAILS

SENCo – Mrs Sarah Palmer: spalmer@pembridge.hereford.sch.uk
SEN Governor – Mr Steve Ingham: office@pembridge.hereford.sch.uk

Independent help and support can be found by contacting the Parent Partnership Service:
sendias@herefordshire.gov.uk 01432 260955

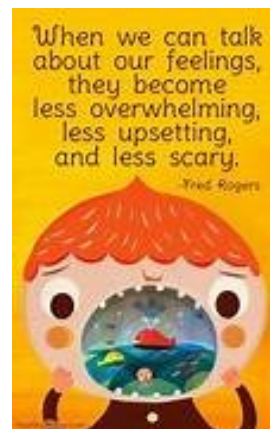
PEMBRIDGE CE PRIMARY SCHOOL

INSPIRING **LEARNING** THROUGH FAITH AND VALUES
TOGETHER Summer Term 2023

Welcome to our termly **Learning Together** - a newsletter which offers some suggestions, thoughts and ways into exploring the some of the common difficulties children are faced with as they travel along their learning journey. As a result of parent requests, and our own discussions in school, we hope that **Learning Together** will help provide a bank of resources to use at home to help all our children to succeed.

Our focus this term:

Emotional Literacy

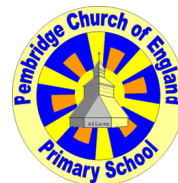


Emotional literacy is the ability to express our emotions and feelings using speech and other forms of communication. It's an important skill that children must develop from a young age to help establish a stable relationship with their own emotions.

Emotional literacy focuses on how we communicate our feelings and how well we can read others' emotions. Whilst some children will naturally be comfortable doing this, others might need more encouragement and support.

Without **emotional literacy**, children will struggle to express their feelings appropriately and might be confused or alarmed by the emotions of others.

At Pembridge, we are proud of our open door policy so please do not hesitate to get in touch if you have any concerns or need some support.



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Headteacher: Mr Robert Hollis



10 Calm Down Ideas for Children

1. Go outside to get some fresh air. Have a run around or kick a ball.
2. Listen to a favourite song or some calming music.
3. Close your eyes and think of a calm place or a favorite place you like to visit.
4. Squeeze a teddy or a pillow tightly.
5. Ask for a hug.
6. Talk to someone.
7. Draw a picture.
8. Write your feelings down.
9. Write a letter, story or poem.
10. Read a book.

Bereavement

Knowing what grief is and understanding what the common responses to a death are, can be the first steps in helping a child or young person make sense of what they're going through.

During bereavement, it can help a child to talk about the person who's died. Direct, honest and open communication is more helpful than trying to protect your child by hiding the truth.

It's important for them to have someone with whom they can talk about that person and share their emotions. This could be through photos, games, memory boxes or stories.

Some books which may help a child cope with bereavement.



Emotion Coaching

Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. The child's emotional state is verbally acknowledged and validated by the adult. Therefore, the child understands that it is ok to have these feelings, but it is how we deal with them that is important.

When your child is very upset, you can name their emotion and action without judgment, '**I could tell you were angry because you walked away.**' Stating the fact without judgment is a powerful way to teach your child to accept their own emotions.

When your child is upset, try to understand the child's point of view. When you understand the source of your child's strong emotions, help them find possible solutions to handle big emotions in a healthy way. For example:

- "I wonder what made you feel this way?"
- "How did you feel when that happened?"
- "Can you think of anything that would have made it easier?"

Asking these open-ended questions will encourage them to think about what they are feeling and why.

Using the 5 point scale may help your child recognise how they are feeling.

5		Feeling like I'm going to explode- I need help to calm down
4		Feeling angry- I need to calm down
3		Feeling anxious- something is bothering me
2		Feeling fine- everything is OK
1		Feeling happy- things are going well