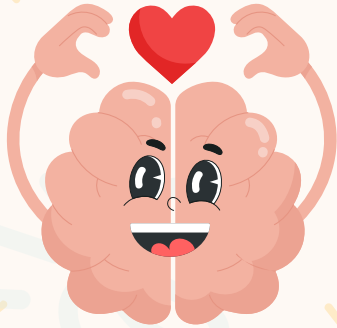


# WELLBEING AT MONKS



## LET'S TALK ABOUT IT!

MEET OUR AMAZING WELLBEING TEAM AND DISCOVER WHAT EACH OF OUR TEAM OFFERS TO HELP SUPPORT YOUR CHILD.



Mrs R Nurton  
ELSA



Mrs S Baker  
Family Link Worker  
& ELSA



Mrs R Hancock  
Family Link Worker  
& ELSA



Mrs L Wheatley  
Behaviour Mentor



Mrs M Stockton  
Therapeutic Art



Mrs S McCormick  
ELSA

# BEHAVIOUR MENTOR



Miss L Wheatley  
Behaviour Mentor

## What does a Behaviour Mentor do?

Some children struggle with their social and emotional wellbeing which can manifest in difficulties controlling their behaviour. A Behaviour Mentor works with pupils to develop better norms of behaviour. This can be by playing games and improving skills such as turn-taking, or going for a walk, or just being able to talk about what is making them feel the way they do.

Children can't always talk straight away and need time to reset. This can be done by using the Calming Cove to take time to reflect or by using the sensory circuit we have set up in the Rainbow Room.

Working with small groups of children and talking about their different emotions allows children to recognise the triggers that form their responses and help them take back control.



# THERAPEUTIC ART



Mrs M Stockton  
Therapeutic Art

## What is Therapeutic Art?

Art can be a very useful intervention that can benefit children in numerous ways.

- Building confidence in experiencing the unfamiliar
- A safe space and time to express thoughts, feelings and ideas that may be difficult to describe with words
- Practicing social skills through group working
- Time out of the classroom to take part in an enjoy a creative activity.

Children are offered the opportunity to take part in hourly sessions once a week in which to explore a wide range of art materials. They are encouraged to interact creatively and verbally with others, to share hopes and fears in a calm environment.



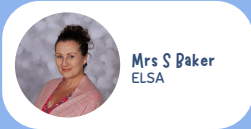
# ELSA

## EMOTIONAL LITERACY SUPPORT ASSISTANT

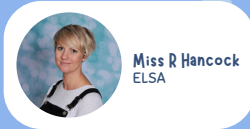
SCAN ME?



Mrs R Nurton  
ELSA



Mrs S Baker  
ELSA



Miss R Hancock  
ELSA



Mrs S McCormick  
ELSA

# FAMILY LINK WORKERS



Bridging the gap between home and school life.



Mrs S Baker  
Family Link Worker



Miss R Hancock  
Family Link Worker

### What is ELSA?

An ELSA in a school is an Emotional Literacy Support Assistant. There is a recognised training course aimed specifically at Teaching Assistants or other specialist school roles. ELSAs are trained and regularly supervised by Educational Psychologists.

ELSAs are warm, kind and caring people who want to make children and young people feel happy in school and to reach their potential socially, emotionally and academically. They understand the barriers to learning that some children and young people might have and can help them with this.

ELSA's can support the children and young person's emotional development and help them cope with life's challenges. ELSAs will also help children and young people to find solutions to problems they might have. An ELSA is not there to fix problems but to help them find their own solutions and offer that important support to a child or young person.

Relationships are key in helping children and young people to feel safe and nurtured. ELSA is about creating a reflective space for the child or young person.



### What areas does an ELSA help with?

- Loss and bereavement
- Emotional Literacy
- Self-esteem
- Social Skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Conflict
- Emotional Regulation
- Growth Mindset
- Social and therapeutic stories
- Problem solving

### How are children or young people referred for ELSA?

- Class teacher referral
- Sendco referral
- Parent referral
- Child referral
- Outside agency referral

### How long should an ELSA Intervention last?

ELSA intervention should be a short term focus intervention with clear aims. Usually half a term to a full term in length.

### Why are we here?

To be an additional point of contact in what is a large and busy academy. We work hard to make the school and parent/carer link stronger and to support our families in a way that means that everybody gets the help they may need at the time.

### What do we do?

- We are here to listen to parents/carers worries and concerns and take the next steps to working through these and finding a solution.
- We communicate between parents/carers class teachers and TA's.
- We signpost and refer to the right service that can help with your difficulty like The Mental Health Support Team, Health visitors, school nurses and local support services like CLASP, Cheshire Without Abuse and the Food Bank.
- We can give support and advice around managing behaviour, improving routines and supporting parents and carers to manage the emotional wellbeing of their child/ren.
- We can give you the Extra Help you may need at any time to solve a problem at home or school and make life easier for all the family.
- If a period of long-term support would be helpful we can open a Targeted Help Plan that will look at what's going well and your worries working together to solve family issues and make changes in school and at home.
- We work as part of a bigger team (The Wellbeing Team) to give your children the right help at the right time so they are happy at home and at school.

### Where will you find us?

We are in school every day and contactable through the Academy office and via email at [wellbeing@Monkscoppenhall.cheshire.sch.uk](mailto:wellbeing@Monkscoppenhall.cheshire.sch.uk). If you leave a message we will get back to you to chat on the phone or set a date and time to meet face to face

Every other week between 9 and 11 you will find us at the Monks Coppenhall Family Hub where there is space to chat and share how you think we can help you or your child, (younger siblings welcome)