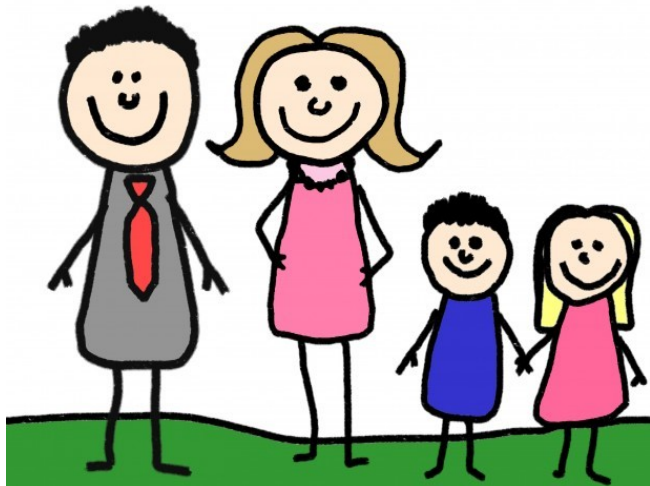


## How do we support the family ?

We offer

- Bereavement support
- Family star assessment tool
- Home visits for behaviour support in the home
- Coffee mornings
- \* A link between agencies or referral to agencies



## What is ELSA

An ELSA is a specialist teaching assistant with a wealth of experience of working with children. ELSAs are trained and regularly supervised by the Educational Psychologists . An ELSA is a warm and caring person who wants to help your child feel happy in school and to reach their potential educationally. Their aim is to remove the barriers to learning and to have happy children in school and at home.

Please do talk to the ELSA in your school if you have any problems with your child.

Su Holland and Wendy Taylor are qualified ELSA's



Wendy Taylor  
Assistant Head



Su Holland  
Learning Mentor

## Chiltern Wood School Behaviour and Emotional Support Team





## How do we support the children?

- 1 to1 support in school
- Group work activities
- Bereavement support
- Mental Health support– working alongside CAMHS
- Help with social skills and emotional understanding
- Supporting transition
- Talking and Drawing
- ELSA support/activities
- Emotional regulation support
- Attendance support
- Friendship skills
- Identifying difficulties
- Developing skills with self-confidence
- Helping pupils to modify

behaviours and recognise emotions

- Sandplay
- Life story work



### Talking and Drawing .

Drawing and Talking is a safe and gentle therapeutic approach, which provides an effective way for children and young people (age 5 to 27) to process emotional pain or trauma they may be experiencing.

Children are impacted emotionally by many different events, struggles or traumas. Sometimes they are unable to make sense of how they are feeling and how those feelings are impacting on their happiness and ability to navigate the world.

Your child will work one to one with an adult who is a trained Drawing and Talking Practitioner for 30 minutes, once a week over 12 sessions. Within the sessions, your child will draw anything they choose and will be encouraged to talk about feelings using storytelling language to help them make sense of their internal world.



### MHFA England

At Chiltern Wood School we aim to promote mental health and the well being of our whole school community. We recognise how important Mental Health and emotional wellbeing is to our pupils lives in the same way as our physical health.

Our role is to ensure that our children are able with support to manage times of change and stress, with this support access help when they need it and build resilience to problems. Wendy Taylor is our school MH first aider and Su Holland is our MH champion, this enables us to spot early signs of MH issues and provide the appropriate support or guide towards the best outside professional help.

