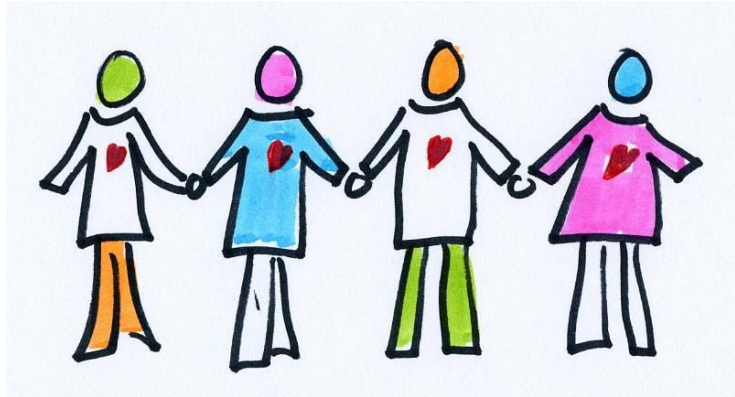




Carmarthenshire ELSA Sir Gâr

Dr Helen Davies & Lynwen Roberts

Gwasanaeth Seicoleg Addysg a Phlant Sir Gâr
Carmarthenshire Educational and Child Psychology Service

Framework on embedding
a whole-school approach to
emotional and mental well-being



Guidance

Guidance document on Embedding
a Whole School Approach

Cyd-destun Sir Gâr *Carmarthenshire context*

ELSAs yn rhan o'r dull 'ysgol gyfan' i gwrdd ag anghenion plant a phobl ifanc.

ELSAs are a key part of the 'whole school approach' to meeting the emotional and mental wellbeing needs of children and young people.

Enghreifftiau o ddull Ysgol Gyfan?
Examples of a Whole school approach?

Cyfarfodydd TaPaS
– deall ein
hysgolion

TaPPaS meetings
– *setting the*
scene



Beth yw ELSA?

What is an ELSA?

- Cynorthwyydd Llythrennedd Emosiynol
 - Mewn ysgolion
 - Cael eu hyfforddi a'u goruchwyllo gan Seicolegwyr Addysg a Phlant
 - Mae'n helpu disgyblion i adnabod, deall a rheoli emosiynau eu hunain ac adnabod a deall emosiynau eraill
 - Cynllunio a darparu rhaglenni cymorth unigol (a grwpiau bach)
-
- *Emotional Literacy Support Assistant*
 - *School-based*
 - *Receives training and supervision from Educational and Child Psychologists.*
 - *Helps pupils recognise, understand and manage emotions in themselves and in others*
 - *Plans and deliver individual (and small-group) emotional support programmes*

Cyd-destun Sir Gâr

Carmarthenshire context

- Ein bwriad yn Sir Gâr yw cael ELSA ymhob ysgol
- Mae ELSA yn ddull ar draws Lloegr a Chymru, ac efallai'n ehangach
- Carmarthenshire's aim is to have an ELSA in every school
- The ELSA approach is used throughout England and Wales, and maybe further afield

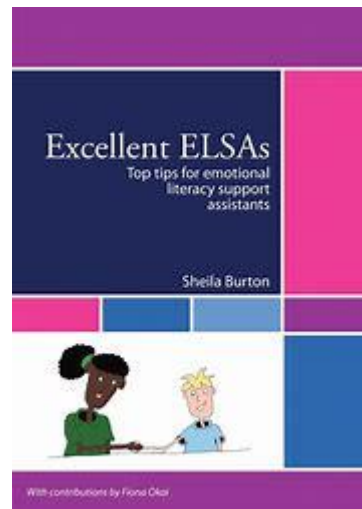


Hyfforddiant ELSA *Training*

- 6 diwrnod llawn
- Ei nod yw cynyddu dealltwriaeth o ***seicoleg*** emosiynau a nodi strategaethau ar gyfer hwyluso datblygiad llythrennedd emosiynol disgyblion

Mae'r ELSAs yn derbyn:

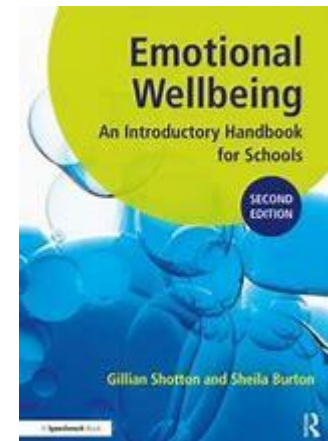
- Llawlyfr Hyfforddi
- Ffeil hyfforddi



- 6 full days
- Aims to increase understanding of the ***psychology*** of emotions and to identify strategies for facilitating the development of emotional literacy in pupils

Participants receive:

- Training manual
- Training handbook



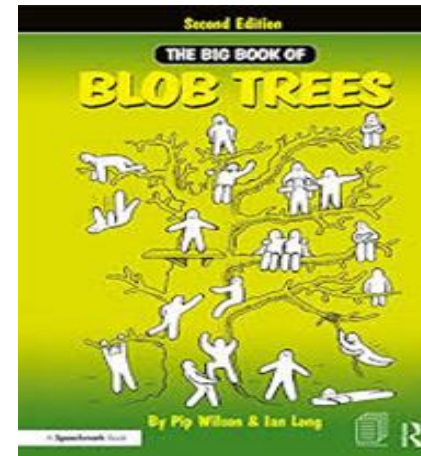
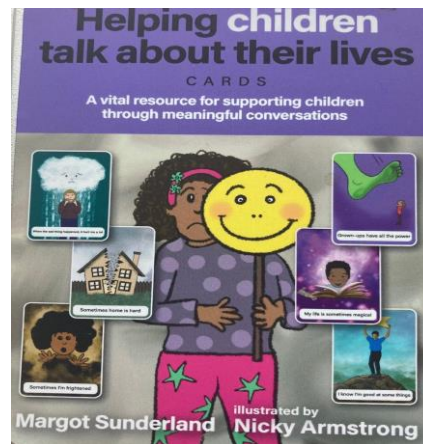
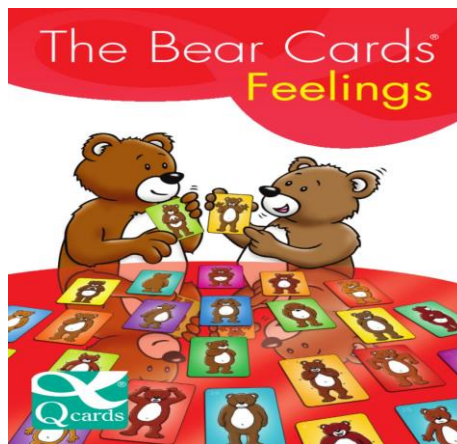
Modiwlau hyfforddi/ *Training modules*

1. Llythrennedd Emosiynol mewn ysgolion/hunan-ddelwedd/hunan-barch
2. Meithrin gwydnwch a hunan-barch
3. Rheoli emosiynau
4. Sgiliau cymdeithasol a chyfeillgarwch/defnyddio storïau cymdeithasol a therapiwtig
5. Gwrando pwrpasol a sgysiau myfyriol
6. Ymateb i Golled a Galar

1. *Emotional literacy in schools/self-concept/self-esteem*
2. *Building resilience and self-esteem*
3. *Managing emotions*
4. *Social and friendship skills/using therapeutic and social stories*
5. *Active listening and reflective conversations*
6. *Bereavement and Loss*

Gweithgaredd/ Activity

- Trafodwch yr adnoddau a ddefnyddir gan ELSAs
- Sut fydddech chi'n cynllunio seiswn gyda grwp o blant gan ddefnyddio'r adnoddau hyn?
- *Discuss the resources provided, used by ELSAs*
- *How would you plan a session with a group of children, using these resources?*



Theorïau Seicolegol / *Psychological Theories*

- A Theory of Human Motivation (Maslow, 1970)
- Self-concept and self-esteem (Bandura, 1977)
- Theory of multiple intelligences (Gardner, 1983)
- Emotional intelligence (Goleman, 1995)

- Dan Siegel

[Hand Model of the Brain - Dr. Dan Siegel \(drdansiegel.com\)](http://drdansiegel.com)

- Dr Dan Hughes – PACE

[P.A.C.E. \(danielhughes.org\)](http://danielhughes.org)

- Attachment Theory (Bowlby, 1958)

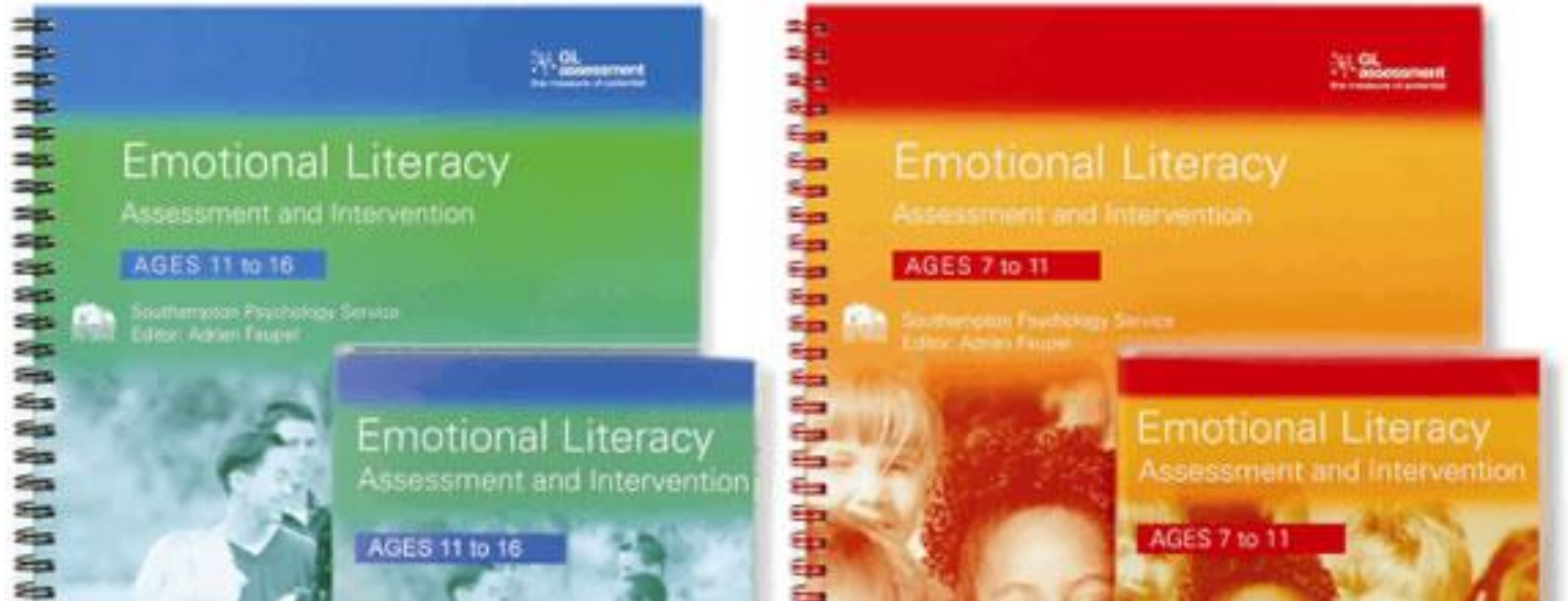
Dechrau arni...

Getting started...



Asesu / Assess

Self-awareness; Self-regulation; Motivation; Empathy; Social skills

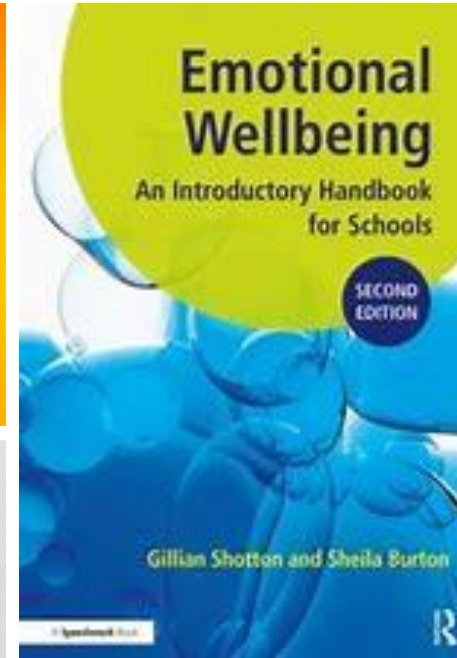
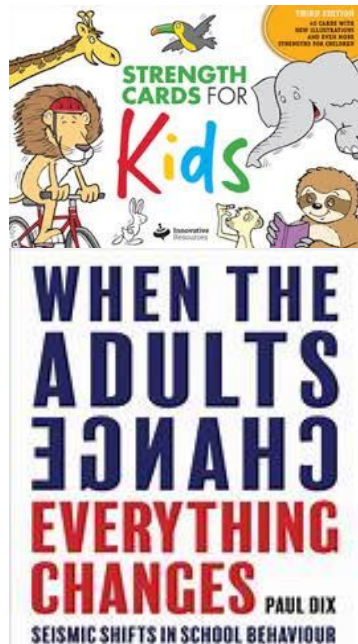
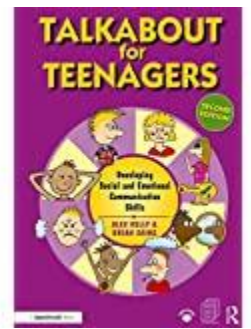
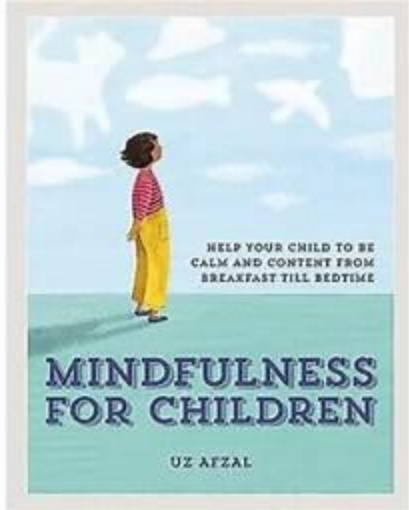


Asesu drwy arsylwi / *Observational assessment*

- Siartau ABC *charts*
- Diwrnod da, diwrnod drwg / *Good Day Bad Day*
- Proffil Un Dudalen / *One Page profiles*
- Pa ddulliau person ganolog ydych chi'n gyfarwydd a nhw? Defnyddiol? Diddorol? / *Which person centred practices / approaches are you familiar with? Useful? Interesting?*



Cynllunio / Plan



Emotionally available adult here



Emotional re-fuelling

In school, troubled children need an oasis, far from the madding crowd.

They need to know who their emotionally-available adult is, where they can find them, whenever they need, to manage their day.

**TRAUMA
INFORMED UK
SCHOOLS**

CCMH
THE CENTRE FOR
CHILD MENTAL HEALTH

Beth y mae
ELSA yn gallu
cynnig
*What ELSAs
can offer...*

- Amgylchedd diogel
 - Amser i Siarad
 - Gwrando empathig, normaleiddio emosiynau, cysur
 - Cymorth i berson ifanc ddeall ei deimladau a'i ymddygiad
 - Cymorth i berson ifanc ddatblygu strategaethau priodol ar gyfer rheoli ei feddyliau, ei deimladau a'i ymddygiad
-
- *A safe space*
 - *Time to talk*
 - *Empathic listening, normalisation of emotions, reassurance*
 - *Support for a young person to understand their thought, feelings and behaviour*
 - *Support for a young person to develop appropriate strategies for managing their thoughts, feelings and behaviour*

you can't pour from an empty cup
take care of yourself first

Beth wyt ti'n ei wneud i garco dy hunan?
What do you do to look after yourself?



Manteision i'r ysgol *Benefits to school*

- Cefnogaeth gyflym ar gyfer disgyblion ag anghenion
 - Newidiadau cadarnhaol mewn disgyblion sydd ag anawsterau ymddygiadol, emosiynol neu gymdeithasol
 - Disgyblion a dargedir a'u cyfoedion yn dysgu'n well
 - Rhannu syniadau/sgiliau newydd â staff eraill
 - Mwy o hyder o ran rheoli 'problemau' yn fewnol
-
- *Good universal support*
 - *Access to prompt emotional wellbeing support for pupils in need*
 - *Positive changes in pupils with behavioural, emotional or social difficulties*
 - *Improved learning for target pupils and their peers*
 - *New skills/ideas cascaded to other staff*
 - *Increased confidence in managing 'problems' from within*

Camsyniadau cyffredin *Some common misconceptions*

- Rhagweithiol nid adweithiol
 - Nid yw'n datrys problem yn gyflym
 - Nid yw'n ymateb brys mewn argyfwng
 - Nid yw'n gwnselydd, therapydd na'n weithiwr iechyd meddwl proffesiynol
-
- *Proactive response, not reactive*
 - *Not a 'quick fix'*
 - *Not a 'blue light' emergency response.*
 - *Not a counsellor, therapist, or mental health professional*

Casgliad *Conclusion*

Mae'r fenter ELSA yn:

- Bartneriaeth hir dymor rhwng y Gwasanaeth Seicoleg Addysg a Phlant sir Gâr ac ysgolion
- Ffordd ddibynadwy o ddatblygu ymyraethau ysgolion
- Ffordd hygyrch o ddarparu cefnogaeth brydlon ac o ansawdd i unigolion bregus.

The ELSA initiative is:

- *A long-term partnership between Carmarthenshire Educational and Child Psychology Service and schools*
- *A tried and tested means of building emotional wellbeing capacity in schools*
- *An accessible way of providing timely and quality support to vulnerable children and young people*

Adnoddau Resources

- [ELSA Network – Emotional Literacy Support Assistants](#)
- [Home \(beaconhouse.org.uk\)](#)
- [Mental Health Resource for Schools & Colleges | Anna Freud Centre](#)
- [meddwl.org • Meddyliau ar Iechyd Meddwl](#)
- [NEST \(mental health and wellbeing\): summary report | GOV.WALES](#)
- Hwb network – ELSA sir Gar
- [Free social work resources & tools for direct work with children and adults \(socialworkerstoolbox.com\)](#)
- [Trauma Informed Schools UK](#)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [Tina Rae Youtube channel](#)



<https://www.elsanetwork.org/>

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