

What's the difference between ELSA and MeLSA?

ELSA	MeLSA
Emotional Literacy Support Assistant	Mediated Learning Support Approach / Mediating Learning Support Assistant
Focuses on pupils' social, emotional and mental health needs .	Focuses on pupils' learning skills, thinking skills, and academic independence .
Helps children understand and manage emotions, build resilience, develop social skills, and cope with challenges such as anxiety, bereavement, friendship difficulties, or low self-esteem.	Helps children become more effective and independent learners through mediation, metacognition, memory strategies, problem-solving, and learning behaviours.
Typically delivers emotional support through individual or small-group interventions.	Typically delivers learning-focused interventions and classroom support designed to improve learning outcomes and independence.
Trained and supervised by Educational Psychologists to support wellbeing.	Trained and supervised by Educational Psychologists in the psychology of learning and mediation techniques

KEY TAKEAWAY

ELSA asks: *"What emotional barriers might be affecting this child's wellbeing and ability to learn?"*

MeLSA asks: *"How can we help this child learn more effectively and become an independent learner?"*

Example

A pupil who is struggling in class because they are anxious about friendships might benefit from **ELSA** support. A pupil who is struggling because they need help with memory, metacognition, problem-solving, or learning strategies might benefit from **MeLSA** support. In practice, some pupils may benefit from both approaches.

ELSA supports **emotional wellbeing**, whereas MeLSA supports **learning and cognitive development** to build independent learners.