



Ellesmere

A 7 – 18 Coeducational School

S V Pritt-Roberts M.Ed.
Deputy Head Academic
Email: vicky.pritt-roberts@ellesmere.com

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Dear Parent,

I hope you and your family are keeping well. We understand that this is a very difficult time for everyone. This period of uncertainty, combined with isolation can be very trying for families and I would like to draw your attention to our additional area on Frog, the virtual learning environment that we run. It is to maintain our desire to ensure our pupils have wide ranging opportunities, both academic and co-curricular and so we have launched a new section called Health & Well-being on Frog, led by Mr Murphy, who has completed specialised training in mental health support for young people, and with contributions from his colleagues.

We discussed his thinking around the focus of these activities, and I share with you his response. *The importance of remaining active has been well documented but it is just as important that our pupils do not neglect their mental health. The well-being section on Frog contains a number of resources and useful links for pupils to explore managing their mental and physical health.*

Tutors have been in contact with their tutees to ask how they are coping and we have been pleased to see so many positive responses, demonstrating resilience, and great empathy for each other. I hope this additional site on Frog will be useful. It can be found as soon as pupils log into Frog, on the landing page they will see the tab marked Health & Well-being.

I would also like to draw your attention to the year 11 letter that went out regarding Duke of Edinburgh Gold, there is the opportunity to start on this programme early, and some activities in self-isolation are doable and will enable our year 11 to get a head start on things before moving onto Sixth Form. Please see the recent letter that Mr Underhill sent out for further details.

We will continue to refresh activities and support on our VLE through the Easter break to assist pupils and parents.

Best wishes

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

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