



Revd Phillip J Gration
Chaplain
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4th July 2022

Dear Parent,

I am writing to you to ask for your help!

It has been a priority of my chaplaincy to help the students here at Ellesmere to *hear* that they are valued, that they are *seen*, that they are 'very good' (Gen 1:31).

Next year the Sisters and I are now hoping to give students a way to respond to this message by investing in the many dimensions of their own wellbeing - establishing healthy habits of body and mind and **not just responding to difficulties**.

Health is a "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity"

The World Health Organisation

To this end I would like to establish a programme of regular short courses in this area. To give you an idea, we have expertise in school to offer short courses on: Hand Massage, Mindfulness and group work on Motivation and Emotional Regulation. In the past I have been able to offer Yoga sessions and would love to be able to do so again, or to add another activity which helps students to be aware of their bodies in a non-judgemental way.

I do not want to charge for these sessions so am hoping to draw together a group from our extended community who will give their time to this important area of our student's growth and development.

Do please get in touch with me if you would be interested in getting involved in this project (phillip.gration@ellesmere.com).

Best regards,

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