



**Ellesmere**

A 7 – 18 Coeducational School

S V Pritt-Roberts M.Ed.  
Deputy Head Academic  
Email: [vicky.pritt-roberts@ellesmere.com](mailto:vicky.pritt-roberts@ellesmere.com)

18<sup>th</sup> December 2017

Dear Parent,

### **The Ellesmere College Research Project**

We would like to invite you to join us in taking part in ground-breaking research into the positive effects of leisure activities on mental and emotional well-being. Specifically, in this area of the research, anecdotal evidence suggests that target shooting, as practiced within our shooting academy, may have a positive effect on mental functioning, emotional control and behaviour. The research to be conducted is to compare shooting and non-shooting pupils to see if this is the case. Details about the Research Team can be found on the next page.

What are the benefits of taking part?

Shooting or non-shooting, participation in the research can give staff an opportunity to assess what progress your own child is making emotionally and intellectually within the overall programme of school activities. In addition, the research may throw additional light on the way working memory capacity develops in young people and suggest ways of increasing mental skills. The overall programme, of which our research is a part, may also help in the understanding and prevention of Alzheimer's Disease.

What about the older generation?

If you are a parent or grandparent, you are also invited to take part, this time as part of the research into target shooting and its effect on mental function in adults. The researchers also need 'normal' adults to act as controls in standardising a memory and concentration test and for comparison with adults who shoot.

There is the satisfaction of having contributed to a very worthwhile research programme. The overall programme, of which our research is a part, is looking at how leisure activities can help in the prevention of Alzheimer's Disease. Target shooting involves an amazing number of subtle mental processes and it is thought that this may help to protect the brain in later life against deteriorating memory and concentration.

**Ellesmere College, Ellesmere, Shropshire SY12 9AB**

**Tel: 01691 622321 Fax: 01691 623286**

**[www.ellesmere.com](http://www.ellesmere.com)**

*A Woodard School*

*Registered Charity number 1103049*

*Ellesmere College Ltd is a company, registered in England, no: 5066406*



# Ellesmere

A 7 – 18 Coeducational School

Research has already shown that chess, bridge and Argentinian tango (surprisingly) have this very positive effect.

And finally, as a thank you for participating, everyone will get a free gift.

This information is to raise awareness and more detailed information about how to get involved will be sent out at the start of the Lent Term.

More information to come after Christmas!

Yours sincerely,

*S.V. Pitt-Roberts*

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

[www.ellesmere.com](http://www.ellesmere.com)

*A Woodard School*

*Registered Charity number 1103049*

*Ellesmere College Ltd is a company, registered in England, no: 5066406*