



Ellesmere

A 7 – 18 Coeducational School

Sister Eiry Davies
Senior Nurse
Email: sisters@ellesmere.com

24th May 2022

Dear Parent,

We have a new innovative wellbeing support provision called 'The Rest Easy Method' to offer all pupils at Ellesmere College. The sessions are provided by Sister Karen Tommy, an experienced School Nurse and Rest Easy Ambassador and Coach.

Please see attached an information letter and consent forms. The thirty minute appointments will be on a Thursday morning from 9.30am to 12:00pm for six weeks.

Any inquires please contact Sister Tommy directly on karen.tommy@ellesmere.com or sisters@ellesmere.com.

With kind regards,

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

www.ellesmere.com

A Woodard School

Registered Charity number 1103049

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