



Revd Phillip J Gration
Chaplain
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10th January 2023

Dear Parent/Guardian,

I write to introduce a joint initiative of the Chaplaincy and the Sisters: **Wellness Wednesday**.

We hope to make a variety of sessions available to students, so that they can invest in their physical, mental and spiritual wellbeing – addressing problems now and learning habits, skills, and techniques for the future.

This half term we are pleased that Mr Murphy, the director of our Rugby Academy, and trained psychotherapist will be offering four group work sessions:

- Week 2 - Managing our Emotional Needs.
- Week 3 - Self-Esteem and Growing in Confidence.
- Week 4 - Taking ownership of our state of mind.
- Week 5 - Anxiety management – Breath work.

These will run at 4:15pm, on a Wednesday, starting next week. Sadly, due to Mr Murphy's sporting commitments we will not be able to make these available to all students on this occasion, but will look to do so in the future.

After half term we welcome a Qualified Yoga instructor to explore some physical aspects of wellness. We hope to offer an approach to Mindfulness in the Summer Term.

If your child is interested in these activities they should speak to, or email, their tutor who can explain how they access these sessions.

Students do not need to attend all of the sessions or make any kind of commitment, nor should they feel shy attending if they missed previous weeks – these opportunities are intended to enhance rather than over burden our young people's school career. I am always keen to hear from parents or members of the wider community, who feel they might be able to contribute to our Wellness Wednesday programme.

Thank you for your ongoing support in this area.

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