



Ellesmere

A 7 – 18 Coeducational School

Mr A J Murphy
Director of Rugby
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15th January 2021

Dear Student,

Online Support Service

I hope that you are managing well in the current situation. I appreciate that lockdown can be difficult and that adapting to these trying circumstances is not easy. Taking regular breaks, eating well, getting some exercise, getting a good night's sleep and establishing a routine are all key to maintaining your wellbeing during the lockdown.

However, for those of you that are finding this time particularly difficult, Ellesmere College offers an online support service. This can be accessed through a one to one chat on Teams with myself that is arranged by sending me an email request. The other option for those uncomfortable with an online chat is simply chat through email. Either way, it is important that you are aware that we are here for you.

If you have any questions and would like to talk then just email me on alex.murphy@ellesmere.com

I look forward to seeing you all back in school.

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A Woodard School

Registered Charity number 1103049

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