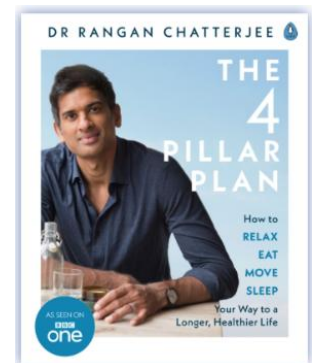


Dear Parents

As the external exam season intensifies for all our Year 11 and Year 13 pupils, I am reminded of the simple message of the 'other' Dr Chatterjee, the GP, television presenter and author, Dr Rangan Chatterjee. His book, 'The 4 Pillar Plan' centres around the importance of balance - **EAT, RELAX, MOVE, SLEEP**. Clearly at this time, **WORK** needs to be central to each day, but it is vital to also maintain balance and perspective. Regular physical activity, sensible food choices, consistent sleep routines and time away from revision all play a crucial role in sustaining concentration, confidence and wellbeing during this exam season.



Our staff remain fully available to support both academic progress and pastoral care. We are confident that our pupils are well-prepared, and we wish them balance and success in the weeks ahead.

With best wishes



Jon Shaw

Head of Ellesmere College

Highlights of the Week

Lower School Performers: Year 5 to 8 pupils who performed a medley of material from the production of 'Oliver' and various LAMDA pieces in front of a large audience in St Mary's Church.



Ellesmere Arts: Well done to Ellie, Tabby, Mini and Kit who busked, providing live music on Saturday as part of the 4 day Ellesmere Arts Festival which saw Arts Groups and audiences from the area coming together in a celebration of community. Kit also performed in the 'Lion's Den' at the Black Lion with Porthywaen Youth Brass Band.

Lower School house Quiz: Congratulations to Phillips: Champions of the 2026 Lower School House Quiz! All the teams battled right to the very end to win points from Mr Crawford's ingenious questions. In the end it was Harry, Arthur and Martha who gave the outstanding performance of the event for Phillips.



Swimming Academy: Over the past month the Swimming Academy have been racing in Swansea, Aberdeen, London and Birmingham. Swimmers across the board have swum multiple new personal bests, qualified for finals and picked up over 30 medals at Regional and National level! A special mention for Ella and Joanne for competing at British Championships in London during April, the highest level of domestic competition the UK has to offer. Also to Tallulah on her selection to represent Guernsey at this summer's Commonwealth Games in Glasgow.

Cricket: Congratulations to Holly who has represented Cheshire U18s against Derbyshire and Yorkshire this week. Holly also took 4 wickets in a friendly against Shrewsbury School playing for the boys' 1st XI. Well done also to Harry who scored 62 not out in the same game.

Year 11s: Shirt signing – it was a pleasure to host the Year 11s in the Head's Garden for their shirt signing and farewell ahead of exam leave.