

# St Michael's Church of England High School

## A Church of England Academy

Headteacher: Mrs Rachel Rongong BA (Hons) PGCE NPQH

*Growing in Body, Mind and Spirit*



30 Jan 2026

**To whom it may concern**

**Re: Esme Seddon**

**DOB 20.8.2010**

*Esme is a pupil at St Michael's CE High School. She started in September 2021 and will leave us in June 2026, when she has completed her GCSE studies.*

*Esme enjoys positive relationships with her peers and with her teachers. Her attendance and punctuality are excellent (100%)*

*Esme is targeted to pass 9 GCSE's at grades 8-7 including Maths and English. Her attitude to learning throughout her time at school has been and continues to be outstanding.*

*Esme is always well mannered and respectful to all staff and enjoys a supportive home background. She carries out her School Leadership duties as Prefect diligently. She is an excellent athlete and has represented school in a wide range of sports including football, handball and athletics. As a member of the school's sports council, Esme has supported the PE department and encouraged participation in a range of sports amongst younger pupils, organising tournaments in handball, bench ball and rounders. Esme's dedication and resilient attitude has been evident in her achievement of the Duke of Edinburgh Bronze award.*

*I find Esme to be an honest, hardworking, reliable and trustworthy pupil and I am confident that she will continue to demonstrate these attributes as she moves on to new challenges after school.*

*I wish Esme every success and support her application without hesitation.*

*If you require any further information, please feel free to contact me at the above address.*

*Yours sincerely*

*Mr J R Kirkpatrick*

*Senior Leader Wellbeing*



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I am delighted to offer my strongest recommendation for Esme Seddon. I have had the privilege of working with Esme as both her coach and teacher for the past four and a half years, during which she has consistently distinguished herself through her exceptional attitude, conduct, and commitment. In every aspect of school life; academic, sporting, and interpersonal, Esme has carried herself with maturity, integrity, and a desire to excel. Her work ethic is excellent, and she approaches every challenge with determination, pride, and a will to succeed, whether individually or as part of a team. She has truly taken our school vision of growing in body, mind and spirit to be the best you can be.

Esme has shown a deep passion for her sport while maintaining an impressive balance with her academic responsibilities. The level of organisation she demonstrates—managing extensive travel to and from training, often over considerable distances, while still completing her schoolwork punctually and to a high standard—is truly commendable.

Throughout her time at school, Esme has taken part in numerous extracurricular activities, most notably football, where she has served as our goalkeeper for four and a half years. Her performances have frequently been outstanding. On the pitch, she exemplifies teamwork, resilience, and leadership, consistently upholding the values of fair play and sportsmanship. Her respect for the rules of the game and her ability to remain composed under pressure highlight both her character and her talent. She is always supportive of fellow teammates offering encouragement on and off the pitch.

Esme has also contributed significantly to the development of younger students, assisting with training sessions and acting as a leader. She has been an inspiring role model for aspiring goalkeepers and for all pupils who look to her as an example of what dedication and perseverance can achieve.

Over the past five years, Esme has represented several football clubs and has proudly played for Chorley District as well as St Michael's High School. Combined with her strong academic record, innate ability, and relentless drive to improve, I am confident that she will continue to progress and make meaningful strides in her footballing career. I fully expect her to reach the highest level of the sport.

As she moves on from St Michael's, I wish her every success. Any organisation fortunate enough to welcome her will gain a hardworking, considerate, reliable, and exceptionally committed individual.

Your Sincerely

Claire Dempster (Curriculum Leader PE)

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