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## Dear Parents & Carers

Welcome to our brand-new Wellbeing Newsletter. Every week we embrace the ethos of having Wellbeing Wednesday in our classrooms, for the pupils and staff included. We make time for ourselves and share strategies on how to relax and learn to love ourselves just a little bit more.

We thought why don't we share this with our parents and carers too! Miss Lockett is our School Wellbeing lead and she is assisted by Miss Moore in the office.

We would like to share information provided to us by CAMHS Wakefield, if you click on the link below, you will be able to access a wealth of information that can be a useful tool in alleviating any concerns you may have.

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>

This week is sleep awareness week and on Friday 18th March it is International sleep day. I have attached a sheet with a few ideas to help you talk about how to encourage a good routine and sleeping pattern, not just for the children, but for ourselves too. We all know how grumpy and lethargic we feel when we do not get a good night's sleep.

I hope this newsletter will be useful for you as parents. If you have any suggested areas you would like information with regards to wellbeing then please let Miss Moore know in the office and I will try and provide any information I can.

Remember, be kind to yourself!

Miss Lockett  
Key Stage 1 Leader, Year 1 Teacher  
Wellbeing Lead



# 10 tips for better sleep



**Keep regular hours**



**Take more exercise**



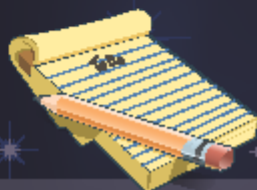
**Keep the bedroom quiet and dark**



**Reduce caffeine intake**



**Make sure your bedroom isn't too hot or too cold**



**Write down worries on your to-do list**



**Don't over-indulge on food and alcohol**



**Turn off gadgets**



**Invest in a comfortable, supportive bed**



**Relax properly before going to bed**



**The Sleep Council**

*Helping you get a better night's sleep*  
[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

