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Dear Parents & Carers

**At-home Self Care Ideas for stress relief**  
@theremoteyogi

- Do a guided meditation
- Cook a special or new meal
- Play a video or computer game
- Sing and dance to your favorite songs (bonus: grab a hairbrush)
- Create a texting support group
- Explore who you are
- Try a DIY Facial or Face Mask
- Practice Breathwork
- Call a loved one or friend
- Try a new craft
- Write a love letter to yourself
- Get dressed up for no reason
- Lay in bed all morning
- Create a Pinterest vision board
- Sit in the sun
- Spend 10 minutes giving compliments on Insta
- Order in food & do nothing all evening
- Try an at-home workout
- Make a fancy drink or cocktail
- Make a dessert and enjoy it
- Write down your own affirmations
- Pull tarot or oracle cards
- Play with a pet
- Draw or color
- Re-arrange something in your home
- Clean out your wardrobe
- Watch a webinar or virtual workshop
- Do a gentle yoga class

This week it has felt like Spring has finally sprung! Mothers' Day is just around the corner and we thought it would be a good idea to share some easy self-care ideas you can do at home. We all lead such busy lives, it has never been more important for us all to take time out and look after ourselves. Now that the lovely Spring weather has arrived, there's no excuse not to get out there and enjoy it! A short walk, a long walk, a trip to the park, a spot of gardening, or just relaxing in the garden, all these things will make a difference to your wellbeing and mood.

We will keep sharing the link below that has been 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/>

If you can take a few minutes out of the weekend to do something you enjoy, it will make a world of difference to you and those around you.

Remember, be kind to yourself!

Miss Lockett & Miss Moore  
Wellbeing Lead

