

Headteacher:  
Mrs Annabel Berry

Chair of Governors:  
Mr Philip Emms

Safeguarding Officers:  
Mrs A Berry; Mrs L Poole; Mrs A Bateman;  
Mrs E Johnson; Miss S Lockett



Whitley Spring Road

Ossett  
West Yorkshire  
WF5 0QA  
Tel. 01924 302865

Website: [www.towgate.ipmat.co.uk](http://www.towgate.ipmat.co.uk)  
Email: [TGA-Enquiries@ipmat.co.uk](mailto:TGA-Enquiries@ipmat.co.uk)  
Twitter: @IPMATTowgate



30/03/2022

Dear Parents & Carers

Hi everyone, for the month of April, it's Active April! See below some fun ideas for each day for this next month for you to try to keep your body fit and mind well.

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

**Active April 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>4 Eat healthy and natural food today and drink lots of water</p>	<p>5 Turn a regular activity into a playful game today</p>	<p>6 Do a body-scan meditation and really notice how your body feels</p>	<p>7 Get natural light early in the day. Dim the lights in the evening</p>	<p>1 Commit to being more active this month, starting today</p> <p>8 Give your body a boost by laughing or making someone laugh</p>	<p>2 Spend as much time as possible outdoors today</p> <p>9 Turn your housework or chores into a fun form of exercise</p>	<p>3 Listen to your body and be grateful for what it can do</p> <p>10 Have a day free from TV or screens and get moving instead</p>
<p>11 Set yourself an exercise goal or sign up to an activity challenge</p>	<p>12 Move as much as possible, even if you're stuck inside</p>	<p>13 Make sleep a priority and go to bed in good time</p>	<p>14 Relax your body &amp; mind with yoga, tai chi or meditation</p>	<p>15 Get active by singing today (even if you think you can't sing!)</p>	<p>16 Go exploring around your local area and notice new things</p>	<p>17 Be active outside. Dig up weeds or plant some seeds</p>
<p>18 Try a new online exercise, activity or dance class</p>	<p>19 Spend less time sitting today. Get up and move more often</p>	<p>20 Focus on 'eating a rainbow' of multi-coloured vegetables today</p>	<p>21 Regularly pause to stretch and breathe during the day</p>	<p>22 Enjoy moving to your favourite music. Really go for it</p>	<p>23 Go out and do an errand for a loved one or neighbour</p>	<p>24 Get active in nature. Feed the birds or go wildlife-spotting</p>
<p>25 Have a 'no screens' night and take time to recharge yourself</p>	<p>26 Take an extra break in your day and walk outside for 15 minutes</p>	<p>27 Find a fun exercise to do while waiting for the kettle to boil</p>	<p>28 Meet a friend outside for a walk and a chat</p>	<p>29 Become an activist for a cause you really believe in</p>	<p>30 Make time to run, swim, dance, cycle or stretch today</p>	

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

Miss Lockett and Miss Moore  
Wellbeing Lead

