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Dear Parents & Carers

On Monday we were lucky enough to welcome Dr Akbar, Educational Psychologist, into school for a workshop with parents providing tips and strategies in relation to Social and Emotional Mental Health (SEMH) and Cognition and Learning. We have shared some general tips and strategies from the same below:

Be Kind to Yourself – Take care of the “caretaker” Separate the “behaviour” and the child – Create and name characters to represent it such as Grumpy Gremlin or Angry Alien; child may then be able to speak about it. Name it to tame it – build children’s vocabulary to be able to articulate their feelings so that they don’t need to communicate their frustrations through physical aggression. Have fun and connect with the child and as a family/extended family – Build in shared activities for “attunement” Encourage and facilitate friendships – Social interactions are key for our well being Become strengths based – Notice and comment on each others’ strengths (genuine ones!) and build children’s resilience through shared problem solving, normalising some life changes; adopting a “can-do” culture

Here are some of the quotes from parents that attended:

“very informative and insightful – reassuring, interesting and thought provoking” “Thanks, will attend any other workshops in the future” “given me a better understanding of my child’s behaviour” “Also just being able to talk about things to someone else – great help”

Watch this space for future workshops/events. Look after yourselves and practice self-care and have a lovely Easter.

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

Miss Lockett and Miss Moore
Wellbeing Lead

