

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.towngate.ipmat.co.uk
Email: TGA-Enquiries@ipmat.co.uk
Twitter: @IPMATTowngate



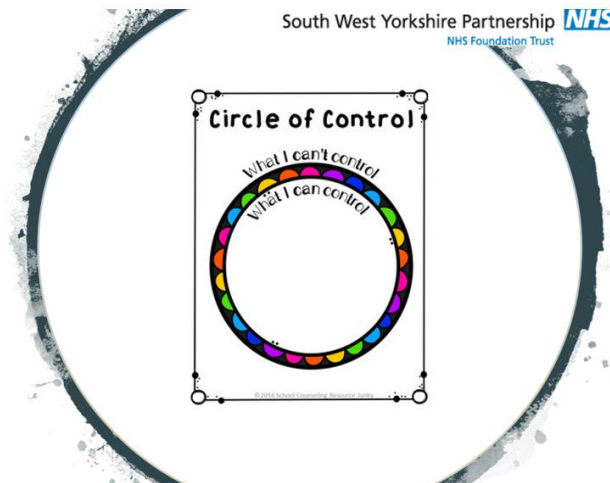
Dear Parents & Carers

04/05/2022

This week we would like to share with you Zones of Control. What is the circle of control? Instead of reacting to, or worrying about conditions over which they have little, or no control, proactive people focus their time and energy on things they can control.

When we teach this in school we explain to the children that there are things in life they cannot control and we should not waste our time on those things. This could be the weather, the pandemic, exams, tests and so on. Ask your child to decide whether or not certain situations are in their control. This is a great way to start the discussion about the Circle of Control.

Zones of Control



Miss Lockett and Miss Moore
Wellbeing Lead

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

