

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

15/06/2022

Gratitude

Develop the habit of writing down three new things that you are grateful for every single day. Research has found that this simple act will have a positive influence on the way your brain works in just three months. What gratitude can do, is give us hope. Doing this activity can remind us all of the good and positive things in our lives and distract from the negative in some small way.

We have also added a new link for you to access. This has some ideas to help us all learn to make wellbeing a priority in our lives and strategies of how to do this.



Lastly, we would like to make you aware of the mental wellbeing page on our school website, you can access this by clicking on the menu button in the bottom right corner and selecting Mental Health & Wellbeing.

Miss Lockett and Miss Moore
Wellbeing Lead

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/>
<http://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

