



Saint Margaret Mary's Catholic Infant School

Headteacher: Mrs L. Byrne

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Massage in Schools Programme (MISP)

Dear Parent/Carer

We are fortunate to have the opportunity to deliver the Massage in Schools Programme in our school. The programme is well established and is used in schools throughout the country.

What is Massage in Schools?

It is an inclusive programme of positive touch and clothed peer massage for children of 4-12 years. Children wear their normal school clothes and give massage to each other on the **back, head, neck, shoulders, arms and hands**. Our Learning Mentor Mrs Harris is a trained instructor and will teach the children and their teacher.

How will it benefit the children?

Studies have shown that, when children give massage to each other, they become calmer, concentrate better and have more confidence. This will be of tremendous benefit to the children and their teachers. It will support our Personal, Social and Health Education curriculum (and work in Healthy Schools (Emotional wellbeing) and Social and Emotional Aspects of Learning (SEAL)). It will address such issues as awareness of self and others and personal safety.

When and where does it take place?

Following the 5 week training programme with Mr Harris, your child's class teacher will decide how and when the programme will be used with their class. The session may be at the start of the day or after lunch to help settle the children for the afternoon session.

What can parents do?

Once the children have accessed the 5-week programme parents will be invited to take part in a Massage in Schools workshop with their child.

You may wish to find out more about the Massage in Schools Programme by viewing www.misa.org.uk and www.massageinschools.com



Parents' information

Note: All children are asked if they would like to work with a partner for giving and receiving clothed massage.

Your child will be taking part in this programme, week commencing 4th February 2019. Please contact school if you wish to discuss any aspect or have any queries. If at any time throughout the programme your child does not want to give or receive massage they do not have to. It is important for you as parents and carers to know that they have a choice.

Please return your reply slip by **Thursday 31st January** to your child's class teacher.

Yours sincerely

Mrs L. Byrne
Headteacher

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Child's name: _____ Class: _____

I have received information about the Massage in Schools Programme (MISP) and will allow my child to take part in giving and receiving clothed massage as part of the Massage in Schools Programme.

Parent's signature: _____ Date: _____

