

5th September 2019

Massage in Schools Programme (MISP)

Dear Parent/Carer

We are fortunate to be able to continue 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 massage for children of 4-12 years. Children wear their normal clothes and give massage to each other on the back, head and arms. A trained instructor/teacher 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?

The class teacher will decide how and when the programme will be used with their particular class. The fifteen minute 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?

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

All children are asked if they would like to work with a partner for giving and receiving clothed massage. Your child will be in a class taking part in this programme. Please contact the school if you wish to discuss any aspect or have any queries. If 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.

Yours faithfully

Ruth Saban
Class Teacher and MISP Instructor