

Massage in Schools Programme (MISP)

Dear Parent/Guardian

We are fortunate to have the opportunity to introduce the Massage in Schools Programme as an after-school activity club.

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 and arms.

A trained instructor/ teacher will teach the children. Our instructor is **Lynne Proffitt**, a qualified primary school teacher with over 30 years' experience and a Shiatsu acupuncture massage practitioner.

Studies have shown that, when children give massage to each other, they become calmer, concentrate better, and have more confidence. Oxytocin levels increase (a hormone that reduces stress and anxiety).

This will be of tremendous benefit to the children.

It will support our Personal, Social and Health Education curriculum and the children's emotional well-being. Emotional well being is increasingly being recognised as the single most important aspect of future success.

It will address such issues as respect for self and others and personal safety and consent.



The children will learn a routine with the use of fun pictures and stories.

The course will run for 6 weeks, 45 minutes per session on a Wednesday starting 3rd May, 3.30 pm to 4.15 pm

There are 14 places so hurry to secure a place.

The cost is £6.00 for 6 weeks, this will be payable online via school money.

Massage in Schools Programme

Childs Name:.....**Class:**.....

My child would like to attend the Massage in Schools club at the cost of £6, payable online via school money.

Signed.....**Date**.....