



Saint Margaret Mary's Catholic Infant School

Acting Headteacher: Mrs L. Maddocks

Pilch Lane, Liverpool, L14 0JG
Email: stmargaretmary@knowsley.gov.uk

Telephone: 0151 477 8815

September 2024

Massage in Schools Programme (MISP)

Dear Parent/Carer

Following the successful introduction of the Massage in Schools Programme, we will be delivering MISP to Year 2 children in the autumn term. 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 peer massage for children of 4-12 years. Over their school uniform and working in pairs, the children will take turns to give and receive massage to the back, neck, shoulders, head, arms and hands.

Our Learning Mentor Mrs Harris is a qualified MISP instructor and will lead the sessions for 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 the Health and Well-being strand of our Personal, Social and Health Education curriculum and our Well-being award. It will address such issues as awareness of self and others and personal safety.

When and where does it take place?

Following the 4 week training programme with Mr Harris, your child's class teacher will decide how MISP sessions can be incorporated and continued within their class.

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.

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.

Yours sincerely

Mrs L. Maddocks
Acting Headteacher

Mrs J. Harris
Learning Mentor

