



Park Primary School

Love Lane, Wallasey, Wirral, CH44 5RN

Phone: (0151) 638 6008 Fax: (0151) 639 9571

E-mail: schooloffice@park.wirral.sch.uk

Website: www.parkprimaryschool.com



Headteacher: Mr M Mellin
Deputy Headteacher: Mrs K. Dunne

"Park Primary School continues to be good. It has a strong sense of purpose and buzz of excitement that characterise the school's industrious and happy atmosphere." OFSTED – May 2018



NEXT CHAPTER
(NW) CIC

Training and Well-Being Centre

156 Mill Lane, Wallasey, Wirral, CH44 3BN

Claire.nextchapternwcic@outlook.com 0790 7445526

www.nextchapternwcic.co.uk

10th September 2018

Massage in School

Dear Parents & Carers

We are fortunate to have the opportunity to introduce 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 and arms. A trained teacher will teach the children and their class 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 address such issues as awareness of self and others and personal safety.

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

- Relaxation and reduced stress levels
- Improved concentration
- Developing greater respect for peers
- Stronger sense of self and higher self esteem
- Children are calmer returning home from school
- Improved sleep
- Increased concentration
- Promotes healthy development and connection

When and where does it take place?

Following the introductory period 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.

School, family, community: preparing our children for success





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What can parents do?

Please ask your children about their experiences and encourage them to demonstrate the techniques on you at home. Please note, your child should ALWAYS ask permission before starting a massage, as we are promoting positive touch and respect.

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

Please contact the class teacher or Claire Owens, if you wish to discuss any aspect or have any queries.

If you do not want your child to participate, it is important that you speak to the class teacher before the start date, otherwise, we will assume your child wishes to take part.

It is important for you, as parents and carers, to know that children have a choice and your child has the right to say no to participating in the session if they feel uncomfortable. Massage will only be done when children have been asked, by their peer, if it is ok to give a massage. We promote safe touch and respect at all times.

The programme will start on Monday 17th September 2018.

Kind Regards

Claire Owens
Family Partnership and Well-Being

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