

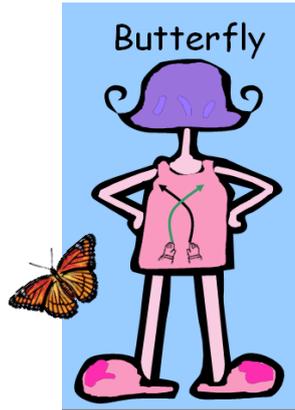
St. Joseph's R.C. Primary School

George Row, London SE16 4UP

Telephone: 020 7237 4267

Fax: 020 7237 1618

Headteacher: Mr. M. Macauley



Thursday 15th September 2016

Dear Parents/Carers,

Each year our children take part in the Massage In Schools Programme (MISP). It was introduced in the UK in December 2000 and is now being used regularly in schools. It is very much enjoyed by all children at St. Joseph's. The sessions are to be led by Katherine Knight, a Health Practitioner of the MISP, who has worked with our children for over eight years. The programme involves the children being taught how to perform different and fun massage techniques to their peers.

The clothed massage is:

- Given by the children to each other
- On the back, head, arms and hands only
- Given and received with the child's permission
- A 45 minute session



The programme aims to promote a calm and positive learning environment, where the children feel confident and secure. It aims to strengthen peer friendships and it supports the PSHE curriculum.

Each year, children in years 1 + 2 take part in the 6 week programme in the autumn term (plus two follow-up sessions later in the school year) and children in years 3-6, inclusive, take part in a 1 hour refresher session in the autumn term. Following the sessions with Katherine the children will practise the massage techniques taught regularly within the class, under the class teacher's supervision.

The sessions begin from Thursday 22nd September and they are awaited eagerly! Please complete the permission slip below for your child to take part in these fun sessions. If you have any questions regarding the programme, please do not hesitate to speak to me at the end of the school day or by appointment through the school office.

Yours sincerely,

Miss Alford
(Deputy Headteacher)

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I give / do not give (**please mark clearly**) consent for my child _____ in _____ class to participate in the Massage In Schools 1 hour refresher session.

Signed: _____ (Parent / Carer) Print Name: _____ Date: _____