

# St. Joseph's R.C. Primary School

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Headteacher: Mrs Byrne

6<sup>th</sup> September 2018

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 nine 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 (comprising of a 45 minute session on Thursdays over a period of 6 weeks) plus two follow-up sessions later in the school year. Children in years 3-6, inclusive, take part in a 1 hour refresher session in the autumn term. The children very much enjoy learning and practising new and fun massage strokes. Following all sessions with Katherine, the children will practise the massage techniques taught regularly within the class, under the class teacher's supervision.

The sessions begin on Thursday 13<sup>th</sup> September and they are eagerly awaited! **Please complete the permission slip below and return it to school by Tuesday 11<sup>th</sup> September 2018.** 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,

Mrs Schönknecht  
(Assistant 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 6 week Programme.

Signed: \_\_\_\_\_ (Parent / Carer) Print Name: \_\_\_\_\_ Date: \_\_\_\_\_