



Ashby Fields Primary School

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21/02/18

Dear Parent/Guardian

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 instructor/ teacher will teach the children and their teacher. The Instructors in our school are Mrs Purr, Mrs Kane and Mrs Harvey.

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 our Personal, Social and Health Education curriculum (and work in Healthy Schools (Emotional wellbeing)). It will address such issues as awareness of self and others and personal safety.

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.

What can parents do?

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

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

Your child will be in a class taking part in this programme. Please contact the school before/by Friday 2nd March if you wish to discuss any aspect or have any queries. If 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.'

Kind regards

Mrs Purr, Mrs Kane and Mrs Harvey