



25th January 2016

Dear Parents,

Massage in Schools programme (MISP)

This term and we will be commencing the Massage in Schools Programme, which has been re-introduced to Darling Class by Aileen Collins from the Behaviour Support Service.

The Massage in Schools programme is an inclusive programme that originated in Sweden and is now being used by schools in Britain. At Stanton we introduced Peer Massage nearly four years ago. Children wear their normal school clothes and give massage to each other on the back, head and arms. Over a number of weeks the children will learn a sequence of actions that support positive touch, respect for each other and emotional well-being.

Studies have shown that, when children give massage to each other, they become calmer, concentrate better and have more confidence. They learn to respect themselves and other children. Each child gives permission for massage to take place. If children do not want to give or receive massage they sit and watch.

For further information please visit the www.misp.or.uk and or speak to Miss Eels.

Many thanks

Yours sincerely

Karen Winterburn
