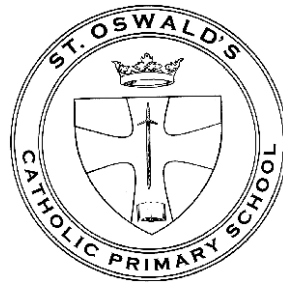




INCLUSION
CHARTER MARK



International
School Award

ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

Email: office@st-oswalds.liverpool.sch.uk

www.stoswaldsschool.com

Montague Road

Headteacher: Mrs. M. Walsh

Telephone:

Liverpool L13 5TE

0151 228 8436

17.10.19

Massage in Schools Programme (MISP)

Dear Parent/Guardian

We are fortunate to deliver 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.

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) and Social and Emotional Aspects of Learning (SEAL)). 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 over the next couple of weeks, the class teacher will decide how and



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when the programme will be used with their particular class. The ten to fifteen minute session may be at the start of the day or after lunch to help settle the children for the afternoon session.

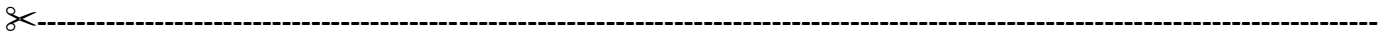
What can parents do?

You may wish to find out more about the Massage in Schools Programme by viewing www.misa.org.uk and www.massageinschools.com. School will be hosting a parent's peer massage session on **Wednesday 20th November 2019 at 9.00am**. Parents will be invited in to learn the strokes with their child. Watch out for the sign up letter.

Your child will be in a class taking part in this programme. Please contact the school 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.**

If you would **not** like your child to take part in this programme, please return the reply slip below by **Monday 4th November 2019** to your child's class teacher.

Miss C Sime
Deputy Headteacher



Massage in Schools Programme (MISP)

Child's name _____ Class _____

I **do not** wish my child to take part in giving and receiving clothed massage as part of the Massage in Schools Programme.

Parent's signature _____ Date _____

PLEASE RETURN TO SCHOOL BY MONDAY 4TH NOVEMBER 2019



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