

Economy and Skills

Depute Chief Executive and Chief Financial Officer:

Alexander McPhee ACMA

Head of Education: Linda McAulay-Griffiths



East Ayrshire Council

Comhairle Siorrachd Àir an Ear

If phoning or calling please ask for:

Principal Teacher: Dougie Mirfin

E-mail: dougie.mirfin@east-ayrshire.gov.uk



Massage in Schools Programme

Dear Parent /Guardian,

As part of our commitment to raising attainment through health and wellbeing, we have been looking at ways to promote safe, nurturing touch by introducing the **Massage in Schools Programme (MISP)** to children aged 4-12 across East Ayrshire. This programme has already been successfully introduced across 13 primary schools and is proving to be highly successful at reducing anxiety and stress levels, improving confidence and the health and wellbeing of pupils.

The Massage in Schools Programme involves teaching the children a series of simple massage strokes, which they practise on each other, working in pairs. The massage programme is carried out fully clothed on chairs in the classroom and is built into the daily routine. The children learn to always ask for permission before they are allowed to work with their partners and learn about the importance of safe touch, kind hands and being gentle. Children who do not wish a massage can 'opt out' and watch as they will still benefit from the calm environment. The children are only allowed to work with their peers.

Some of the benefits of the programme have been shown to include decreased aggression, increased concentration and increased self-esteem. This programme has been successfully implemented with autistic children and pupils with ADHD. Parents have commented on the medical benefits for children with diabetes and stated that massage helps to keep the blood levels in the normal range.

Another benefit is that children might want to practise on willing family members! The programme can improve sibling relationships and the bedtime routine within the family home. Parents feel that this programme allows for quality time with their children.

Parents will be invited to attend at the end of the programme to observe and join in with what the children have been learning. There will be 2 sessions on **Thursday 29th November 2018 – P1a, P1b & P2 – 9.15am and P2/3, 3a & 3b – 9.55am**. Please contact the school or the East Ayrshire Support Team for more information. Please refer to the leaflet for further information about the background and benefits of the programme.

Yours Faithfully

Dougie Mirfin
Principal Teacher
East Ayrshire Support Team (EAST)

EAST Manager: Catherine Rodger
Catherine.rodger@east-ayrshire.gov.uk