

If phoning or calling please ask for:

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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 all schools and some of our Early Childhood Centres. It is proving to be highly successful at reducing anxiety and stress levels, improving confidence and the health and wellbeing of our learners.

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. MISP only permits children to work with their peers (i.e. no adults are allowed to massage children in school). The children choose whether they wish to work with a peer or on their own.

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 are usually invited to attend at the end of the programme to observe and join in with what the children have been learning. Please refer to the leaflet for further information about the background and benefits of the programme. Contact the school or the East Ayrshire Support Team if more information is required.

Yours Faithfully

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