

Chief Executive: Eddie Fraser



Education Service

Mauchline Primary School and Early Childhood Centre

Head Teacher: Mrs Robyn Davidson

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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)** at Mauchline Primary School.

During MISP, the children will learn a series of simple and fun massage strokes, which they will practise on a partner. The routine is carried out fully clothed and is built into the daily routine. The children learn to always ask for permission before being 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. The children may choose to work on their own and copy the routine in the air if they do not wish to work with a partner.

Participating in MISP helps to create a positive, calm, and relaxing environment for children to learn. Another benefit of the programme is that children may build positive relationships and empathy with their peers. MISP may also improve children's concentration, self-esteem and promotes independence.

For more information, please see the leaflet attached or use the link to access the Massage in Schools Association (MISA) website: <http://misascotland.org.uk>.

If you do not wish for your child to take part in MISP, please contact the school office on 01290 550306 by Tuesday 24th January.

Kind regards,
Miss Mair