



MORDIFORD CHURCH OF ENGLAND PRIMARY SCHOOL

Mordiford, Hereford, HR1 4LW
An Academy School

Telephone: (01432) 870258 Email: admin@mordiford.hereford.sch.uk
www.mordifordceprimaryschool.co.uk

Treasure
each
Individual

Massage in Schools Programme (MISP)

Dear Parent/Guardian

We are fortunate to have the opportunity to introduce 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. Mrs Broadbridge has been trained as an instructor and will teach the children.

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, Family Values and pupil mental fitness. 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 Mrs Broadbridge will decide how and when the programme will be used. The 20 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.messageinschools.com

Parents' information

Note: All children are asked if they would like to work with a partner for giving and receiving clothed massage.

Your child, as part of Mordiford Primary School will be taking part in this programme. Please contact Mrs Broadbridge 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 but it has been found in other schools taking part in the programme that most children wish to and enjoy the sessions.

Thank you

Helen Broadbridge
Massage in Schools Mordiford Trained Instructor

Headteacher: MISS K. FINNEY BSc (Hons) PGCE