

Witton Church Walk CE Primary School
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*'Where Every Door is Opened and
Every Gift Unlocked'*

22nd September 2021

Dear Parent/Carer,

We are excited about implementing 'The Massage in School Programme' in to our daily routine within the school day.

What is the Massage in Schools Programme?

The Massage in Schools Programme (MISP) is an inclusive programme of positive touch activities and peer massage. It is used in schools and children's organisations throughout the country. It is recognised by OFSTED and is a member of the anti-bullying alliance.

The clothed massage is:

- For children 4 – 12 years old (and specially adapted for pre-school children)
- Given by the children, to each other
- Restricted to the back, head arms and hands
- Given and received with the child's permission
- 10 -15 minutes only.

What are the benefits for your child?

A number of studies have been done in the UK using different methodologies. The outcomes from the studies in this overview of research show that the main benefits of the MISP are:

- Improved calmness and concentration
- Increased self- confidence and self esteem
- Improved social skills with a greater number of relationships/friendships with peers and adults
- Children feel happier and more relaxed
- A reduction in aggressive behaviour and bullying
- A more positive attitude and greater engagement with learning
- Improved ability to work in groups and independently
- Greater creativity and problem solving
- Increased awareness of the body and signs of stress and anxiety

How is the MISP Introduced?

Mrs Osborn is the fully trained instructor, she is the person who will introduce the MISP and will work with each teacher to introduce the daily massage routine and offer on-going support.

Thank you for taking the time to read this information. Please do not hesitate to contact me if you have any concerns regarding your child participating in the programme.

Mrs Osborn

