



# St Mary & St Thomas

Church of England Primary School

Executive Principal: Mrs. Kirsty Tennyson B.Ed (Hons)

Headteacher: Mrs. Lyndsey Lewis BA (Hons), M.A.



10-07-2023

Dear Parent/Carers

## **MESSAGE IN SCHOOLS PROGRAMME**

All our Key Stage 2 children take part in daily Massage in Schools Programme. This is a child-to-child massage programme developed as an inclusive whole school strategy of promoting positive touch and clothed peer massage. It has been shown to reduce stress, aggression and bullying which benefits learning and behaviour. Our intention is to help improve confidence and self-esteem.

The peer massage is:

- Given and received with the child's permission.
- Given by the other children to each other
- The children are clothed and it is performed on the back, head, arms and hands only by children
- 10-15 minutes daily
- All children ask permission from each other before they start and say "thank you" to their partner at the end.
- The techniques are demonstrated by the instructor (myself) on the adult in the class NOT the children.
- The sessions are undertaken under adult supervision.
- Children are welcome to demonstrate the techniques they have learned on their parents at home.

Please visit [www.misa.org.uk](http://www.misa.org.uk) for further information.

Yours sincerely

**Linda Smith**

**Director of Wellbeing**

**Specialist Leader in Education – Behaviour and Safety**

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