



Massage in Schools Policy 2024
Witton Church Walk Primary School

Where Every Door is Opened and Every Gift is Unlocked, sharing God's light, spreading God's love and following God's path.

At Witton we are a partnership of school, church, home and community. We create a stimulating and caring environment, grounded in Christian belief and practice, so that all members of our school community feel happy, safe and secure. Time is taken to value and nurture each child both educationally, creatively and spiritually. Children and staff are encouraged to aim high and believe in themselves in order to achieve their full potential.

MISP is an exclusive programme of positive touch and clothed peer massage, introduced to the UK in 2000 by its founders Mia Elmsater and Sylvie Hetu. The clothed massage is for children 4-12 yrs old, only children massage children. There is an adapted version of the programme, which can be taught to pre-school children. The children learn a simple massage sequence which is given by the children to each other, working in pairs. They wear their normal school clothes and give massage to each other on the back, shoulders, head and arms. Children have the right to choose whether or not to take part in a session. It takes 10-15 minutes. (A child not wanting a massage is asked to sit and watch, do an air massage or massage a teddy if appropriate) The child should always be able to see the other children during the massage.

- The MISP instructor must be in the presence of children learning the strokes during the entire implementation programme
- MISP instructor must be a member of MISA
- The Instructor/teacher/teaching assistant must model respect and take responsibility for providing a warm nurturing environment

The MISP is divided into two main aspects:

I. First there is the basic routine of the massage strokes. The programme must not be changed except by individual children as they receive it

II. Second is the aspect of including touch and movement with learning, since children can integrate information and learn much more effectively if their body and whole being are involved. Children are encouraged to use their creativity and imagination to develop new movements, games, ideas across the curriculum. This Creative work may be undertaken additional to the programme.

Aims

To promote the wellbeing of children in the knowledge that nurturing touch is a basic need and a powerful tool to help children develop into healthy well balanced human beings.

To give children the chance to experience nurturing touch at school in a safe and creative way.

To promote an ethos of respect of self and others, as children request permission before they begin, and say thank you to each other when they finish the routine

To give the children a voice - those who do not wish to receive/give a massage can say no and sit and relax / observe, or do an air massage

To develop positive communication – children are encouraged, while practicing the massage routine, to express their preferences regarding the strokes. They can say what they like or dislike, and how much pressure and at what pace the massage should be done for them.

To encourage a sense of unity throughout the school, children will share in a full massage at least once a week, and where possible a full massage or mini massage daily.

Objectives

To improve concentration

To improve co-operation

To increase a stronger sense of self and higher self-esteem/confidence

To reduce aggressive behaviour

To encourage a calmer classroom environment

To encourage empathy and respect for their peers

To enable the children to recognize difference between good and bad touch

To encourage a more relaxed and focused feeling in the school

To discover differences between people

To encourage and development the imagination

To improve communication

How does MISIP link to the Curriculum?

It contributes to:

* Personal, health, social and citizenship education

* Healthy Schools Award

* Emotional health and wellbeing

* Social and Emotional Aspects of Learning (SEAL)

* The objectives of Every Child Matters.

Partnership with Parents

We are committed to Partnership with Parents.

A letter is sent home informing parents about MISIP and parents/carers giving them the option to opt out if they so wish.

The children can then decide for themselves if he/she wants to take part. Those not wanting to take part sit quietly, relax and observe or do an air massage, or massage a teddy if appropriate.

The children are encouraged to share the massage programme with their parent/carers and siblings at home.

Parents are given a positive action which helps calm their children

Provides an activity which the child and parent/carer can share together

Staff are happy to discuss any aspect of the MISIP policy with parents/carers should they need clarification.

www.messageinschoolsassociation.org.uk

www.messageinschool.com

Jo Osborn MISIP Instructor