
OUR LADY IMMACULATE CATHOLIC PRIMARY SCHOOL. MESSAGE IN SCHOOLS POLICY.

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 adults.
- To give children the chance to experience nurturing touch at school in a safe and creative way.
- To promote an ethos of respect for self and others, as children request permission to massage and say “thank you” at the end.
- To encourage children to use their voice. Those who do not wish to join in can observe or do an air massage.
- To develop positive communication. Children are encouraged 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.

Objectives.

- To improve focus and concentration.
- To improve co-operation.
- To increase a stronger sense of self and higher self-esteem and confidence.
- To reduce rough play and aggressive behaviour.
- To promote a calm atmosphere.
- To encourage empathy and respect.
- To enable children to recognise the difference between good and bad touch and develop a language for that.
- To engage in a common experience.
- To encourage and develop imagination.
- To improve communication.
- To start the day “learning ready”.
- To enhance learning opportunities.

The mission of the Massage in Schools Programme is “to provide high quality and professional training to all teachers and caring adults willing to bring nurturing touch into schools.”. All staff have received training, guidance and support on the use of the programme. The MISIP instructors will regularly update the skills of the teachers and Teaching Assistants. This will moderate practice and ensure that the integrity of the set strokes is not compromised over time.

Becky Hughes and Trish Daly are trained as instructors in The Massage in Schools Programme. The staff have also received training in the form of staff meetings and drop in sessions when needed.

“The vision of the Massage in Schools Programme is that every child attending school experiences positive and nurturing touch every day.....everywhere in the world.”

The Massage in Schools Programme is part of our approach to promoting the physical, social, spiritual, mental and emotional wellbeing of all children and staff. It is an inherent aspect when considering whole school approaches to learning and teaching and the behaviour and safety of pupils. The MISP helps to underpin our approaches to dealing with Bullying and promoting Restorative practices.

The Massage in Schools Programme is a programme of positive touch and clothed peer massage. The children learn a simple massage sequence which is given by the children to each other, working in pairs. The children wear their normal clothes and give massage to each other on the back, shoulders and arms.

We are committed to developing the language of choice and children choose to take part or not. The session takes about ten minutes and children who are not in a pair can sit and watch, make the shapes in the air, or massage a cushion if appropriate. The child should always be able to see the other children during the massage.

Aspects of the Massage in Schools Programme (in accordance with MISP Ethos and Principles.

- 1.The daily routine of the massage strokes: this programme should not be changed unless by individual children as they receive it.
2. The inclusion of touch and movement as part of the learning experience. This creative aspect needs to be additional to, not instead of, the agreed programme.

Other Related Policies.

The Behaviour Policy
The Care and Control Policy
The PSHE Policy.
The Staying Safe Policy.
The Anti-Bullying Policy.

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