



# LINGFIELD PRIMARY SCHOOL

Partners in Learning  
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Dear Parents,

## Massage in Schools Programme

In November 2007 we began a pilot project in year 5 introducing 'The Massage in Schools Programme', this has been gradually extended across the whole school. It is an inclusive programme of positive touch and clothed peer massage. It originated in Sweden and is now being used by schools in Britain. Children wear their normal school clothes and give massage to each other on the back, head and arms. They take part in five to ten minutes of massage daily.

We believe introducing massage into school has had huge benefits for the children and would like all new children starting at Lingfield School to join in. Mrs Niven, HLTA and Mrs Harris, TA are qualified instructors for the 'Massage in Schools Programme'.

Studies have shown that, when children give massage to each other, they become calmer, concentrate better and have more confidence. They learn to respect themselves and other children. Each child gives permission for massage to take place. If children do not want to give or receive massage they sit and watch.

The class teacher will observe the children before the programme starts and then at intervals to monitor the effect of massage on individual children and the whole group. Parents can help to make teachers aware of changes in their child at home by completing an observation sheet before massage begins and at other intervals. If parents notice anything of particular interest they can let the teacher know. Feedback so far has been extremely positive. Parents have enjoyed a massage at home!

There is an official website you can look at [www.misa.org.uk](http://www.misa.org.uk) If you require more information or have specific questions you'd like answered please come into school and see the class teacher or Mrs Niven either before school starts or at the end of the school day. Mrs Niven works in Year 3.

Please ensure permission slips are returned without delay so that your child can join in immediately.

Yours sincerely,

Ron Gandolfo  
Headteacher

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### Lingfield Primary School – Massage in Schools Programme

**PLEASE return to your child's class teacher**

**Pupil's name**

**Class**

I will allow my child to decide if she/he wishes to take part in giving and receiving clothed massage as part of the Massage in Schools Programme.

**Parent's signature**

**Date**



[www.lingfieldschool.com](http://www.lingfieldschool.com)

Surrey County Council



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