

Massage in Schools Programme

Date: 28th and 29th March 2019

9.30 am – 4.00 pm

Venue: St John's CE Primary School, Johnson Street, Radcliffe, Manchester M26 1AW

Please park on the roadside and use the upper gate, which will be signposted. Please do not use the staff car park or main school entrance.

Overview:



The **Massage in Schools Programme (MISP)** is an international movement, which works with schools, teachers and children to offer a high quality, inclusive, peer-to-peer massage programme for 4-12 year olds that can be used creatively within all curriculum areas. Children doing the simple routine of our programme lower their stress levels, increasing their chance for better concentration at school and better sleep at home. We also have reports of increased body image amongst students, a decrease in bullying, and better cooperation in the classroom. And it is in this spirit that we continue to promote our programme to schools all over the world – no matter where they are, what race, religion or beliefs they have, the benefits of the programme remain the same.

How it works

- A fun, daily, 10-15 minute adult-led peer massage routine
- Massage is given only by children, to other children
- Massage is given over clothes and only to the back, neck, head, arms and hands
- Received and given only with the child's permission
- MISP is an inclusive programme for children aged 4-12
- MISP encourages learning through positive touch games and activities and by creating massage stories
- MISP is suitable as a classroom activity or in other child-centered environments, like after school clubs

Benefits for children, teachers and their schools

- Creates a safe and happy learning environment
- Helps develop concentration and memory
- Fosters physical development through creative, kinaesthetic motor skills

- Develops respect for others and increases social inclusion and empathy
- Enables children to distinguish between appropriate and inappropriate touch
- Has resulted in a significant reduction in bullying and aggression
- An inclusive activity enjoyed by children that engages with the diverse needs of all pupils
- Enhances a school's mission statement and ethos

Who should attend?

Teachers, SENDCos, pupil premium leads, out of school staff, pastoral leads and support staff. Anyone in primary schools looking to support positive mental health and wellbeing, PSHE, SMSC, SRE, British Values and Prevent.

To help embed the programme, schools might consider sending more than one staff member.

Executive Profile – Katie Norfolk

Katie has been a MISP instructor since 2008 and a MISP trainer since 2011. She became a Master trainer in 2016 - supporting the international development of trainers. Kate has studied Psychology to Masters' level and holds a post graduate in counselling. She worked in mental health for over 7 years and has trained in and worked extensively with various talk and touch/massage based therapies. Kate has worked as a freelance wellbeing practitioner in schools across Merseyside since 2002 and can provide in house and independent trainings (both MISP Instructor and Touch and Move to Learn) as well as workshops and talks at Education Conferences.

With her unique mix of academic background, hands on therapeutic skills and wealth of classroom experience, including school governance she understands the many challenges education staff and parents are faced with. She is a director of MISA in this country and sits on the International board.