



Long Lane Primary School

Peer Massage Policy

Date	Description
16 th November 2016	Operations Committee

Review Schedule	3 Years
Next Review	November 2019

Aims

- To promote the well-being of children through the use of the peer massage technique, designed to relax and encourage team work between children.
- 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 children the chance to experience nurturing touch at school, in a safe and creative way.
- 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 between the children, encouraging them to express their preferences regarding the massage.

Responsibility

This policy is the responsibility of the staff and governors. It will be implemented by all staff and coordinated by the Head teacher & Deputy Headteacher.

Policy Statement

Peer massage results in a sense of calm and relaxation – helpful for learning and relationships. As a “peer to peer” activity, it fosters co-operation and team work. It encourages trust between peers and enables children to recognise each other’s feelings and “personal space”. All teachers, ELSAs and HLTAs delivering Peer Massage must have received the appropriate training to be able to deliver the session successfully.

Benefits

- Children become calmer and have improved concentration
- Children have more confidence and increased self esteem
- It teaches children to respect others and leads to social inclusion
- There is a reduction in bullying and aggression
- Emotional health improves
- Children develop better motor skills
- It empowers the child to be able to refuse a massage if they do not want to have one
- It encourages visualisation and kinesthetic learning
- It is fun

Guidance and Procedures

All staff and associated stakeholders should familiarise themselves with the accompanying document entitled “*Peer Massage Guidance*”.

Peer Massage Guidance

At Long Lane, it is the decision of the class teacher as to whether they want to facilitate Peer Massage within their classroom as part of their classroom practice and routines. It is not a whole school expectation and therefore it is not compulsory that it takes place in all classrooms.

All teachers, ELSAs and HLTAs delivering Peer Massage must have received the appropriate training to be able to deliver the session successfully.

Parents must have been informed that the class is intending to implement peer massage through the "class peer massage" letter. The letter must be sent prior to Peer Massage starting and giving parents at least five working days to respond.

Expectations;

- The activity is to calm and relax the children, to help their concentration, but whilst remaining fun to do.
- Children's willingness to participate should be respected at all times. If a child chooses not to take part their decision should be respected and they should be allowed to sit quietly and either observe the rest of the group or read quietly.
- It is a "peer to peer" activity through clothes, restricted to the back, head, arms and hands.
- It is a quiet activity.
- Music that is unobtrusive and calming can be played quietly alongside.
- Deep breathing exercises can be included at the beginning of each session.
- The massage strokes can be demonstrated by the teacher, ELSA or HLTA on another adult.
- The majority of strokes should be given three times. The first time the skin doesn't recognise the stroke, by the third time the skin and the brain does. The kneading style strokes are continuous strokes.

Daily Massage Routine

Peer Massage PowerPoint on Staff Shared to be used.

1. It is most important that at the beginning of the routine the children must ask each other permission to touch.
2. Begin the PowerPoint going through each slide. *(Once the children are familiar with the routine, it should take approximately 10 minutes)*
3. At end of the session, the children must say 'thank you' to each other.



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<Insert date>

Dear Parents & Carers

"Pausing a moment between an impulse and an action is a life tool. Developing this strength helps a child physiologically and emotionally. But it's a strength that must be learned - we are not born with it." Dr. Bruce Perry

Peer Massage is used in many schools to help children to reduce stress levels, develop positive relationships, and to enhance capacity or "readiness" for learning.

The clothed massage restricted to the back, head, arms and hands, and has been specially designed to bring nurturing, positive touch into the classroom. It uses the body's own resources to help to promote the improvements in concentration, attention and communication. It seeks to teach self-respect, respect for others and self-control. It is an inclusive initiative; however no child will be expected to take part if they do not wish to do so.

Peer massage results in a sense of calm and relaxation – helpful for learning and relationships. As a **"peer to peer" activity**, it fosters co-operation and team work. It encourages trust between peers and enables children to recognise each other's feelings and "personal space".

It is structured disciplined, short and practical. Children learn by being involved or by watching their friend. The peer massage stimulates the imagination, concentration and tolerance levels. They learn by practice and they internalise the information because they use all of their senses during the session. The attached PowerPoint slides show all the activities involved in Peer Massage.

Further details about 'Massage in Schools' can be found on the following websites:

<http://peacefulhands.org/>

<http://www.messageinschoolsassociation.org.uk/index.php?messageinschools>

We will be starting Peer Massage within your child's class week beginning XXXX. If you have any questions, then please return the slip below.

Every child has the option to choose whether or not to take part in all or part of the session. Please do not hesitate to contact me if you have any concerns regarding your child participating in the programme.

Yours sincerely,

<insert class teacher's name>

Peer Message – Year X

Name of child: _____

Question(s) regarding Peer Message: _____
