# Garnock Massage in Schools

Dear Parent /Carer,

Your child has chosen the Girls Magazine Group as an S1 Elective. As part of this group, we are looking at the importance of relaxation in a healthy lifestyle. We are planning to introduce a Massage programme for 4 sessions on a Tuesday Period 6.

Our programme will involve teaching the children a series of simple massage strokes, which they practise on each other, working in pairs. They always ask permission from each other first and anyone who does not wish a massage can sit out and watch. The children learn to say if they do not like a particular stroke, or the way a stroke is being done. The massage programme is carried out fully clothed in the classroom.

It has been reported with other massage programmes around the country that some of the benefits include decreased aggression, increased concentration and increased self-esteem as well as an opportunity for children to understand appropriate forms of touch and relaxation. Another benefit is that children might want to practise on willing family members!

At no time will a teacher be touching your child and if you have any concerns please feel free to contact Ms Veitch of the PE Department.

Please also fill in the enclosed form and ask your child to return it to the school by Tuesday 2nd October so that your child can be included in the programme.

Yours Faithfully

Yvonne Veitch

PE Dept, Garnock Academy

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## Massage in Schools

I give/do not give permission for my child to take part in the Garnock Girls Massage Programme.

Name of child……………………………………………………………………………………

Parent/Guardian’s signature………………………………………………………….

Date…………………………….