

I am happy for my child to participate in class massage, with the named adult discussed with his/her class teacher.

I am aware of the Risk Assessment that has been completed as part of the support plan for my child.

I understand the strategies that will be used to support my child and have been given the opportunity to discuss any questions I may have.

Name

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Signed

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Date

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St Mary's CE VC Primary
School
Skilling Hill Rd Bridport
Dorset DT6 5LA

A school is four walls around the future

At St Mary's we aim to:

- create a happy environment where children can learn and develop
- encourage respect for each other and our communities
- prepare children to get the best out of life
- provide an enjoyable and valuable education
- discover how children can fulfil their potential.

We provide education within the context of Christian belief and practice. We encourage an understanding of the meaning and significance of faith and promote Christian values. We believe in promoting understanding, tolerance and respect through a wide understanding of all faiths and beliefs

St Mary's has been at the heart of Bridport's community for over one hundred years!

Most of Bridport's parents were educated here. We have close links with all the community's organisations and services



Parent Support
Leaflet

Positive Touch



School policies on behaviour, attendance, school uniform, safeguarding, and Equality are available from the office



What is Positive Touch?

At St Mary's we believe that children need to know that we care about them. Whilst we recognise that it is inappropriate for children at school to be sat on laps or hugged, we believe that when distressed they need to be comforted. This may be by being offered a hand to hold, a squeeze around the shoulders or being able to sit close to an adult when they are scared or worried.



In some cases children may not be aware that some of their behaviours can be risky, either to themselves or others. Under these circumstances if they are not listening to an instruction we may have to guide them by using something called a 'Caring C'. This is a light, open handed hold just above the elbows, which can direct them away from the

In rare circumstances we may need to use our trained staff to work together to support a child who is unable to calm down and therefore needs to be moved to a safe area. We use the Positive Handling approach and at all times talk and explain to the child what we are doing and why, giving them opportunity to make the right choices themselves. If we need to do this then we will discuss what happened and why with you. If this is likely to happen again then we will work together with you and any other professionals to agree strategies to support your child and risks that may need to be considered.



Massage

The Massage in Schools Programme is an inclusive programme of positive touch and massage. It originated in Sweden and is now being used by many 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 up to ten minutes massage daily. Each movement has a story/name to help the children such as butterfly, baker or brushing the horse.



Studies have shown that, when children give massage to each other, they become calmer, concentrate better and have more confidence. At St Mary's we find that it often helps children to make good friendships within their classes, helping them get to know children they would not normally spend much time with. It also helps children to settle back into class after lunch or break times.

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.

Occasionally, we may feel it is in the best interests of the child not to take part in peer to peer massage. Where appropriate we may discuss whether a named adult can take part in this activity with the child, teaching them how to take part in a calm way and helping them learn how to join in with others without hurting them. This will always be discussed and agreed with you first.

Any parent is welcome to come and see, by prior arrangement, the Massage in Schools program in their child's class, should they have any concerns.