



Massage in Schools Program

Dear Parent/Guardian,

We are planning to introduce the Massage in Schools Program into your child's class. This program has already been successfully introduced into many schools in 22 countries worldwide, and we are so excited now to share this with our children in _____.

The Massage in Schools Program involves teaching the children a series of simple massage strokes, which they practice 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 program is carried out fully-clothed in the classroom and is built into the classroom schedule.

Some of the benefits of the program have been shown to include decreased aggression, improved concentration and increased self-esteem. Another benefit is that children might want to practice on willing family members!

It is important that you as parents/guardians have the opportunity to find out as much as possible before the program begins, so we are holding an information session to answer any questions you may have. This will be held on _____ at _____ in the school. I hope to see most of you then, as it is a highly beneficial program that children enjoy.

Please also fill in the enclosed form and bring it with you, or return it to the school by _____, so that your child can be included in the program.

Sincerely,

Massage in Schools

Please check one:

_____ I give permission for my child to take part in the Massage in Schools Program.

_____ I do not give permission for my child to take part in the Massage in Schools Program, but reserve the right to give permission at a later date.

Name of child _____

Parent/Guardian's signature _____