



Stratford – Sub – Castle Church of England VC Primary School

Headteacher: Mrs Kay Bridson B.A (Hons) PGCE



Learning for life in a positive and caring Christian community

head@stratford-sub-castle.wilts.sch.uk

Salisbury

admin@stratford-sub-castle.wilts.sch.uk

Wilts

www.stratford-sub-castle.wilts.sch.uk

SP1 3LL



01722 327 227



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Dear Parents/Carers

I am inviting you to come to a Parent & Child, Massage In School Programme (MISP) Health & Wellbeing course which I will be running. The course consists of 3 workshops at 8.10am, starting on Thursday 16th, 23rd & 30th November for 45 minutes and will be held in the school hall, it is open to the whole family. Spaces will be limited to 10 families. During the workshop we will learn about health & wellbeing, and nurturing touch. Massages will be head, back, neck & shoulders.

MISP was founded in 1990 by Maria Elmsater & Sylvie Héту, and is an international programme dedicated to promoting nurturing and healthy touch, care & respect into the schooling system and within family life, so children can grow and develop in an open, secure and safe environment. Nurturing touch is proven to calm children, improve sleep, improve concentration, improve self esteem, and improve sibling relationships. It also promotes respect, unity, and harmony. MISP can also reduce stress, bullying, and violence. I look forward to introducing MISP to you. For more information please visit [www.messageinschools.com](http://www.messageinschools.com) or do contact me direct.

Joy Harrison
Infant & Child Massage Instructor



Parent & Child, Massage In School Programme (MISP) Health & Wellbeing Course at 8.10am in School Hall on Thursday 16th, 23rd and 30th November 2017.

Name of Parents/Carers and Pupils who would like to attend .....

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Signed .....

Cost: Free of Charge