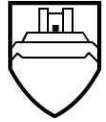




Stratford – Sub – Castle Church of England VC Primary School

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



Learning for life in a positive and caring Christian community

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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 and will run on Friday 13th, 20th and 27th March 2020. Each session will last 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 and 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.massageinschools.com or do contact me directly.

Please complete the reply slip and return to the school office by Friday 14th February 2020.

Joy Harrison
Infant & Child Massage Instructor



Parent & Child, Massage In School Programme (MISP) Health & Wellbeing Course at 15.15 in School Hall on Friday 13th, 20th and 27th March 2020.

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

Signed _____

Cost: Free of Charge