



Mrs Lisa Telling
Executive Headteacher

Silchester Road,
Reading,
RG30 3EJ
Tel: 0118 937 5533
Fax: 0118 937 5535
Direct Tel: 75533
E-mail: admin@southcote.reading.sch.uk
www.southcoteprimary.co.uk

Story Massage

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Dear Parent/Carer

As part of our day we would like to include Story Massage. Story Massage involves the use of simple movements (through clothes), associated with words that help to build up a story and create a simple massage routine to use on each other, which promotes positive and respectful touch. This has been proven aid in concentration and focus. Teachers notice the class is a lot calmer afterwards and that the children are a lot kinder and more considerate towards each other and those with whom they interact. This is due to a reduction in stress and anxiety among children. It also teaches the children the difference between appropriate and inappropriate touch and empowers them to say no if they feel uncomfortable when they are being touched.

More Benefits:

- Increases self-confidence, self-awareness and self-esteem.
- Promotes the 'feel good' hormones including oxytocin, which helps to boost general well-being.
- Reinforces the curriculum and learning.

Please note that your child has the right to decline their participation in Story Massage. If you have any questions for your child to take part in Story Massage, please discuss this with your child's class teacher. If you require further information on Story Massage, please contact our school's Massage Therapist - Sophie Webster, who is trained in Story Massage. Email: Sophie.Webster@reading.gov.uk Telephone Number: 0118 937 76517.

Year 1 teachers

Story Massage

I DO NOT give permission for to participate in Story Massage.

Signed _____ (parent/guardian) Date _____

