

INFORMATION SESSIONS FOR PARENTS, CARERS, CHILDMINDERS, TEACHERS, TEACHING ASSISTANTS, ETC.

Preparing for **Christmas**; KEEP CALM AND MISP



(**Message In Schools Programme**)



Would you like to learn a new skill? Spend some one2one time with your child?

Fits in easily with day to day life at home when you need calm time.

MISP is being taught throughout the Local Learning Community.

EITHER done at home with parent and child(ren) **OR** at school **child to child only** with their permission.

No skin to skin contact – except for on the palm of the hand.

Done over clothes on head, shoulders, arms and back.

Emotional health improves – reduces bullying and aggression – teaches children respect

Lowers stress levels in those who give and receive the positive touch

Children with additional needs can find it particularly therapeutic

Individual children improve confidence and self-esteem – also makes classroom calmer ☺

MISP is taught in over 30 countries to over 30,000 children. See website www.massageinschools.com

Friday 1st December 1:30 – 3pm repeated 3:30 - 5pm

If you have a child leaving school with high self-esteem then the education system has achieved its greatest goal. The Message In Schools Programme (MISP) helps with this objective. Roger Brown, OFSTED

at Withycombe Raleigh C Of E Primary School

☺ NO CHARGE – REFRESHMENTS INCLUDED! ☺ PLEASE LET US KNOW IF YOU WOULD LIKE OTHER TOPICS ☺

To book a place or ask for further information, please call Clare Hollingsworth on 01395-263397 ext2 and leave a message if no answer. Or just turn up! Thank you.

Feeling stressed?

Kids playing up?

Pop along to the next Friday session

Friday 1st December at Withycombe Raleigh C Of E Primary School

Preparing for **Christmas**; KEEP CALM AND MISP



It's a pop-in session

so call in for 20 minutes any time between 1:30-3 or between 3:30-5pm.



Just bring your hands and learn how to de-stress.

Kids enjoy it so bring them if you like 😊 or come with a friend and unwind together!

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