

## RACHEL MADOCKS SCHOOL

### Massage and Positive Touch Policy

*"The greatest sense in our body is our touch sense" J Lionel Taylor. The stages of human life. 1921*

#### **Aims of Massage and positive touch in Rachel Madocks School**

- To promote a sense of well being (emotionally intelligent schooling).
- To reduce stress, fear or anxiety.
- To improve concentration and skill levels.
- To aid effective communication skills.
- To aid appropriate recognition and expression of emotions.
- Development of a positive body concept.
- Development of a sense of trust.

#### **Delivery of massage and positive touch in Rachel Madocks School**

- All parents will receive an information sheet and a permission slip in the pupils starting school information.
- The permission slip will need to be signed and returned to school before a massage programme can be implemented.
- All parents have the right to refuse the use of massage with their child.
- All staff will follow structured massage programmes either in small groups or on an individual basis and only using approved massage techniques.
- All staff must complete a basic massage training course given by a trained massage therapist. They must then sign to say they have received and understood the training and techniques demonstrated to them can be used.
- ALL massage will be through clothing with the exception of hands and feet.
- Massage will only be permitted on a clients head, neck, back, arms and feet. Massage is never permitted on the front of a student.

- A risk assessment must be completed by staff before a massage session can take place in order to protect themselves and their own health as well as that of their client.
- All pupils have the right to refuse a massage and their permission must be gained before a massage can take place. They may also ask for the session to stop at any time and this request must be complied with.
- For pupils who find it difficult to make choices a baseline assessment should take place in order to determine their personal levels of expression for likes and dislikes.
- Before implementing a massage programme staff must check with the school nurse and the schools safeguarding lead for any medical, physical or other contra indications that may prevent a massage programme taking place.
- Massage should be a pleasurable experience developing a feeling of calm and well being for both the recipient and the giver. One effective well planned massage will be more beneficial than 10 hurried "fill in" massage activities.

*"There is one other especially important reason why touch is significant. It is our first most comforting experience in the world" Stanley E Jones. The right touch.*

Written by Carol Masson February 2012  
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Approved by Governors September 2017

Signed-----  
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