

# ASHGATE CROFT SCHOOL

## MESSAGE POLICY



Approved by Full Governors 5<sup>th</sup> July 2018

Minute No.: 60.4/18

### Introduction

Massage sessions provide tactile sensory stimulation to pupils who have a particular need. This need may be physical, behavioural, communicative or a combination. Some pupils may be unable to sense or respond easily to their environment. Massage can enable early responses to take place.

### Aims

- Co-operation and interaction between adult & pupil.
- Increased tolerance to handling & sharing space with one another.
- Building trust & establishing good relationships.
- Decreased aggression, stress & tension.
- Fostering communication skills, particularly non-verbal communication & developing awareness of communicative partner.
- Increased concentration & alertness.
- To promote body awareness.
- To promote physical & emotional well being.
- Reflecting in quiet moments in a generally hectic life.

### REQUIREMENTS

- Parental/Carer written consent must be obtained prior to any pupil receiving massage.
- Only staff who have received massage training or are under the direct supervision of a member of staff that has been trained should massage pupils. *Essential to remember never to apply pressure to varicose veins or*

*massage over infected skin, warts, bumps, bruises, cuts and to always cover any cuts on your own hands.*

- Staff should wash their hands prior to and after massaging each individual.
- Staff should remove bracelets, watches and all rings (wherever possible) prior to massaging.
- Only pupils' hands/arms, feet/lower legs should be massaged.
- Only a neutral carrier oil e.g. rape seed oil/sunflower oil to be used to massage pupils.
- All massage should take place where there are other members of staff present.
- Individual objectives should be set for each pupil within the context of relevant school documents i.e. IEPs, IBPs, short term planning. *Where appropriate, massage objectives should be agreed on in consultation with other professionals involved with the pupil e.g. Physio, S&LT, school nurse etc.*
- Please use this policy in conjunction with the Health & Safety Policy & the Touch Protocol.

## **RECOMMENDATIONS**

Prepare the environment so that child is positioned appropriately (*in accordance with physio and OT recommendations*) prior to massage taking place in order to create an appropriate atmosphere:

- Ensure the room is of an appropriate temperature.
- Consider the lighting e.g. use of dimmed lights, projectors, mirror balls, fibre optics etc.
- Music should be used to create a calm atmosphere.
- Use of scented candle/essential oils. *However, be aware of risk factors including contra indications due to medical needs/conditions e.g. smells triggering a seizure.*

## **Children's Rights**

Within The Massage Policy the Children's Rights which are developed are:

- Article 16 - Children have a right to privacy.
- Article 23 -Children with disabilities are provided support to participate.

- Article 28 -The Right to education.
- Article 31 - Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities.

[http://www.unicef.org/crc/files/Rights\\_overview.pdf](http://www.unicef.org/crc/files/Rights_overview.pdf)

Reviewed by Claire Jones – June 2018