



St. Cuthbert's RC First School
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Lynn Munro visited our school in September 2007 to introduce staff and pupils to Peer Massage. Since then Peer Massage has been a regular feature of life at St Cuthbert's with all classes holding Peer Massage session at least 3 times per week.

Staff, pupils and parents are all very positive about Peer Massage and Lynn recently held a training session for parents so that they can give their children a massage at home.

Peer Massage has a calming effect on children so we usually hold our sessions after the lunch break. Following sessions children are more relaxed and are better able to concentrate.

The children have taken ownership of the programme, devising their own sequences based on favourite topics. The early years children developed a massage sequence based on the popular book "We're Going on a Bear Hunt." One child said that massage "makes me feel warm and comfy" and the majority state that it relaxes them and helps them to work better.

We believe that Peer Massage has helped to build self esteem and improve levels of concentration in our children. It will remain on our timetable for a long time to come.