



Holistic Therapy Policy

Status:	NON- STATUTORY
Responsible Person:	Headteacher
Responsible Governor:	Full Governing Body
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SignedM Neale Chair of Governors

Date 19 September 2018

Table of Contents

DEFINITION OF COMPLIMENTARY THERAPIES TO BE USED.....	1
DEFINITION OF TERMS	1
Training, Supervision and Accountability.	1
CRITERIA FOR PRACTICE.	1
SETTING	2
AROMATHERAPY AND UK COSHH REGULATIONS.....	2
MANAGEMENT OF HEALTH AND SAFETY AT WORK REGULATIONS 1992 RISK ASSESSMENTS	3
APPENDICES	4
REFERENCES	4

Welcome to the Ozone.

This is a holistic therapies based unit within Penkford School.

It offers a quiet and calm place within the busy school atmosphere.

It offers a unique package to each student depending on their specific needs at the time. The student can find peace and quiet, calmness, and empathy, or a place to just be themselves.

The room has a calming lavender fragrance and classical music playing in the background.

The **Ozone** is divided into areas:

- **The Zen garden** has trees and grass and is the place to play traditional board games etc.
- **Under the sea** is where you will find the ball pool and the sand/beach.
- **Grannies kitchen** is the place to have the best hot chocolate in school!
- The students also have the opportunity to have a foot spa or a foot/hand massage.

The **Ozone** offers children a chance to catch up on their playing skills i.e. turn taking, imaginative play, social skills etc., that they might have missed in their educational journey. It is also an opportunity for students to practise talking to someone on a 1:1 basis, as a prompt for any future counselling sessions or meetings with other professionals that they may encounter on their future learning journey.

The aim of the Ozone is to

“rest, recover, return”.

This gives the student the opportunity to overcome any feelings or issues that have prevented them from taking part in a previous lesson, so that they will be ready for a new start in their next timetabled lesson.

The Ozone motto is:

“It really doesn’t matter if it’s raining or its fine, just as long as you’ve got time to PLAY away!”

Feedback from students:

“It helps me to be calm”

“It helps me when I’m angry”

“You get to play”

“Someone listens to you”

DEFINITION OF COMPLIMENTARY THERAPIES TO BE USED

The following complementary therapies are approved by Penkford School for appropriately trained staff to use;

- a) Massage using aqua based body crèmes, lotions including baby oil
- b) Massage may be used exclusively or in harmony with recognised clinical therapies.

DEFINITION OF TERMS

Massage:

A unique way of communication through touch. By using the hands to rub, stroke, and gently manipulate parts of the body (namely face, neck, shoulders, hands, feet, lower arms and lower legs) massage can help relax, improve circulation and help muscles and joints become more supple. It can also help to boost self esteem, concentration and creativity.

Training, Supervision and Accountability.

Only those staff who are appropriately trained and have been approved by the Head Teacher will carry out massage.

CRITERIA FOR PRACTICE.

- a) Teaching and support staff using massage will be familiar with the British Complementary Medicine Association Code of Conduct and work to these guidelines. (Available at <http://www.bcma.co.uk/BCMACOE05.pdf> or see appendices)
- b) Consent – Informed consent will be sought from the pupils' parents, carers, family etc prior to them taking part in massage. (see appendices for permission form)
- c) Consultation – If necessary staff will also consult with the school nurse. Medical conditions will be taken into account and relevant precautions taken, in line with contra-indications (see appendices). Dated records will be kept detailing which pupils participated in which session and which oils were used.

SETTING

Massage will be carried out in our holistic therapy base.

AROMATHERAPY AND UK COSHH REGULATIONS

- a) Aqua based body crèmes and lotions including baby oil are used rather than oils which may cause irritation.
- b) When aqua based body crèmes and lotions including baby oil are not being used they will be stored in the locked cupboard in therapy base away from heat and light.
- c) Labels must be present on ALL bottles (name, blend and date).

MANAGEMENT OF HEALTH AND SAFETY AT WORK REGULATIONS 1992 RISK ASSESSMENTS

HAZARDS:

It is accepted that massage may, unless properly controlled, create risks to members of staff, pupils or visitors. We will take all reasonable measures to reduce these risks to an acceptable level.

RISKS:

- Ingestion of oils including aqua based body crèmes, lotions and baby oil.
- Irritation to the skin caused by spillages of neat oils including aqua based body crèmes ,lotions and baby oil.
- Slipping on spilled oils including aqua based body crèmes, lotions and baby oil.
- Allergic reaction to oils including aqua based body crèmes, lotions and baby oil

CONTROL MEASURES:

- Locking oils including aqua based body crèmes, lotions and baby oil away when they are not being used and keeping these out of reach of pupils during aromatherapy and massage sessions.
- Washing spillages on skin with cold water for 5 minutes.
- Avoiding spillages by careful use of oils including aqua based body crèmes, lotions and baby oil and mopping these up immediately if a spillage occurs.
- Reading patient permission forms to ensure that use of oils including aqua based body crèmes, lotions and baby oil which result in known allergies are avoided. Using skin tests with diluted essential oils prior to use of these. Observing pupils over a period of a few days following massage with a new oil.
- Keeping vaporisers out of pupils' reach at all times. If this does occur, call a named first aider.

RISK ASSESSMENT CARRIED OUT BY:

Staff Member: Date:

Leadership Team: Date:

An additional assessment can be requested by any member of staff if they are worried about an activity. Such requests should be made to Senior Leadership Team.

APPENDICES

- a) Contra-indications sheet
- b) List of all essential oils being used
- c) Recording Information Sheet
- d) Material and Safety Data sheets (MSDS) for each essential oil.
- e) Introductory letter
- f) Parental permission form
- g) British Complementary Medicine Association code of conduct.
- h)

REFERENCES

- a) Aromatherapy and Massage for People with Learning Difficulties by Helen Sanderson, Jane Harrison with Shirley price. Hands on Publishing 1991.
- b) Hands on Publishing and Training notes, Jane Harrison 2010
- c) Aromatherapy and Massage Course notes, Jane Harrison 2010.