



DONGARA DISTRICT HIGH SCHOOL

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The Massage in Schools Program has been operating at Dongara District High School for the past five years. The program began in 2005 in a small way with Mrs Christine Waters working collaboratively with teachers and students to implement the program in individual classrooms. The school watched with great anticipation to see what the outcomes would be. The children and their teachers fully embraced the program and which ran in morning classes. The immediate outcomes included relaxed, focussed and motivated students and teachers. As the program progressed we saw positive social outcomes from the children including respect, empathy and a greater understanding of individual feelings.

The program has grown to encompass a complete coverage of classes from Kindergarten to year 7. It has been a key strategy in our Student Health and Wellbeing Priority and is used as part of our Values program. Most recently we have seen a very positive outcome with children experiencing learning difficulties where they have been able to focus more directly and achieve better learning outcomes as a result of being involved in the Massage Program.

Janine Calver
Principal
Dongara District High School

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