



# Woodrow First School

## Period Dignity Policy

<b>Signed by:</b>	
<b>Reviewed by</b>	Lisa Hinton
<b>Head Teacher</b>	Richard Kieran
<b>Chair of Governors</b>	Reg Moore <i>R. F. Moore.</i>
<b>Date Adopted</b>	10 <sup>th</sup> December 2024
<b>Date of Review</b>	December 2028

## **Introduction**

Periods are normal. They are not a choice. We either have them, have had them or know some people who do. Periods are not just a 'woman's issue', they are not dirty and not something to be ashamed of. No-one in our school should be disadvantaged because of their period. Everyone should have access to period products, as and when required, to use in private space that is safe and dignified.

This policy has been developed in-line with the following guidance:

- United Nations Convention on the Rights of the Child [www.unicef.org.uk](http://www.unicef.org.uk)

## **Aims**

All children have the right to be safe, to be treated with courtesy, dignity and respect and to be able to access all aspects of the educational curriculum and we will

- Create a culture where periods are understood, accepted and normalised. Periods are not a choice and periods products are not a luxury;
- Ensure the dignity and access to good quality, safe products to people who need them;
- Enable learners to achieve their potential by reducing any barriers they may experience due to periods, having a positive impact on pupil confidence, well-being and attendance;
- Reduce stigma/taboo in relation to periods by providing pupils with relevant, age-appropriate information on periods; and
- Enable learners to understand how to deal with period issues, hygiene and disposal of period products;

## **Staff Roles and Responsibilities**

The Governing Body are responsible for overseeing the implementation of the policy. The Key Stage 2 Leader is the Period Dignity Key Contact. She works closely with the KS2 team, lunchtime staff and the Pastoral Lead along with all other members of staff as appropriate to ensure a whole school approach.

## **Role of Parents and Carers**

Parents and Carers have a key role in explaining periods to your child and that this is a normal and natural part of growing up. It is important to acknowledge, that children mature at different rates. The NHS recommends that parents should talk about periods as part of an ongoing process rather than a formal sit-down talk. Advertisements for sanitary products may be a place to start or simply ask your child what they know. We encourage parents to talk to their child about periods when they see early signs of puberty.

## **Whole School Approach to Period Dignity**

At Woodrow we support period dignity through our provision by;

- Visibly promoting the importance of period dignity in an age and stage appropriate way;
- Challenging negative views, stereotypes, gender inequality and stigma around periods;
- Communicating period dignity and related issues through a whole school approach;

- Educating our children in an age and stage appropriate way about periods, period dignity and menstrual well-being;
- Supplying free menstrual well-being products to those who need them.

## **RSE**

RSE (Relationships and Sexuality Education) is taught throughout the school as part of PSHE (Personal, Social and Health Education) lessons. We use resources from the PSHE Association and Discovery Education. Refer to PSHE Policy.

Children as young as 8 years old may start their periods. It is important to remember periods are completely normal and natural – they are part of growing up. Period Dignity lessons are taught to all pupils in Year 4. Our aim is to ensure equality information for all children regardless of gender, ethnicity, culture and religion in a sensitive manner. Lessons are differentiated to accommodate SEND where appropriate. These activities will address the stigma and myths around periods and create an atmosphere of positivity and open communication to increase pupils' knowledge, confidence and well-being.

By providing a comprehensive Period Dignity Education, we will encourage pupils to make use of the free period products available in school, rather than wearing poor quality or unhygienic products. Children are advised of the adults they may approach if they have any issues (their class teacher, teaching assistant and the Pastoral Lead).

Sanitary products are available and a supply is kept by the Pastoral Lead. The products are replenished when necessary and the expiry dates on products are checked. Children may want to bring in their own products and a discussion will be had with key staff to agree where these will be kept.

## **Disposal of Period Products**

Period products should be disposed of correctly using the facilities provided in the school toilets. Flushing any period product down the toilet is not only harmful to the environment but may also result in drain blockages and or damage to plumbing. The KS2 girls' toilets, the Bathroom Management area and the staff toilets are all equipped with sanitary waste bins

## **Managing issues**

Staff will be vigilant for any children who are distressed or experiencing discomfort due to menstruation. Children will be treated with care and sensitivity. Pupils will be given support and there will always be a stock of towels, disposal bins, underwear and extra clothes. Staff will work alongside parents to ensure that absences are not caused by children unable to manage periods or lacking confidence.

We recognise that swimming is an important part of our curriculum and a valuable life skill. We understand that when a person is menstruating that swimming may not be an activity that they feel comfortable undertaking. A swimming day should not mean that a day has to be missed from attending school. Provision can be made while a person is menstruating that they do not have to swim. The child is able to let a trusted adult know or a parent/carer can communicate discreetly via email, phone or parent app message that their child cannot take part in swimming that week. Swimming can be accessible during menstruation with the use of items such as period swimwear, we recognise that this is based on individual preference and the right of the individual to choose what feels comfortable for them during menstruation.

Parents will be informed of any issues that arise linked to menstruation.

**Policy title** - Period Dignity and Respect Policy

**Monitoring and review** - Every 4 years or subject to any updates from NHS or government

**Links** - PSHE Policy

**Staff responsible** - Headteacher, Pastoral Lead, KS2 Staff, lunchtime staff