



Millquarter Primary School

Period Dignity and Menstrual Well Being Policy

February 2024

Period Dignity and Menstrual Wellbeing Policy

What is period dignity?

Period dignity refers to the accessibility and availability of essential care needed to support a period, in conjunction with the removal/breaking of stigma and taboo around periods.

Education is a key factor in breaking the stigma surrounding periods and promoting respect and understanding.

Aims of the policy:

This policy will address the importance of accessibility and availability of essential care in Millquarter P.S.

We aim to ensure that:

- Pupils are provided with facts about menstruation.
- Pupils are given a comprehensive understanding of menstrual wellness, and how this impacts physical and emotional wellbeing.
- Pupils understand about menstrual hygiene – essential facts and how to deal with related situations.

The aims of this policy support the values, ethos, moral and ethical framework of our school. Our mission statement:

We are an inclusive Catholic School that aims to create a caring, happy community where pupils, staff and parents have a sense of belonging.

Our central purpose is to maximise each child's potential, and to nurture well balanced pupils who can cope with the responsibilities of life. We, the Governors and staff believe the school to be a vital part of the Catholic community. We are firmly committed to:

- The aims of Catholic Education
- Providing effective education for our children
- Developing positive pastoral care systems in our school
- Establishing close links with the home, the parish, and the wider community.

While the essential nature of our school is Catholic we are happy that children from families of other faiths choose to come to Millquarter and their presence enhances the experiences afforded to our children.

The policy is also linked to other school policies such as:

- Child Protection/Safeguarding policy
- Pastoral Care policy
- RSE policy
- SEN policy
- Positive Behaviour policy
- Anti-Bullying policy
- Confidentiality policy
- Equality and Diversity policy

- Health and Safety policy
- Mental Health and Wellbeing policy

Period Dignity and Menstrual Wellbeing Policy

The policy takes account of and has been developed in line with the following guidance: •
The Equality Act (Sexual Orientation) Regulations (Northern Ireland) 2006
www.legislation.gov.uk

- United Nations Convention on the Rights of the Child (UNCRC) (www.unicef.org.uk)
- Every School a Good School, Together Towards Improvement and Community Relations, Equality and Diversity in Education Policy (www.deni.gov.uk)
- Menstrual Well-being in the RSE Curriculum
<https://ccea.org.uk/learningresources/relationships-and-sexuality-education-rse/menstrual-wellbeing>

Roles and Responsibilities:

The Period Dignity and Menstrual Wellbeing program is a whole school initiative, involving pupils, parents, teaching staff and governors. The policy is available to parents on our school website and paper copies are also available from the school office upon request. Parents are given information about period dignity and the sanitary items available for pupils in school. They are also provided with helpful links to support conversations they may have at home with their children.

The Board of Governors are responsible for overseeing the implementation of Period Dignity and Menstrual Wellbeing as they review all relevant policies and liaise with key members of staff.

The policy will be reviewed February 2028 by the Principal

Whole school Approach to Period Dignity and Menstrual Wellbeing:

RSE is taught throughout the school in every key stage through the Grow in Love Catechetical Series and PDMU. Period Dignity and Menstrual Wellbeing lessons are delivered in a manner sensitive to age, maturity and ability to Primary 7 girls. These lessons create an atmosphere of positivity and open communication to increase pupil's knowledge, confidence and well-being around periods and menstrual wellbeing. Pupils are informed of the Period Dignity and Menstrual Wellbeing scheme and the items available to them in school. They are advised of the teachers they should approach if they have any issues. The products will be available in the Primary 7 girl's toilets. It is not the policy intention to make blanket provision of period products for all pupils but to ensure products are available to learners when they need them. Affordability will be more of a factor for some pupils than others, and they may wish to avail of the scheme to meet their needs throughout the

academic year, in school and by taking products home. Other pupils may need to access the scheme because they have started their period in school unexpectedly or have forgotten to bring period products with them.

Access to free products can:

- promote equality;
- help keep young girls in school;
- increase concentration in class through not having to worry about lack of period products or leaking;
- increase confidence to participate in sports or other extracurricular activities;
- support good health; and
- prevent menstruating pupils from having to make decisions to either wear the wrong product, substitute a poor-quality product or toilet roll, or wear a product for longer than is safe.

Links across the curriculum

The understanding and knowledge of Period Dignity and Menstrual Wellbeing will be taught mainly through our RSE and PDMU curriculum. The emotional health and well-being of pupils is a key priority in our SDP, and therefore a whole school focus.

The Period Dignity program compliments work being carried out in Shared Education as we focus on mutual respect and the rights of the child. RSE and PDMU lessons are centred around growth, understanding and developing knowledge and understanding of ourselves and others.

Managing issues

Staff will be vigilant for any pupils who are distressed or experiencing discomfort due to menstruation. Pupils will be treated with care and sensitivity. They will be given support and the designated toilets will always be well stocked up with towels and there will be access to a disposal bin. Staff will work alongside parents, to ensure that absences are not caused by pupils unable to manage periods or lacking confidence. Parents will be informed of any issues that arise.

MONITORING AND REVIEW

This policy will be reviewed and updated every four years and presented to governors or approval.

Signed..... (Principal) Date:

Signed..... (Chair) Date: