

Carr Primary School

Period Dignity Policy



From small beginnings come great things

2023

1. Aims of the Policy

This policy will address the importance of accessibility and availability of essential care in Carr Primary School.

We aim to ensure that

- Pupils are provided with facts about menstruation;
- Children are given a comprehensive understanding of menstrual wellness, and how this impacts physical and emotional wellbeing;
- We educate children about menstrual hygiene – essential facts and how to deal with related situations; and
- Negative attitudes, myths and stereotypes are challenged

This policy 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>

The policy will be reviewed June 2024 by the Period dignity key contact (Mrs Stevenson) and the Principal (Mrs Bryans).

2. Our Ethos

Carr staff are highly committed to the care and well-being of each child, have a deep sense of pride in our school and community, and work together to contribute to the holistic development of all children entrusted to our care.

We seek to provide a safe environment to break the stigma surrounding periods and promoting respect, understanding and open discussions about what people may experience when menstruating.

Period Dignity is an integral part of the development of our pupils in line with the following Pastoral and Safeguarding policies:

- Child Protection policy
- Intimate Care policy
- Pastoral Care policy
- RSE policy
- SEN policy
- Positive Behaviour policy
- Anti-Bullying policy
- First Aid policy

3. Roles and responsibilities

The Period dignity 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. Parents are given information about period dignity and the sanitary items available for pupils in school through Seesaw, the school website and the Parent Forum. 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 as they review all relevant policies and liaise with key members of staff.

Mrs L Stevenson (SLT and Designated Teacher) is the Period Dignity Key Contact. She works closely with Mrs Bryans (Principal and SENCO) and all staff members to ensure a whole school approach. Mrs Stevenson and Mrs Bryans have availed of curriculum teaching materials and Online Teacher Professional Learning provided by CCEA. They will continue to follow CCEA guidance and any further Period dignity circulars to equip themselves for teaching effectively using relevant and current information.

4. Whole-school approach to period dignity

RSE is taught throughout the school in every key stage as part of PDMU using cross curricular themes, practical activities and group/partner work.

Period Dignity lessons are taught in gender groups by Primary 7 teachers in term one. Our aim is to ensure equality and information for all children regardless of gender, ethnicity, culture and religion in a sensitive manner. Lessons will be differentiated to accommodate SEN pupils where appropriate. These activities will address the stigma and myths around periods and create an atmosphere of positivity and open communication in order to increase pupil's knowledge, confidence and well-being. The children will be challenged to discuss, ask questions and make decisions to equip them for real situations. By providing a comprehensive period dignity education, we will encourage pupils to make use of the free period products provided in school, rather than wearing poor quality or unhygienic products. Pupils have an opportunity to give feedback on their learning throughout Period Dignity lessons and via the School Committee about the availability of period products in school.

The program will also be monitored and reviewed by Mrs Stevenson.

Children are informed of the period dignity scheme and the items available to them in school in September. They are advised of the teachers they should approach if they have any issues (Mrs Stevenson, Mrs Knox and Mrs Bryans). The products are ordered after consultation with staff and pupils to ensure suitable items are purchased. A range of sanitary towels and underwear are available for girls in the bathrooms and a supply is kept by Mrs Stevenson, Mrs Bryans as the P7 teacher and classroom assistants. The products are stored and replenished by these members of staff when necessary, checking expiry dates on a termly basis.

5. Links across the curriculum and to the wider life of the school

The understanding and knowledge of period dignity and menstrual well-being will be taught mainly through our PDMU and RSE curriculum, with links to ICT, WAU and Literacy. The emotional health and well-being of pupils is a key priority in our SDP, and therefore a whole school focus. RSE, PDMU and EHWP lessons are centred around growth, understanding and developing knowledge and understanding of ourselves and others. Our whole school focus on EHWP reinforce the messages of period dignity and well-being. REACH support workers and the learning support teacher are available to work with pupils in class, group and individual settings in order to raise self-esteem and promote healthy attitudes.

6. 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 the bathroom will always be well stocked up with towels, 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. Parents will be informed of any issues that arise.

Policy Agreed by the Board of Governors

(Chair of the Board of Governors)

June 2023

Review Date: June 2024 or at such times as new guidance becomes available or relevant legislation is passed