



HART MEMORIAL PRIMARY SCHOOL AND NURSERY UNIT

Period Dignity/Menstrual Wellness Policy

January 2025

Abstract

This Policy was created to outline the current provision for Menstrual Wellness and Period Dignity in Hart Memorial Primary School and Nursery Unit. It was devised in line with relevant documentation, current practice, and stakeholder consultation.

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Definition

'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, understanding and open discussions about what people may experience when menstruating.'

AIMS

To promote period dignity and tackle period poverty while helping learners to reach their potential.

This policy aims to support the values, ethos, moral and ethical framework of Hart Memorial Primary School. This will inform education and awareness around Period Dignity/ Menstrual Wellbeing in an inclusive and equitable manner. The policy links to the School Development Plan through PDMU and Pupil Health and Wellbeing.

Being mindful of the ethos of Hart Memorial Primary School and the needs of each individual staff member and pupil, we will promote a framework that encourages the following:

- a respect for self
- a respect for others
- commitment, trust, and bonding within relationships
- an exploration of the rights, duties and responsibilities involved in each unique individual or circumstance
- honesty with self and others
- self-discipline
- the difference between right and wrong
- responsibility for one's own actions/choices
- a development of critical self-awareness for themselves and others

Roles/ responsibilities of staff

Teachers provide general educational advice around keeping fit and healthy to all pupils as part of the curriculum through wellbeing and staying healthy.

This general advice can be given to pupils individually or within group discussions in whole class settings.

Teachers can provide all pupils with information about where, and from whom, they can receive confidential advice and support relating to Period Dignity and Menstrual Support.

Only appropriate medical professionals should give medical advice to pupils and staff.

Any disclosures that might suggest a pupil or staff member is at risk are reported as outlined in the Child Protection Policy and should be forwarded with high alert via CPOMs to our school safeguarding team.

Pastoral Care – addressing issues that affect young people in relation to periods or period dignity will be addressed through separate lessons and will involve engaging with female pupils to determine how and where period products are made available.

Hart Memorial Primary School will provide extra support for those pupils who have an SEN statement of need, considering the gender, culture, religion, and age range of pupils in the school and through consultation with parents.

Mrs S. White is the designated teacher in charge of Period Dignity products for Hart Memorial Primary School; she is also the teacher in charge of discussing/exploring the topic and relevant information with female pupils. To this, she, a series of lessons are taught to P6 and P7 female pupils with the following content shared:

- Changes in the Bodies of Girls during Puberty
- The Menstrual Cycle – The Facts
- Period Wellness – Physical and Emotional Wellbeing
- Period Hygiene and How to Deal with Related Situations
- Location of FREE Period Products in school/where to use etc.

Parents

As a parent/ guardian has the legal right to decide whether their child takes part in period dignity lessons, all parents/ guardians will be consulted prior to any lessons being taught. Withdrawal from lessons on period dignity, period equality and menstrual wellbeing is the decision of the parent/ guardian with legal responsibility. Consultation about this policy will be shared with parents/ guardians at all review stages and a letter outlining the lesson content will be shared with parents or carers annually.

Outside Agencies

As part of our response to supporting our pupils, we engage *Love for Life* to further support female pupils regarding changes in their bodies. This is done as a one off lesson, usually in term 3 of Primary 7.

Policy Links

- Child Protection policy/ Safeguarding policy
- Pastoral Care Policy
- RSE policy
- SEN policy
- Positive Behaviour policy
- Anti-Bullying policy
- Code of Conduct (Appendix in Child Protection Policy)

This policy takes account of The Equality Act 2010 (Sexual Orientation) Regulations (Northern Ireland) 2006; <https://www.legislation.gov.uk>

Period Dignity Guidance for schools www.ccea.org.uk

This policy contributes to Every School a Good School, Together Towards Improvement and Community Relations, Equality and Diversity in Education Policy. <https://www.education-ni.gov.uk/articles/promoting-community-relations>

This policy supports the Children and Young People's Strategy for Northern Ireland. <https://www.education-ni.gov.uk/publications/children-and-young-peoples-strategy-2020-2030>

Monitoring, review and evaluation of this policy

This policy will be under periodic review and take into consideration strategies for gathering and disseminating the most current and relevant information and related research to inform planning and ensure relevance.

Any changes in provision or policy will be relayed appropriately. The review process will be assisted by information from teachers, which will have been gained through the teaching situation. Feedback from parents, outside agencies and pupils will also feed into the review process. Necessary changes in policy will be implemented.

Policy Review/ Design/ Implementation

Designed/Renewed	January 2025
Reviewed by Principal	January 2025
Reviewed by Staff	January 2025
Reviewed by Parents/Guardians	January 2025
Reviewed by Governors	
Ratified by Governors	
Implemented	

Chairman:

Date:

DRAFT