

# Rathmore Primary School



## Menstrual Well-being and Period Dignity Policy

Date Ratified:	May 2023
Date of Review:	May 2024

This policy has been written following a consultation process, ratified by the Board of Governors and communicated to the school community as required. It will be monitored and reviewed as part of the school's policy review schedule.

## Menstrual Well-Being and Period Dignity Policy

### Article 24:

Every child has the right to the best possible health.

#### The School Ethos

Rathmore Primary School seeks to be a vibrant, caring community dedicated to the development of each pupil. Through a culture of high expectation, pupils will learn the knowledge, attitudes and skills they need to realise their full potential, excelling now and in the future. Together we are committed to fostering independence and responsibility, individually and collectively.

The policy is founded on the principles of the United Nations Convention on the Rights of the Child and reflects the ethos of our school.

#### Rationale

The NI Executive agreed in December 2020 that free period products should be made available to all schools from September 2021. The Period Dignity Project is currently proceeding on a pilot basis. 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.

The general principles which underpin our work are:

- [The Equality Act \(Sexual Orientation\) Regulations \(Northern Ireland\) 2006](#). This is available at [www.legislation.gov.uk](http://www.legislation.gov.uk)
- Reference to the relevant sections of [UNCRC](#), available at [www.unicef.org.uk](http://www.unicef.org.uk)
  - Article 3 – The best interests of the child must be a top priority in all decisions and actions that affect children.
  - Article 6 – Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.
  - Article 24 – Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment and education on health and well-being so that children can stay healthy.
- [Every School a Good School, Together Towards Improvement](#) and [Community Relations, Equality and Diversity in Education Policy](#). These documents are available at [www.deni.gov.uk](http://www.deni.gov.uk)

#### Every School a Good School

- The interests of pupils rather than institutions must be at the centre of efforts to improve educational achievement and tackle underachievement

- Equity of access and equity of provision as well as a continuum of provision for a diversity of need
- Recognition that the improvement process is a collaborative one, requiring communication and co-operation within the school and between the school and its parents and the wider community that it serves.

### Children and Young People's Strategy

Children and young people are:

- physically and mentally healthy
- enjoy play and leisure
- learn and achieve
- live in safety and stability
- experience economic and environmental well-being
- make a positive contribution to society
- live in a society which respects their rights
- live in a society in which equality of opportunity and good relations are promoted

This policy complements and supports a range of other school policies and procedures for:

- Child Protection policy or Safeguarding policy
- Pastoral Care Programme
- RSE policy
- SEN policy
- Positive Behaviour policy
- Anti-Bullying policy
- Environmental policy
- Policy on using outside agencies and vetting arrangements
- Confidentiality policy
- Intimate Care
- Educational Visits
- Attendance

### Aims

- Enable learners to understand how to deal with period issues, hygiene and disposal of period products
- Enable learners to achieve their full potential by reducing barriers they may experience due to periods
- Promote period dignity in school and ensure that everyone who needs them has free access to period products
- Ensure parents, staff and pupils understand the term 'period dignity.'

- Have a positive impact on pupil confidence, well-being, attendance and attainment

### Confidentiality and Child Protection

Confidentiality cannot be guaranteed. Where there is a disclosure by a child of abuse, child protection procedures will be implemented. If any disclosures are made, confidentiality will be maintained and teachers will follow agreed procedures set out in the Child Protection Policy.

The safeguarding team meet regularly to discuss any issues that arise pertaining to the health and well-being of our pupils. We ensure that strategies are in place for any child who may need extra support when dealing with any topics covered within RSE lessons.

### Parents of P6 and P7 Girls

A Period Dignity Letter will be sent home each September to outline the programme.

### Girls

Period dignity will be discussed with P6 and P7 girls. They will know who the contacts are within school and where they can get sanitary products when required. This will also be covered through the RSE and PDMU curriculums provided in school.

Important considerations are the:

- degree of trust, respect and positive regard for pupils;
- relationships between the teacher and pupils, and between the pupils themselves;
- All pupils are made to feel safe and secure and in accordance with relevant pastoral care and safeguarding policies.
- Ensure adequate support is in place for pupils, taking into consideration CLA pupils, children with SEN requirements and pupils living in difficult home circumstances
- An atmosphere of inclusion and understanding is promoted consistently, regarding differences in race, age, disability, ethnicity, religion, culture.

### Terminology

In teaching issues related to period dignity, teachers will use the correct biological terms for parts of the body.

### Monitoring and evaluating

The Period Dignity Policy will be evaluated by the period dignity leader. The senior leadership team will review the period dignity policy initially and every two years thereafter alongside the RSE policy. The senior leadership team and period policy leader will evaluate to ensure the aims of the Policy have been met. The pupils will be given an opportunity to comment and evaluate.

## Roles and Responsibilities

The Board of Governors – approves and ratifies the Policy

The Principal – ensures a co-ordinated approach to period dignity and consults with the Board of Governors, Staff, Parents and children.

Staff – Provide a link and have a complementary role with parents.

## Programme

- Must be relevant and developmental
- Must be accessible
- Must be a positive experience
- Must address special needs
- All materials used will reflect the ethos of the school and will be vetted by the Period Dignity Leader, Senior Leadership team and Governors. They will be age-appropriate, inclusive and sensitive to the needs and experiences of all pupils. Also factually accurate, up-to-date and make clear distinctions between fact and opinion.