

Rathmore Primary School



Menstrual Well-being and Period Dignity Policy

Date Ratified:	May 2026
Date of Review:	In line with the school's schedule for policy review.

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.

Article 24:

Every child has the right to the best possible health.

The School Ethos

At Rathmore, we strive to create a safe and inclusive community where everyone is treated with respect and kindness and where each individual feels valued, accepted, and encouraged to be themselves. We celebrate diversity and promote teamwork, nurturing positive relationships and a strong sense of belonging.

Through meaningful learning experiences, we inspire curiosity, resilience, and personal growth, empowering our pupils to grow with confidence, embrace challenges, and contribute positively to the world around them.

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. Rathmore is part of this NI Period Dignity Project. 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
- Reference to the relevant sections of [UNCRC](#), available at 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

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.

Parent Communication

A Period Dignity Letter will be sent home to the parents of P6 and P7 girls, to outline the programme prior to its commencement.

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.

Period Dignity Programme

- Will be relevant, positive and developmental.
- Will be accessible and inclusive for pupils with 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. Materials will be age-appropriate, inclusive and sensitive to the needs and experiences of all pupils. The Programme will be factually accurate, up-to-date and make clear distinctions between fact and opinion.

Roles and Responsibilities

The Board of Governors oversee the Menstrual Well-Being and Period Policy alongside the school's policies.

The Principal and Period Dignity Leader will ensure a co-ordinated approach to period dignity.

Staff provide a link with the children in their care and have a complementary role with parents.

Monitoring and Evaluating

The Period Dignity Policy will be evaluated by the period dignity leader. The pupils will be given an opportunity to comment and evaluate. The policy will be monitored and reviewed as part of the school's policy review schedule.