



PERIOD DIGNITY POLICY

At Stenson Fields Primary School we aim to have a school where:

Children become independent, confident individuals with a love of learning..

Children excel in their learning and achievement and make rapid progress

Children engage in a rich and varied range of experiences, providing skills for life..

Children show respect and tolerance.

Learning and teaching are at the heart of everything.

We reward achievement and recognise the successes of our pupils.

There are consistently high expectations for all across the whole curriculum.

We work closely with parents and the wider community.

Our school ethos:

CARES

Caring, Achieving, Respecting, Enjoying, Supporting

Care for each other and our school

Always try our best

Remember our manners

Enjoy learning

Support each other

Aims of the Policy:

This policy will address the importance of accessibility and availability of essential care in Stenson Fields 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.

- Pupils are provided with the facts and are given opportunities to clarify their knowledge and understanding.

This policy has been developed in line with the following guidance: The equality act 2010; United Nations Convention on the Rights of the Child (UNCRC) (www.unicef.org.uk) and Relationships Education, Relationships and Sex Education (RSE) and Health Education 2025.

Our Ethos

The members of staff in Stenson Fields Primary School are highly committed to the care and wellbeing 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 girls may experience when menstruating.

Period Dignity is an integral part of the development of our pupils in line with the following policies: Child Protection Policy; Intimate Care Policy ; Safeguarding Policy; RSE Policy; SEND Policy; Positive Behaviour Policy; Anti-Bullying Policy and First Aid Policy.

Roles and Responsibilities

Following our RSE policy, our aim is to ensure age-appropriate, sensitive, and relevant information on puberty (including menstruation) is provided for both boys and girls, regardless of ethnicity, culture and religion. SEND pupils will be supported through an adaptive curriculum and personalised 1:1 learning when appropriate (see RSE policy for more detail). Puberty is taught in the first term of year 5 and revisited in the last term of year 6.

Puberty lessons will focus on the facts around periods and create an atmosphere of positivity and open communication in order to increase pupils' knowledge, confidence, and wellbeing. As part of these activities, children may discuss, ask questions, and make decisions to equip them for real situations. By providing appropriate period dignity education, we will encourage pupils to be confident at asking questions and seeking help and support from staff when needed. Male and female pupils will be taught together and also provided with further opportunities to ask and answer questions in single-sex groups. Further 1:1 support is given when needed. An 'enable table' will be used to support teaching lessons on menstruation in order for pupils to familiarise themselves with a range of period products. Menstrual pads can be obtained from the class teacher should pupils require them.

Emotional support will be provided on a needs basis to help support and guide pupils who start their period at primary school and/or who have further questions.

Designated bins for period products are installed in the KS2 toilets (years 3-5) and the disabled toilets. Information signs are displayed in years 5 and 6 toilets which give instructions on how to change a period pad. These include Widgit symbols to make them accessible to SEND pupils. We also use social stories to support this.

Staff will work alongside parents to ensure that absences are not caused by children unable to manage periods, or lacking confidence with their own intimate care. Parents will be informed of any issues that arise.

This policy will be reviewed by the governing body and head teacher.

Date: 6/6/26

Date approved by governing body:

Date approved by head teacher:

Date for review: