



PERIODS AND PUBERTY SUPPORT AT OUR SCHOOL

Our Mission	We are committed to supporting students through their periods and puberty by providing education, access to products, and emotional support in a safe and respectful environment.
Year 7 Girls Assembly	Year 7 girls attended a dedicated assembly delivered by our School Health Nurse and trained student leaders. The session covered what periods are, what products are available to them, what is normal, and where to get help.
Free Period Products	During a break time in term 1, students were given free period products by the student leaders, including pads (sanitary towels), tampons and the NEW period underwear. We wanted to ensure that no students should miss learning because they lack the access to essentials.
Products available in school	Period products are stocked in all female bathrooms and are also available from reception for any student who needs them.
Upcoming Puberty PSHE Session	Year 7 students will receive a structured PSHE lesson about puberty, including information on periods, hygiene, body changes and emotional wellbeing.

How could you help or support your child?

Encourage Open Conversations	<ul style="list-style-type: none">● Start conversations early and keep it 'normal'.● Create a safe and comfortable environment. Reassure your child that no question is a silly question.● Use every day opportunities. eg. When buying toiletries, ask your child if they need a top up of their products.● Teach practical skills. eg. How to use different products, how to change products, how to track their cycle.● Signpost support at school. This could be: The School Health Nurse, one of our student leaders, their tutor or Mrs Allen as PSHE lead.
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