

# St. Patrick's Primary School

## Period

## Dignity

## Policy



May 2022

## **Period Dignity Policy**

### **Aims of the Policy:**

This policy aims to address the accessibility and availability of essential care needed to support young girls during their period in St. Patrick's Primary School. It also aims to remove the stigma around periods.

In St. Patrick's Primary School, the staff aim to promote period dignity and tackle period poverty, helping learners who menstruate reach their potential. Period poverty generally refers to poor menstrual knowledge and/or access to period products.

### **Objectives of the Policy:**

The children who need support during their periods will feel comfortable approaching the designated members of staff or their class teacher. Period products will be readily available when required. The young girls will be confident attending school in the knowledge that products are available to them, enabling them to reach their full potential.

This policy has been developed in line with the following guidance:

- The Equality Act (Sexual Orientation) Regulations (Northern Ireland) 2006  
[www.legislation.gov.uk](http://www.legislation.gov.uk)

- United Nations Convention on the Rights of the Child (UNCRC)  
([www.unicef.org.uk](http://www.unicef.org.uk))

- Every School a Good School, Together Towards Improvement and Community Relations, Equality and Diversity in Education Policy ([www.deni.gov.uk](http://www.deni.gov.uk))

- Menstrual Well-being in the RSE Curriculum

<https://ccea.org.uk/learningresources/relationships-and-sexuality-education-rse/menstrual-wellbeing>

### **Our Ethos:**

The staff of St. Patrick's Primary School are highly committed to the care and well-being of each child, have a deep sense of 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 promote respect, understanding and open discussions about what people may experience when menstruating. Period Dignity is an integral part

of the development of our pupils in line with the following Pastoral and Safeguarding policies:

- Relationships and Sexuality
- Intimate Care
- Safeguarding
- Pastoral Care
- Religion
- PDMU
- Health Education
- Positive Behaviour
- Confidentiality
- Anti-Bullying Policy
- SEN

### **Period Dignity Scheme:**

The DE piloted the Period Dignity Scheme throughout schools in NI. Our Primary 6 and 7 girls and their parents were consulted on the scheme. As a result, some girls volunteered, with consent from their parents, to be part of a Period Dignity Group within the school.

### **Background to the Period Dignity Group:**

It was decided that P6/7 girls who have experience using period products would form the Period Dignity Group to help with various roles in school. The designated teachers met with the group of girls and decided how the products would be provided throughout the school and how these products would be restocked and monitored. The designated teachers involved with these children are Mrs Jane McLaughlin and Mrs Marie McSheffrey.

The girls decided that the products should be put in sports bags and hung behind the bathroom doors in the toilets in the Primary 7 areas. A letter was then written by the group to parents to inform them of where the products are, so if other children need them in the future, they will be aware of where they are. The staff in Primary 6 and 7 were also made aware of where the products are and the children can approach their class teacher or assistants at any time.

The group then designated some girls from their group to monitor the products in the bathrooms and restock when necessary. They decided that the extra products should be kept in the Primary 4 storeroom where the girls have access to them when required.

This practice will be reviewed annually and a new Period Dignity Group will be set up each year.

**Roles of Period Dignity Group:**

- Meet regularly with designated teachers.
- Restock the products when necessary.
- Support other pupils who may need reassured in school.
- Bring any concerns or suggestions to the meetings.
- Assist with any letters or the policy related to this topic.

**Other Roles and Responsibilities:**

The Period Dignity Scheme is a whole school initiative, involving pupils, parents, teaching staff and Governors. The policy is available to parents on our school website and paper copies are also available on request. Parents are given information about period dignity and the period products available for pupils in school. They are also provided with helpful links to support conversations they may have at home with their children. The Board of Governors is responsible for overseeing the implementation of Period Dignity. Mrs Jane McLaughlin and Mrs Marie McSheffrey will continue to follow CCEA guidance and disseminate any further information of the Period Dignity Scheme in schools. They will be responsible for updating the policy.

**Consultation of the Policy:**

The Period Dignity Policy was written in consultation with the designated teachers and the Period Dignity Group. The girls gave their input and ideas to include in the policy. It was then shown to the staff for their approval and suggestions. The Policy was presented to the Board of Governors to be ratified and adopted by the whole school community. The policy will be reviewed and updated on a regular basis, in line with new regulations in relation to this topic.

This policy will be reviewed in September 2022 by the Period dignity key contacts Mrs Jane McLaughlin and Mrs Marie McSheffrey.

**Education and Learning:**

As the children progress through the school from Foundation Stage to Key Stage 2 they learn many topics about how living things change and develop.

Foundation Stage:

The children learn the names of the main body parts

They learn about how we keep our bodies clean and healthy  
They identify what makes them special and different  
They learn about the growth of animals and plants

**Key Stage 1:**

The children learn to recognise and manage their feelings  
They learn to recognise the reasons for a healthy lifestyle  
They learn about human growth and changes  
They learn about the life cycle of plants and animals

**Key Stage 2:**

The children learn how to manage their feelings in a positive way  
They learn about the benefits of making healthy choices  
They learn about how the body grows and develops  
They learn about how responsibilities change as they get older

**Medication:**

Children who need paracetamol in school for pain relief will have a consent form signed by their parents. The medication will be kept by the designated teachers in a locked cupboard and the children will approach them when required. A record will be kept of who received paracetamol with date and time of dosage.

**Feedback from the Period Dignity Group:**

The girls were asked about their experience this year being part of the Period Dignity Group. Here are some of their responses:

The group made us feel more open to talk about periods.  
The products helped us to stay in school when we took our periods.  
We now know how to help someone else who takes their period in school.  
The sanitary bins in the toilets are very useful.  
It helps to know other girls in school also have their periods and meet girls from other classes.  
This group gave us more confidence to talk about the topic.  
It is handy not having to bring period products to school in our schoolbags and having the products close at hand in the bathrooms.