



Heartwood CE VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF

Tel 01760 721357 | Fax 01760 720193

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Headteacher Mrs Emily McMillen

Deputy Headteacher Mrs Rebecca Starman



October 2023

Supporting girls at Heartwood when they start their periods

Some girls will be at primary school when starting their periods and this can be a worrying time for the child and the parents. We are writing to inform you of how we prepare the children for this stage of puberty and ease any anxieties that they may have.

We suggest that when your child starts their period that you inform the class teacher so that they are aware and can support them through this next chapter, also being aware of things such as needing to leave the classroom/ offering emergency sanitary towels.

Our life skills curriculum covers puberty and the changes this brings, this includes learning about periods/ the menstrual cycle, which is taught prior to children starting to ensure they have all the knowledge that they need.

Sanitary bins

These are in the key stage 2 girls' toilets; female pupils will be shown where they are located.

Emergency supplies

As a school we stock emergency supplies of sanitary towels, in case a child has ran out or starts when at school. Class teachers will keep these and support discreetly. Parents/carers will have to supply the child with them daily as our stock is limited. If you are struggling financially with this, please speak to Miss Fisher our Family Support Worker for advice.

We hope this provides you with reassurance and ease.

Emily McMillen
Life Skills Leader



Artsmark
Silver Award
Awarded by Arts
Council England

Learn to Love – Love to Learn!
'Live life in all its fullness.' John 10:10



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