

8th December 2021

Dear Parents/Carers,

This week we will be delivering an assembly to all year 7 and 8 girls about periods.

The aim of this assembly is to help girls:

- Understand the menstrual cycle
- Understand what to expect during a period
- Learn how to manage periods while continuing with normal activities

The session will be delivered by our First Aid and Wellbeing Lead, Miss Carpenter, and the Assistant Head of Year 7, Miss Bell. It will help the children to understand how they are, or will be, developing and tackle issues that are part of growing up, in a safe and nurturing environment. Students will be guided through the session and have an opportunity to ask questions.

The information will help them build greater knowledge and understanding, leading to confident, healthy, and independent lives. Children talk about these issues amongst themselves and can sometimes pick up misleading information. It is important that they are given the facts in a caring and factual way. Research shows that children want to talk about growing up with their parents and carers as well as in school.

The assembly is a part of a series of Puberty, Sex and Relationship sessions delivered within the PSHE/Wellbeing programme. Further sessions will be taught to all students after the Easter break. Learning about the menstrual cycle is a statutory requirement which the students should have learnt about during KS2. Due to covid and lockdown we have identified that there are some gaps in their knowledge, and we plan to help with this.

If you wish to discuss this further, please do feel free to contact myself at any time.

Kind regards,

Mr Parks
PSHE Lead