

**Euston Street P.S.**

**& Nursery Unit**

**Period Dignity Policy**

**Commitment to keeping policies live!**

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| **Date the plan came into effect** | **November 2022** |
| **Who is responsible for this document** | **Mrs Toye, SLT, Board of Governors** |
| **Issued to** | **Parents, staff** |
| **Other related policies** | **Safeguarding & Child Protection, Pastoral care, Toileting & Intimate Care** |
| **Reviewed** | **December 2025** |

**Euston Street Primary School**

**Period Dignity Policy**

**Mission**

*‘Achieving Excellence Together’*

*‘To work together for excellence in: our learning; our school; our community; and our future’.*

Our purpose therefore is to be an excellent school. We continually strive for excellence in every area of school life. To achieve this aim we must always have the right school **vision and values** and these must be at the heart of all that we do, including our School Development Plan.

**Vision**

In order to achieve excellence in each aspect of school life, our vision is:

*'To create a safe, happy learning community. A community where together, we inspire and equip our pupils so that they fulfil their potential, use their talents and follow their dreams now and always.’*

**Values**

We believe that our school is a place where the child is at the centre.

*‘We value kindness, integrity, hard work and mutual respect.'*

Good attendance at school is essential for a pupil’s education and establishes a positive working ethos early in life.

**Introduction**

The purpose of this policy, as with all of our policies, is to support us as we strive for excellence in every area of school life. To achieve this, we must always have the right school **vision and values** and these must be at the heart of all that we do, including our engagement with parents and guardians.

This policy outlines the ethos and activities that are followed when supporting and providing information for pupils with regards to periods.

The Board of Governors in ESPS are committed to ensuring that the wellbeing of pupils is considered throughout the school year and it expects the policy to be applied consistently across the school.

**Aims of the Policy:**

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

Euston Street 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
* Negative attitudes, myths and stereotypes are challenged

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>
* The policy will be reviewed September 2023 by the Period dignity key contact (Mrs Toye) and the principal, Mr Armstrong.

**Our Ethos:**

Euston Street Primary School staff are highly committed to the care and well-being 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 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:

-Safeguarding & Child Protection policy

-Intimate Care policy

-Administration of Medicine policy

-Pastoral Care policy

-RSE policy

-SEN policy

-Positive Behaviour policy

-Anti-Bullying policy

-First Aid policy

-Guidance for accidents and sickness

**Roles and responsibilities:**

The Period dignity program is a whole school initiative, involving pupils, parents, teaching staff and Governors. The policy is available to parents on our school website and parents are given information about period dignity and the sanitary items available for pupils in school through email, the school website and paper copies are also available. They are also provided with helpful links to support conversations they may have at home with their children. The Board of Governors are responsible for overseeing the implementation of Period Dignity as they review all relevant policies and liaise with key members of staff. Mrs Toye is the Period Dignity Key Contact, she works closely with Mr Armstrong (Principal) and informs all staff of the relevant guidance and information to ensure a whole school approach. Mrs Toye has availed of training and guidance from CCEA and reports to Mr Armstrong, to equip themselves for teaching effectively using relevant and current information.

**Links across the curriculum and to the wider life of the school:**

The understanding and knowledge of period dignity and menstrual well-being will be taught mainly through our information sessions with Mrs Toye. The emotional health and well-being of pupils is a key priority in Euston Street Primary School, and therefore a whole school focus. The period dignity program compliments our school focus on well-being and PDMU- with sessions being centred around growth, understanding, self-esteem and promoting healthy attitudes. This supports our school ethos as a Rights Respecting School to promote equality, dignity and respect for all pupils.

**Managing Issues:**

Staff will be vigilant for any children who are distressed or experiencing discomfort due to menstruation. Children will be treated with care and sensitivity. All Year 5, Year 6 and Year 7 classes will always be well stocked up with towels. The school office will also supply Period Products, underwear and extra clothes will be available if required. The pupil toilets will provide a disposal bin and the pupils will be advised on how to use this. Staff will work alongside parents, to ensure that absences are not caused by children unable to manage periods or lacking confidence. Parents will be informed of any issues that arise.