



6th December 2018

Dear Parents/Carers

Supporting your child through their periods

Although most girls start their period around the age of 12, some girls will start as young as eight. For that reason, we wish to be prepared in school for such situations.

As part of our Science and PSHCE Curriculum we provide a session on Sexual Health and Education for our Year 5 and Year 6, both boys and girls. These lessons take place during Summer 2. Resources and materials used for these sessions have been provided on our website.

To support children during this time, we have supplies in school – provided by The Red Box Project. We wish to thank Mrs Sarson, a school governor, for organising this. The Red Box Project is a community based, not-for-profit initiative, which aims to support young people throughout their periods. You can find more details: <http://redboxproject.org/>

I have included a student information pack, please spend some time looking at this with your daughter. Our resources are located in the medical room. We shall talk to the girls in Year 5 and 6 about the supplies and where to find them during the week beginning 17th December. This will give you chance to read the booklet and talk at home.

Yours sincerely,

Mrs G Grainger

Headteacher