



Christ the King

Drumaness

Period Dignity Policy

Policy Written: 2025

Policy Review: 2028

Consultation Process: April 2025

VISION STATEMENT

Our Vision for Christ the King Primary School is to provide a board and balanced, quality rich education for children of all faiths in a welcoming, caring environment, which fosters high self-esteem, confidence and a love of learning within a school community where everyone is valued, heard and respected.

A school in which every child is celebrated for their unique talents, diversity and encouraged to grow and develop into responsible citizens, able to make reasonable/informed decisions based on their faith, rights, environmental and global awareness. A school where children are inspired to strive for personal learning goals/future ambitions and fully supported in reaching their greatest potential.

Christ the King will continue to be a happy, safe school at the heart of the Drumaness Catholic community, modelling good relationships between all stakeholders in education working collaboratively, ensuring all support is fully coordinated for the good of each individual child, reflecting the highest levels of professionalism and dedication of staff who place children at the heart of all we do.

MISSION STATEMENT

Our duty is to encourage each child to reach their fullest potential. To nurture in each and every child an active lifelong love of learning, which encourages them to realise their aspirations and support them in achieving their dreams. At Christ the King we endeavour to make friendships and memories that will last a lifetime!

Foreword

Periods are normal. They are not a choice. We either have them, have had them or know some people who do. Periods are not just a 'woman's issue', they are not dirty and not something to be ashamed of. No-one in our school should be disadvantaged because of their period. Everyone should have access to period products, as and when required, to use in A private space that is safe and dignified.

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

- The Equality Act (Sexual Orientation) Regulations (Northern Ireland) 2006
www.legislation.gov.uk
- United Nations Convention on the Rights of the Child
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
- Menstrual Well-Being in the RSE Curriculum <https://ccea.org.uk/learning-resources-andsexuality-education-rse/menstrual-wellbeing>
- Period Products Act Northern Ireland 2022

Christ the King's Primary School, Where Little Minds Matter Most

At Christ the King we strive for every child to feel and be the best they can be - to nurture their unique gifts and talents.

We intentionally cultivate a family-like, inclusive and vibrant learning environment where the needs of our pupils come first.

Here at Christ the King we nurture a child-centred community where we plant the seeds for lifelong learners, thinkers and risk takers. We strive for our children to grow to be role models in society.

Our 5 core values lie within our commitment to:

- High Quality Education.
- Excellent Pastoral Care.
- Child-centred Learning which empowers the voice of the child
- Building positive relationships within our School Community; and
- Ensuring the rights of every child are met.

Aims of the Period Dignity Policy

- Create a culture where periods are understood, accepted, and normalised. Periods are not a choice and periods products are essential.
- Ensure the dignity and access to good quality, safe products to people who need them.
- Enable learners to achieve their potential by reducing any barriers they may experience due to periods, having a positive impact on pupil confidence, well-being and attendance.
- Reduce stigma in relation to periods by providing all pupils with relevant, age-appropriate information on periods; and

- Enable learners to understand how to deal with period issues, hygiene, and disposal of period products.

The Period Dignity Policy supports all children's and staffs' needs providing care and support when needed in a respectful and dignified manner.

Children will learn about period dignity and menstrual wellbeing in upper key stage 2 to prepare them for body changes.

KEY STAFF ROLES AND RESPONSIBILITIES

School governor with oversight of the period Dignity Programme	To be agreed at board meeting
Pastoral Care Leader	Catherine Downey
Period Dignity Key Contact	Catherine Downey
SENCO	Ms Ciara Boyle
Safeguarding Designated Teacher	Ms Ciara Boyle
P6/7 Designated Adults	Ms Ciara Boyle/Catherine Downey

The Period Dignity programme is a whole school initiative involving pupils, parents, staff and governors. The policy is freely available on request via the school office.

Parents are given information about Period Dignity and the sanitary items available for pupils through school communications, and consultation processes. 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, teaching materials and liaise with key members of staff. Miss Downey is the Period Dignity Key Contact.

As both the Period Dignity Lead and Pastoral Care Lead, Miss Downey works closely with Ms Boyle (SENCO and Safeguarding Lead) along with all other members of staff to ensure a whole school approach.

The Period Dignity Key Contact and Principal (Miss Downey) has availed of curriculum teaching materials provided by CCEA. They will continue to follow CCEA guidance and any further Period Dignity circulars to equip themselves for teaching effectively using relevant information.

Period products, pads, will be readily available for staff and children when needed in the toilets maintaining dignity, privacy and confidentiality. Children or parents may speak with staff at any time about menstrual wellbeing or seek support, whilst maintaining confidentiality.

This will maintain the rights of the child and will treat all children equally including those with English as an additional language or those with special educational needs.

ROLE OF PARENTS/GUARDIANS

Parents & Guardians have a key role in explaining periods to your child and this is a normal and natural part of growing up. It is important to acknowledge again, that children mature at different rates.

The NHS recommends that parents should talk about periods as part of an ongoing process rather than a formal sit-down talk. Advertisements for sanitary products may be a place to start or simply ask your child what they know. We encourage parents to talk to their child about periods when they see early signs of puberty (see useful resource links).

According to NHS the early signs of puberty in girls are:

- Spots or acne.
- More hair on legs and arms; and
- Breasts begin to develop.

WHOLE SCHOOL APPROACH TO PERIOD DIGNITY

In Christ the King Primary School, we will support period dignity through our provision by.

- Visibly promoting the importance of period dignity in an age and stage appropriate way.
- Challenging negative views, stereotypes, gender inequality and stigma around periods.
- Communicating period dignity and related issues through a whole school approach.
- Educating our children in an age and stage appropriate way about periods, period dignity and menstrual well-being.
- Supplying free menstrual well-being products to those who need them. RSE (Relationships and Sexuality Education) is taught throughout the school as part of PDMU (Personal Development & Mutual Understanding) lessons using Cross Curricular Themes, practical activities and group/partner work.

PDMU Themes with RSE links are outlined below:

- Themselves & Their Personal Attributes
- Their Own & Other's Feelings & Emotions
- Keeping Healthy & Safe
- Relationships with Family & Friends
- Responsibilities & Conflict Situations
- Similarities & Differences
- Learning to Live as a Member of a Community

Primary 1	There's No one Quite Like Me!	Sometimes I Feel	Taking Care of Me	Belonging & Cooperating	Caring & Sharing	You & Me!	
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Primary 2	Wonderful Me!	How do I feel?	Keeping Healthy, Staying Safe	Getting Along with Others	I am Learning to...		
Primary 3	Getting to Know me!	Families	Why Should I?	Living With Difference			
Primary 4	Difficult Feelings	Growing means Changing	Friendships	Who Influences Me?	I am... You are... We can...		
Primary 5	Valuing Self & Others	Ups & Downs	Learning More About Others	Valuing Self & Others	Stay Safe & Healthy	Myself & my Attributes	I have feelings
Primary 6	Speaking Up for Me	Check It Out First	Healthy Habits	Who Am I?	Working At Harmony	Dealing with Feelings	Decisions, Decisions, Decisions...
Primary 7	Who Says So?	Who Cares?	Moving On	Fit For Future	New Horizons	What Makes Me, Me?	Thinking & feeling

These PDMU topics are taught to all pupils. (Internet Safety is taught to all year groups).

Children as young as 8 years old may start their periods. It is important to remember periods are completely normal and natural – they are part of growing up.

Period Dignity lessons are taught to all pupils from P6-7. Our aim is to ensure equality and information for all children regardless of gender, ethnicity, culture and religion in a sensitive manner.

Lessons are differentiated to accommodate SEN where appropriate. These activities will address the stigma and myths around periods and create an atmosphere of positivity and open communication to increase pupils' knowledge, confidence and well-being.

By providing a comprehensive Period Dignity Education, we will encourage pupils to make use of the free period products available in school.

Children in P6&7 will be informed of the Period Dignity Scheme and the items available to them in school (P6 Term 3, P7 Term 1).

P5 children or younger may be informed as required. They are advised of the teachers they may approach if they have any issues (C Downey and C Boyle) The products are ordered after consultation with staff and pupils to ensure that suitable items are purchased.

Sanitary products are available in the disabled bathroom and a supply is kept by Miss Downey (and the P6&7 Classes). The products are replenished when necessary, and expiry dates on products checked. Heat pads will be available if needed and additional clothing.

BOYS

Boys will have mothers, sisters or other relations who have or will one day have periods. By teaching boys and girls, we aim to help normalise and demystify periods. This will also serve to challenge any common myths or stigma associated with periods.

LINKS ACROSS THE CURRICULUM AND WIDER SCHOOL

The understanding and knowledge of period dignity and menstrual well-being will be taught mainly through our PDMU and RSE curriculum and links to ICT, WAU and Literacy.

The emotional health & well-being of pupils is a key priority in our School Development Plan.

WITHDRAWAL FROM LESSONS

RSE is a statutory component of the Northern Ireland Curriculum. However, parents/guardians have the right to have their child educated in accordance with their wishes. Although there is no legislative provision permitting parents to withdraw their child from sex education, Christ the King Primary will respect the wishes of parents/guardians and give due consideration to any such requests received on an individual basis.

Parent/guardians who wish to withdraw their child from all or parts of the RSE programme should put their request in writing to the Principal (Miss Downey) and, preferably provide reasons for withdrawal.

DISPOSAL OF PERIOD PRODUCTS

Period products should be disposed of correctly using the bins provided in the school toilets. Flushing any period product down the toilet is not only harmful to the environment but may also result in drain blockages and or damage to plumbing. It is essential that both parents and school reinforce this information.

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. Pupils will be given support and there will always be **disposal bins, underwear and extra clothes. Heat pads will be available if needed.**

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. Parents are encouraged to inform the school (period dignity contact) when their child begins their periods so we are aware and can support the child.

This policy was compiled following consultation with staff, parents, and pupils in upper key stage 2, along with relevant guidance.

MONITORING AND REVIEW OF THE POLICY

It is the responsibility of the Board of Governors, along with the Principal, to monitor the effectiveness of this policy. The policy will be reviewed every 4 years, but may be updated as needed in response to:

- Relevant circulars or publications provided by the Department of Education, the Education Authority or CCEA.
- A recommendation from the Education Training Inspectorate.
- Issues arising from the implementation of the Period Dignity and Menstrual Well-Being Programme in school; or
- Reviews of other related policies such as Relationships and Sexuality Education Policy, Safeguarding & Child Protection Policy, Pastoral care Policy, Intimate Care Policy etc

LINKS TO OTHER POLICIES

- Child Protection & Safeguarding Policy
- RSE Policy
- Intimate Care Policy
 - Addressing Bullying Behaviour Policy
 - Pastoral Care Policy
 - SEN Policy
 - Positive Behaviour Policy
 - Code of Conduct and Confidentiality

USEFUL RESOURCE LINKS

<https://www.nhs.uk/conditions/periods/starting-periods/>
<https://kidshealth.org/en/parents/talk-about-menstruation.html>
<https://ccea.org.uk/learning-resources/living-learning-together>