

St Matthias Church of England Primary School



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Executive Principal: Sian Davies • **Head Teacher:** Lucy Blewett

9th January 2026

Dear parents and carers of girls in Y5 & Y6,

As part of our commitment to supporting our students' health, wellbeing, and personal development, we would like to inform you that some children at school may already have or start to begin their periods (menstruation) during the coming months. This is a normal and natural part of growing up, and it can begin at different ages for different children. All children learn about puberty during their PSHE lessons as part of the National Curriculum requirements and guidance, so that they feel prepared and empowered about these changes.

At school, we aim to create a safe, respectful, and supportive environment for all students. Staff are aware that menstruation can sometimes begin unexpectedly and that children may feel unsure, embarrassed, or anxious when this happens. We have measures in place to support students, including access to trusted adults, appropriate facilities, and understanding around the need for bathroom breaks or assistance. At school, girls are directed to use the adult toilet in the hall, which has a sanitary bin that they can use to dispose of their pads. We also have heat packs that we can warm up to help anyone experience abdominal pains and cramps.

We encourage you to talk with your child at home about puberty and periods, so they feel prepared and reassured. You may also wish to ensure your child knows where menstrual products are kept, or consider providing them with a small supply in their school bag if appropriate. Ms Janiece also has a supply of sanitary towels, clean underwear and wipes in her office that are for any child who may need them. Please let their class teacher know if they already have started/when they do start their periods so that we can support them.

If you have any concerns, questions, or would like to discuss how we can best support your child during this time, please do not hesitate to contact the school. We are happy to work together with families to ensure every child feels comfortable and confident.

Thank you for your continued support.

Kind regards,

Janiece Headley Walker
Pastoral Manager