



**Milford Haven School**  
Ysgol Gyfun Aberdaugleddau

Steynton Road, Milford Haven SA73 1AE

Heol Steynton, Aberdaugleddau SA73 1AE



Dear parent/ carer,

I am writing to you with exciting information on the period poverty grant, and how we are choosing to spend it here at Milford Haven School to combat this sensitive issue.

**What is 'Period Poverty'?** Period poverty describes when a person cannot afford adequate protection when on their period. It means a woman who is unable to afford adequate sanitary wear could be prevented from going to work, attending school or contributing to daily life. More harrowing is the fact that recent research has found over 40% of young women in the UK having to wear rags, socks and even newspapers to get through their period due to lack of funds for suitable resources.

Here at Milford Haven School we have chosen to focus our grant spend on reusable items, in order to maximise the impact we can make. There are two stand out areas that reusable items will positively impact, finances and the environment. Attached is a leaflet that explains some of the positive ways reusable sanitary items can impact both our young girls and the wider world. The information leaflet also gives details of some of the reusable sanitary products that are now available and how they are used.

All female MHS pupils are being offered the chance to order some of the reusable sanitary items detailed on the order form. We still have available in our red boxes single use plastic based pads and other single use items, but this is a fantastic opportunity for the girls to try reusable products if they are interested without having to take on the initial costs.

If your child would like to order some of the reusable sanitary products please complete the attached order form and return in the envelope provided to your child's form tutor or main reception. If you cannot find the information you need or have questions regarding the reusable products there is a host of information available online, or please feel free to contact Miss Baker here at school.

We feel that we have a moral obligation to ensure that our pupils are educated on all of the sanitary product options available to them, and that we should support all of our pupils to have fair access to period products. Period poverty is negatively affecting the education of some of our young people, and hopefully this project will make a positive difference for our girls!

Diolch yn fawr.

**Miss G Baker**

**Communications Officer for Milford Haven School**

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Prifathro  
**Ms C-A Morris**

Deputy Headteacher  
Dirprwy Bennaeth  
**Mr D John**

Assistant Headteachers  
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**Mrs E Kedward**  
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