



24th October 2022 / 24ain Hydref 2022

Dear Parent/ Carer,

RE: Year 7 Period Dignity Packs

We are writing to you with exciting information on the Period Dignity Grant, and how we are choosing to spend it here at Milford Haven School to combat this sensitive issue.

What is 'Period Dignity'? Period dignity is about: Respect — removing any stigma and shame around periods. Education — helping people understand that periods are normal and healthy. Equality — making sure everyone has what they need to manage their periods and no-one faces period poverty. Sadly, many women who find themselves unable to afford or access sanitary wear when needed 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 49% of young women aged 14-21 in the UK have missed school because of their period, and 59% of those young women made up a lie to explain their absence. We are proactively working to ensure that not only do our girls have what they need to positively manage their periods, but also that they feel safe to have conversations with us and ask for help if needed.

Milford Haven School has worked proactively in previous years to tackle period dignity in our community. All other year groups have already received educational material and the opportunity for free resources, and so now we turn our attention to our current Year 7 girls to ensure that they have the same opportunity of support and resources that other pupils have already had.

Here at Milford Haven School we have chosen to focus our grant spend on products that support feminine hygiene including reusable items, this is in order to maximise the long term impact we can make. There are two stand out areas that reusable items will positively impact, finances and the environment.

All of our female pupils in Year 7 are being offered the opportunity to receive a Backpack Pack which is a female hygiene pack, the contents of which are aimed to help equip the girls with some of the basic supplies needed for a period and also to support positive body hygiene. The feminine hygiene packs will contain items such as reusable period underwear, reusable pads, single use pads, deodorant, face wipes, bobbles, lip balm etc

We believe that the only way for our girls to make educated decisions for their bodies is for them to be well educated on all of the options available to them. For some of our girls single use products will be their preference and they are not only included in the packs but also readily available in the Red Boxes around school. For some of our girls reusable products will be the best choice, and this is a fantastic opportunity for the girls to try reusable pads and experience the benefits without having to take on the initial costs. We feel that we have a moral obligation to ensure that our girls have fair access to period products. Period poverty is negatively affecting the education of some young people in our school community, and hopefully this project will make a positive difference to our girls!

Participation is completely optional, and if you feel like your child is not ready for or does not require the resource packs we are offering it is up to you to decide what is best for your own family. However, should you change your mind in the future, if you cannot find the information you need or if you have general questions regarding the 'Feminine Hygiene Packs' please feel free to contact Miss Crolla here at school on the main school number or email jcrolla@milfordhavenschool.co.uk

If you consent for your child to receive a Feminine Hygiene Pack please fill in the Google Form attached to this letter. Everyone who has had signed permission will be invited to collect their pack in the Aspire Suite on Thursday 27th October.

Diolch yn fawr.



Miss J Crolla
Communications Officer



Ms CA Morris
Headteacher