

JMN/JSS

24 November 2017



Dear Parent/Carer,

We have been given the opportunity to host a day of workshops as part of the **betty for schools** programme accredited by the PSHE Association. **betty for schools** is a free curriculum-linked education programme for 8-12 year olds, designed to help create a generation of girls and boys who are truly at ease talking about periods.

This event will be taking place on Wednesday 29th November at the Cherbourg Campus and Thursday 30th November at the Shakespeare Campus.

All students in Year 7 and 8 will have the chance to take part in an interactive workshop from a specialist team. The girls will board the betty bus for their session while the boys stay in the classroom for a discussion session.

The in-class lesson, delivered to boys and girls, will cover the basics of the cycle, how periods will affect girls both physically and emotionally and how to deal with them.

The workshop on the bus will last around one hour and will encourage open, respectful and honest conversations about periods and the way they affect girls. At the same time, boys will be invited to an informal discussion session led by trained facilitators that encourages them to think about their actions and how they can affect their female colleagues.

Although most girls start their period around 12, some girls will start as young as eight. For that reason, it's really important we start talking about periods and menstruation in a controlled setting as early as possible to get everyone ready for what's coming. The aim of the lesson and workshop package is to educate all pupils in this perfectly natural time in their lives, whilst encouraging open and honest discussion between peers.

In addition to this, Year 7 girls will have an assembly over the next two weeks where they will be given some sanitary towel samples provided to the school by the company Always. Students will have an opportunity to further understand the practicalities surrounding periods.

If you have any questions regarding this event please email steve.toapzio@crestwood.hants.sch.uk

Kind Regards

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