

HENDON SCHOOL

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'Learning Together Across the World'

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Dear Parents/Carers,

We have recently noticed an increase in students who have needed to go home during the school day due to period leaks.

We completely understand that, especially in the early years of menstruation, periods can be irregular and unpredictable. It can be a confusing and challenging time, and we are here to support our students as they navigate this stage.

To help minimize disruptions to your child's day and learning, we kindly encourage you to speak with your daughter about the importance of being prepared for their menstrual cycle.

This might include:

- Keeping a small period kit in their school bag with sanitary products, an extra pair of underwear, and a spare skirt or pair of trousers.
- Understanding the signs their body might give before a period begins.
- Knowing that it's completely normal and nothing to be embarrassed about.

We also want to reassure you that our staff are here to support students with discretion and care. We have sanitary products available at school and are always happy to help if a student needs assistance.

Thank you for your continued support.

Yours faithfully

P Spray

Mrs Spray
Attendance Lead