



SACRED HEART COLLEGE

Period Dignity Policy

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Rationale

Sacred Heart College recognises the important role that period dignity plays in fostering a positive, inclusive and supportive learning environment. Ensuring that pupils can manage their menstrual health with confidence and dignity is essential to their wellbeing, participation and engagement in school life.

Rooted in the college's core values of **Compassion, Faith, Hope and Joy**, this policy reflects our commitment to creating a school community where all pupils feel respected, supported and able to thrive. By addressing the practical and social challenges associated with menstruation, the college seeks to remove barriers to learning and promote equality of opportunity for all.

A key principle underpinning this policy is that access to period products and education should be equitable, stigma-free and readily available. By normalising conversations around menstrual health and providing appropriate support, the college promotes a culture of respect and understanding.

The college also recognises the importance of educating pupils about menstrual wellbeing in a sensitive and inclusive manner. Through the preventative curriculum and wider pastoral support structures, pupils are equipped with the knowledge, confidence and understanding needed to manage their health and wellbeing effectively.

This policy has been developed with due regard to relevant legislation and guidance, including the Period Products (Free Provision) Act (Northern Ireland) 2022, ensuring that Sacred Heart College meets its statutory responsibilities while remaining true to its values and ethos.

Aims of the Policy

- To ensure that products are available to pupils where and when they need them.
- To provide education and awareness around Period Dignity in an inclusive and equitable manner
- To allow pupils to be present for all lessons.
- To provide a supportive learning environment for all.

Policy Guidance and Context

The policy takes into account the following:

1. The Equality Act (Sexual Orientation) Regulations (Northern Ireland) 2006. This is available at www.legislation.gov.uk
2. Period Products (Free Provision) Act(Northern Ireland) 2022 <https://www.legislation.gov.uk/ni/2022/25/enacted>
3. The relevant sections of UNCRC, available at www.unicef.org.uk
4. Every School A Good School <https://www.education-ni.gov.uk/publications/every-school-good-school-policy-school-improvement>
5. Together Towards Improvement <https://www.etini.gov.uk/together-towards-improvement> Community Relations, Equality and Diversity Policy <https://www.education-ni.gov.uk/sites/default/files/publications/de/cred-policy.pdf>

Policy formation and consultation process

The School Council and the Health and Wellbeing ambassadors have been centrally involved in the Period Dignity project. Remaining pupils were informed of the scheme during Year Assemblies and were given the opportunity to provide feedback. The policy was circulated to staff who were also given the opportunity to provide feedback. Parents were informed of the scheme through a letter and the policy was also circulated to parents for feedback through the SIMS app. The policy is accessible through the College website.

Key staff roles and responsibilities

- The Period Dignity Lead in the College is Mrs S Rodgers, Preventative Curriculum Co-ordinator, and Mrs F O’Doherty, RSE Co-ordinator. Mrs Rodgers and Mrs O’Doherty ensure pupils are informed regarding the policy and practice and that issues are addressed. Mrs S Rodgers, Preventative Curriculum Co-ordinator, ensures Pupil Voice is captured via Student Leadership Teams, and ensures leadership teams take a leadership role in helping implement the policy.
- Pastoral Teams help to co-ordinate period dignity education within the Preventative Curriculum for their Year Group.
- The SENCO and SEN staff will ensure pupils with Special Educational Needs (SEN) know how to access the products.

Whole – school approach to period dignity

The College supports period dignity through its provision by;

- a. visibly promoting the importance of period dignity through posters and planned lessons.
- b. challenging negative views, stereotypes, gender inequality and stigma around periods.
- c. communication about period dignity and menstrual wellbeing as a whole-school approach through assemblies and PC lessons to complement the provision of free products.

Child-Centered Provision

The issues that affect young people in relation to periods or period dignity are addressed through the preventative curriculum. When addressing these issues the College takes into consideration the needs of all children including SEN, gender, culture, religion and age-range. The College will continue to engage with pupils about how and where period products should be made available and will evaluate the impact of the period dignity scheme on an annual basis.

Period Dignity and Menstrual Wellbeing Education and Learning

The teaching about period dignity/menstrual wellbeing supports the school’s ethos and is coordinated and managed by the Preventative Curriculum Team. Different teaching methodologies are used to ensure pupil engagement, taking into account those with SEN.

Teachers respond to sensitive issues raised with lessons in line with the principles outlined in the Relationships and Sexuality Policy.

Involving and consulting with Parents

Parents are aware of how pupils may access the products and have had the opportunity to comment on this policy.

Links to other College policies

- a. Child Protection and Safeguarding Policy
- b. Pastoral Care Policy
- c. SEN Policy
- d. Positive Behaviour Policy
- e. Anti-Bullying Policy
- f. Relationships and Sexuality Policy

Appendix 1

The Period Product Act (2022) Act requires that each Specified Public Service Body (SPSB), as soon as is practicable after Guidance is issued by its corresponding Department, must prepare and publish a 'Statement on Arrangements'.

Statement on Arrangements for the Provision of Free Period Products Details of Specified Public Service Body

Name of Specified Public Service Body	Sacred Heart College
Main Address of Specified Public Service Body	Kevlin Road, Omagh
full list of sites where free period products are available	All classrooms

Publication Details

Date of first publication	December 2024
Dates of subsequent publication	September 2025
Where will this Statement be published?	School Website

Details of Consultation Carried Out

WHEN was a consultation carried out?	Consultation December 2024 September 2025
WHO was consulted?	Student Leadership Team Junior Leadership Team Staff Parents

<p>HOW did the consultation <u>process</u> establish:</p> <p>i. the ways in which products users ought to be able to obtain free period products?</p> <p>ii. the locations in the SPSBs premises in which period products ought to be obtainable free of charge?</p> <p>iii. the types of period products which ought to be available?</p>	<p>Meetings with Student Leadership Teams – Junior and Senior</p> <p>It was agreed products would be available in all classrooms and toilets. Toilets will be kept under review.</p> <p>Parents were sent a draft of the policy and were invited to feedback</p> <p>Governors were sent a draft of the policy and agreed</p>
<p>HOW has the consultation <u>process</u> had regard to:</p> <p>i. dignity, privacy and confidentiality of product users</p> <p>ii. articles which are reusable</p>	<p>Pupils identified a need for access to be more normalised and not confined to certain classrooms or members of staff.</p> <p>Pupils were not favourable to using products which are reusable.</p>

Publicising the Arrangements

1. **School Website**
2. **Posters in school**
3. **School Assemblies**
4. **Year group workshops**