

Littledean Church of England Primary School

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People with time for Children

17th May 2017

Dear Parent/Carer,

The year 5/6 girls have been given the opportunity to attend a **betty** for schools' workshops accredited by the PSHE Association at Forest High School on Wednesday 24th May. **betty** for schools is a free curriculum-linked education programme for 8-12 year olds, designed to help create a generation of girls who are truly at ease talking about periods.

Miss May will deliver two 45 minute in class lessons and then the girls will have the chance to take part in an interactive workshop from a specialist team.

The in-class lesson 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.

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 pupils in this perfectly natural time in their lives, whilst encouraging open and honest discussion between peers.

Please feel free to get in touch if you would like further information on the workshop or lesson. More information about the wider programme as a whole can be found at www.bettyforschools.co.uk

betty for schools need to gather photographic consent for each pupil attending and so kindly ask you to complete the attached photo consent for your daughter.

Please could you return the consent for the lessons and workshop slip below together with the attached photographic consent form back to school by Friday 19th May. You have the right to withdraw your daughter from the lessons and workshop should you wish.

Yours sincerely

Miss L May

Maple Class Teacher

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I give permission for to attend the in-class lessons and the betty for schools' workshop at Forest High on Wednesday 24th May.

Signed: Date:

Print:

Head teacher: Mrs Hayley McGoldrick