

Littledean Church of England Primary School

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People with time for Children

Monday 22nd May 2017

Dear Parent/Carer,

The year 5/6 girls have been given the opportunity to attend a **betty for schools'** workshop 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.

While the girls are visiting the betty bus, Miss May will deliver a session at school to the year 5/6 boys. They will cover the basics of the menstrual cycle, how periods will affect girls both physically and emotionally and encourage them to think about their actions and how they can affect their female peers.

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 session is to educate the boys in this perfectly natural time in a girl's life, whilst encouraging open and honest discussion between peers.

More information about the betty for schools programme can be found at

www.bettyforschools.co.uk

Yours sincerely

Miss L May

Head teacher: Mrs Hayley McGoldrick