



# Kelvin Grove Primary School

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@KG\_Sydenham

Dear Parents/Carers,

13<sup>th</sup> November 2017

**The betty bus is coming to our school on Thursday December the 7<sup>th</sup> 2017.**

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.

We are going to deliver two 45 minute in class lessons and then the class 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 class for a discussion session.

The in-class lesson, delivered separately 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 participate in a session lead by trained facilitators that will involve an informal discussion around the same themes.

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 education all 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](http://www.bettyforschools.co.uk)

Yours sincerely

*Ms J Ndisang*

Jo Ndisang

Pastoral and Pupil Well-being Co-ordinator



**Article 5: Governments must respect the rights and responsibilities of parents and carers to direct and guide their children as they grow up, so that they can enjoy their rights properly.**



Headteacher: Ian Hyde

Deputy Headteachers: Louise Bryan, Tara Magee and Kris Clark