



29 November 2018

Dear Parent/Carers

RE: END PERIOD POVERTY CAMPAIGN

During puberty, 56% of girls lose confidence. Girls are more likely to blame themselves when something goes wrong, apologise when they give their opinion, over-think decisions and dwell on mistakes. At Archbishop Blanch High School, we want to equip your daughter with the tools she needs to combat the confidence gap and show the world that doing things #LikeAGirl is amazing.

There are a range of ongoing programmes, activities and workshops which take place across school to support health, well-being and confidence. Through our PSHE programme, daily assemblies and whole school events we develop each of the key skills required to support your daughter as she moves through each year group. We continue to have a focus on mental health and well-being, and also believe it is important to de-stigmatise periods so that girls do not need to feel embarrassed or use it as an excuse to not achieve their best and give 100%.

To support your daughter with her health and confidence, we will be providing each form tutor and pastoral staff member with a 'Well Being' box. Each box will contain: free sanitary products; breakfast bars; hair bobbles; stationery; spare tights and underwear. If your daughter requires any of the free products she can ask any member of staff. This will be dealt with discreetly and without fear of embarrassment.

Please do not hesitate to contact school if you have any questions about this campaign. Further information can also be accessed via <https://www.always.co.uk/en-gb/about-us/endperiodpoverty>

Thank you for your continued support.

Yours faithfully

Mrs K Graham
Acting Deputy Headteacher/SENCo

Mrs C Madeloso
Acting Headteacher