

# Menstrual Cycle Support (MCS) Parent/Guardian Guidance Document

## Severn Vale School - January 2025



Severn Vale school recognises that some students struggle to manage daily tasks and manage their cycle and for some students this impacts on their attendance.

We are therefore proud to announce that we are the first school in the UK to be given the **Menstrual Cycle Support (MCS) Accreditation** - a 12-month project to empower students (and staff), improve menstrual health literacy, and reduce barriers to attendance.

### **The MCS program includes:**

- Parent / Student Online Workshop (4th February 2025)
- Unlimited access for students to the MCS clinically-backed and evidence-informed online course(s) for those with a menstrual cycle
- and, a CPD accredited course for staff with a menstrual cycle.

This document provides detailed guidance for parents/ guardians to support the initiative effectively.

### **Quick Access to Course & Contact for further information:**

**Students aged 13 yrs + can access the course using their school email address at [www.menstrualcyclesupport.com](http://www.menstrualcyclesupport.com).**

**Students aged 11-12yrs** require parents / guardians to complete an online consent form at the same web address following which, your child can enrol themselves.

Contact [c\\_bryant@severnvaeschool.com](mailto:c_bryant@severnvaeschool.com) for info; or, [kate@menstrualcyclesupport.com](mailto:kate@menstrualcyclesupport.com) for tech support.

## Purpose of the MCS Program

The MCS program promotes health literacy, reduces stigma, and empowers students with menstrual cycles to better manage their health.

MCS helps students with a menstrual cycle:

- To understand and advocate for their menstrual health
- Before, during and after healthcare appointments, should they be struggling with symptoms (e.g, for conditions like endometriosis, period pain, heavy menstrual bleeding, cyclical anxiety/depression).

MCS helps us, as a school to:

- Destigmatise and normalise the menstrual cycle as a reality experienced by upwards of 51% of our student population.
- Begin conversations around how we might better support our students (and staff) with a menstrual cycle at Severn Vale
- To better understand and support period-related absences
- Support those students who are struggling with menstrual cycle symptoms, particularly if they are linked to absenteeism.
- Support our staff with a menstrual cycle, with a CPD accredited online course

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## Accessing the Course

Posters are up around the school to encourage students to join the course, which is a 45-minute, clinically-backed program, available in 10-minute modules.

**Students (and staff) can access the course(s) using their school email address at [www.menstrualcyclesupport.com](http://www.menstrualcyclesupport.com).**

**Students aged 11-12yrs** (Years 7 and 8) require parental consent (available from 1/2/25) provided to the parents by the school as a QR code and link shared with parents (as well as a form on [menstrualcyclesupport.com](http://menstrualcyclesupport.com)). As soon as the verification process is complete, their child/ren can enrol themselves in the course with their school email address.

## Completion Options

### 1. A21 Support

- The Return to School Support Worker will guide A21 students through the course in 2–4 sessions, allowing discussions to embed learning.

### 2. Referral Students

- Identified students may complete the course during referral sessions alongside Continuity Oak. Ensure they have headphones, a pen, and paper for note-taking.

### 3. At-Home Completion

- Students not in referral or A21 programs are encouraged to complete the course at home. For those facing barriers, liaise with Heads of Year (HoY) to arrange appropriate support.
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## Student Support

- Can refer students to the course, via guiding them through sign up with school email or handing them a 'Referral Card'
  - Free period products are available through the Government's scheme and can be collected at Student Support.
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## Completion and Celebration

- Students who complete the course receive a printable certificate and a prestigious **P5 Headteacher Commendation**, recognising their efforts.
  - Completion data will be monitored and reported to evaluate the program's success.
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## Further information about Menstrual Cycle Support

Menstrual Cycle Support is a menstrual health and education organisation based in the South West of England.

Both of the MCS courses were launched in Parliament and are currently available on healthcare referral (social prescription) in over 500 GP surgeries across the UK.

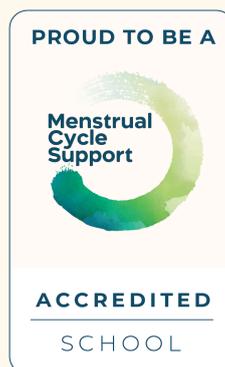
The courses were created with young people, clinicians and educators and have been endorsed by the Royal College of Gynaecologists, the government's Women's Health Ambassador, all of the leading menstrual health charities, including Endometriosis UK who MCS worked in partnership to create the course for young people.

## Key Contacts for Questions

For further information or assistance in supporting students, please contact the [c\\_bryant@severnvaeschool.com](mailto:c_bryant@severnvaeschool.com) at Severn Vale School.

For further information, feedback or technical support, you can also get in touch with [kate@menstrualcyclesupport.com](mailto:kate@menstrualcyclesupport.com) , CEO and Founder of Menstrual Cycle Support.

Together, let's ensure menstrual health is understood, supported, and celebrated for every student.



[www.menstrualcyclesupport.com](http://www.menstrualcyclesupport.com)