

Dear Parents and Guardians,

Introducing a New Menstrual Health Initiative at Severn Vale School

We are delighted to announce that Severn Vale School is the first school in the UK to achieve the Menstrual Cycle Support (MCS) Schools Accreditation. This innovative program empowers students with a menstrual cycle to better understand their health, reduce stigma, and access the support they need to thrive academically and personally.

Periods & Wellbeing

We recognise the vital connection between menstrual health and wellbeing and are committed to fostering an inclusive environment where students feel supported and celebrated. By embedding menstrual cycle support into our school culture, we aim to ensure that no student's well-being or success is hindered by stigma or lack of menstrual health literacy.

Periods & Attendance

Periods can impact school attendance and educational attainment, with up to 36% of students missing school due to menstrual symptoms.¹ This program seeks to better understand and address these barriers while promoting confidence and resilience. To measure its impact, we are conducting an anonymised before-and-after survey and will share results at the end of 2025.

What is the Menstrual Cycle Support (MCS) Program?

The MCS program offers a clinically-backed, 45-minute online course (in 10-minute modules) that provides practical, age-appropriate information. Students can access the course using their school email address at www.menstrualcyclesupport.com and will have access for three years to revisit as needed. (Students aged 11yrs and 12yrs will need you as parent/guardian to sign them in). Please note, this course is not a substitute for medical care - if you are worried about anything related to your child's menstrual cycle, please seek medical attention from the GP.

P5 Headteacher Commendation

Students who complete the course will receive an MCS certificate and a prestigious "P5" Headteacher Commendation. For A21 students, the course can also be completed online at home as a 'lesson' with guidance from their Support Worker.

Parent/Student Workshop

Kate Shepherd Cohen, founder of Menstrual Cycle Support, will host an online workshop with Q&A on **Tuesday 4th February, 7-8pm**. To join, please email SSO@severnvaeschool.com for further details.

We encourage you to discuss this initiative with your child and support their participation in this transformative program.

Yours sincerely,
Richard Johnson
Headteacher

¹ See <https://www.medrxiv.org/content/10.1101/2024.04.24.24306294v1.full> and <https://www.wellbeingofwomen.org.uk/what-we-do/campaigns/just-a-period/just-a-period-survey-results/>