

15th April 2026



HARTLAND HIGH SCHOOL

Dear Hartland High School families,

At Hartland High School, we are committed to ensuring that every student can attend and succeed at school. Following recent feedback from our students, we want to highlight the specific measures we have in place to support young women during their periods, ensuring that menstrual health is never a barrier to their education. Our goal is to foster a culture of Period Dignity, where students feel empowered to manage their health with confidence while maintaining excellent attendance.

How we support our students:

- **Free sanitary products:** We believe that no student should miss school due to a lack of access to products. Free sanitary items are available for any student to collect from the Main Office at any time.
- **Medical support (paracetamol):** To help students manage discomfort and stay in their lessons, we are able to provide paracetamol for minor ailments, including period pain. We can only administer this if we have formal parental consent. If you would like your child to have access to this support, please complete this [online form](#).
- **Pain management (heat packs):** We recognise that heat is an effective way to manage pain. Students are permitted to bring their own manual heat packs (such as wheat bags) or electric heat pads to use discreetly during lessons. For health and safety reasons, hot water bottles are not permitted on site due to the risk of scalding.
- **Temporary toilet passes:** We understand that some students may require more frequent access to facilities during certain times. Parents or students can contact their Head of Year to arrange a temporary toilet pass to ensure they feel comfortable and supported in class.

By providing these supports, we aim to help our students build the resilience and self regulation skills they need to navigate their daily lives without their education being interrupted. We want every young woman at Hartland High School to feel that her needs are understood and that we are here to help her remain in the classroom, where she can achieve her best.

If you have any questions or would like to discuss a specific support plan for your child, please do not hesitate to contact their Head of Year.

Yours sincerely,



Emily Davey
Headteacher

Hartland High School, 125 Hartland Rd, Reading RG2 8AF.

T: + 44 (0)118 937 0200 | E: Contact@hartlandhigh.co.uk | W: www.hartlandhigh.co.uk

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