[Add school logo/letterhead]

[Date]

Kia ora whānau, parents, and caregivers

Soon, your child will be going on school camp. We know this is an exciting time for many students and we look forward to sharing their experience with you.

Equity and inclusion are important to us at [school name]. These values are part of our school charter, and staff and students practise them every day. Going on camp is no different! It is important to us that every child feels safe, included, and cared for during their school camp experience. As a school, we have developed a diversity and inclusion policy. This reflects our commitment to these values and helps to guide staff and students in their behaviour and responses to other people.

Below, we have included information about how you can support and prepare your child for their camp experience.

**Menstruating students**

Menstruation commonly begins between the ages of 10 and 14, however some children get their first period earlier or later than this. Having a period for the first time can be a stressful and anxious experience, especially if it occurs while students are at camp. We encourage all whānau and caregivers talk with their children about menstruation and the suitable products they can use. We also recommend that all menstruating-aged children bring period products with them to camp. Pads with and without wings are best for beginning menstruators. Period togs can also be useful if your child will be involved in water activities.

Staff will ensure that all students have a toilet facility to change and dispose of their period products. If your child is participating in a remote activity where toilet facilities are limited, we will talk with them beforehand about ways we can manage this, so they feel safe and can appropriately prepare. We will also make sure that any student who unexpectedly gets their period on camp will be given the support they need/want, including period products (if required).

**Rainbow students**

Many rainbow students, particularly transgender and non-binary students, have unique experiences and needs around their period. As a school, we follow the inclusion and rainbow-support guidelines provided by InsideOUT and the Ministry of Education. When relevant, we offer to work with each of our rainbow students’ and their whānau (where appropriate) to develop a camp support plan to ensure they get the care and support they need.

For more information about periods and period management we recommend the following websites:

Family Planning: <https://www.familyplanning.org.nz/advice/periods/periods>

The Period Place: <https://www.theperiodplace.co.nz/educational-resources>

If you would like to discuss your child’s wellbeing or would like to view the school’s diversity and inclusion policy, please talk to your child’s teacher.

Thank you for your support.

Ngā mihi nui (many thanks),

[signed the school/teacher]