

Note for school: period days

This template is a short note you can give the teacher for PE, swimming or long exams while your daughter has her period. Cut along the dashed line and fill it in; there are two copies below.

Dear _____ ,

My child _____ (class: _____) is having her period. During these days, I kindly ask for your understanding regarding the following:

☐ Being excused from PE or limited to light activity ☐ Being excused from swimming

☐ Permission to go to the toilet during class ☐ Going to the school nurse or contacting me if needed

Dates: _____

Thank you. Parent's name: _____ Signature: _____ Phone: _____

Dear _____ ,

My child _____ (class: _____) is having her period. During these days, I kindly ask for your understanding regarding the following:

☐ Being excused from PE or limited to light activity ☐ Being excused from swimming

☐ Permission to go to the toilet during class ☐ Going to the school nurse or contacting me if needed

Dates: _____

Thank you. Parent's name: _____ Signature: _____ Phone: _____

Note

A period is not an illness; most girls can keep doing sports. This note asks for understanding on painful or heavy days. If a note is needed every month, it is advisable to have the pain or bleeding evaluated by a doctor.