<date>

<name/s>

<mailing address>

<Name of Principal / Management Group etc>

<School>

<Address>

Dear

We are writing to you in regards to the menstrual awareness and fertility education of the pre-menarche girls (10-12 years olds) at <school name>.

We are both passionate about educating and empowering the young women of our community in regards to their relationship with their bodies, their cycles and the emerging world of hormones and fertility.

We are both accredited facilitators of the **‘Celebration Day for Girls’** program, which has been successfully delivering this information both within steiner schools and the mainstream education system since 2000.

In her years of experience teaching this program, both nationally and internationally, Jane Bennett founder and pioneer of the Celebration Day for Girlsprogram has identified 10-12 years as the most appropriate age to introduce this information.

Please find some information below outlining the philosophy, curriculum content and structure of the program, which we hope will support your decision to support our proposal.

**PHILOSOPHY UNDERPINNING THE PROGRAM**

Menarche is a signpost of the beginning of girl’s fertile years and the menstrual cycle is an intrinsic aspect of womanhood. Extensive research has shown that for young girls who experience menarche well prepared, with a positive introduction and emotional support, the result is higher self-esteem, fewer negative cycle related symptoms, favorable overall menstrual perception and easier subsequent births.

As such the positively presented information, activities and conversation around these topics at the Celebration Day for Girls workshop can have a profound and lasting impact on girls, in conjunction with the ongoing support of mothers, families and other carers. By enabling a healthy and grounded experience of the changes of puberty we deeply nourish girls’ self esteem, self-awareness and positive body image.

In this way we can support a physical and psychological integrity that underpins healthy decision making around relationships, sexuality and fertility when that time comes as well as other life choices.

**OUTLINE OF THE PROGRAM**

The Celebration Day for Girls program is delivered via 2 sessions: a 2-hour session with the mothers (held on a day or evening before the workshop) and a 6-hour day workshop with the girls (usually a Saturday or Sunday 10am - 4pm).

***2-hour session with the mothers***

Given the relatively short time that we can be with the girls during the 1-day workshop there is an obvious limit to what we are able to teach of this vast, fascinating and vital subject. Much of the role of provider of information, wisdom and guidance will fall, naturally and rewardingly, to mothers and female caregivers. For this reason we meet with the mothers for a two hour session before the 1-day workshop with the girls.

During this session, the mothers have an opportunity to explore their own personal experience of puberty and menarche and its relationship to the parenting of their daughter through this time. We also step them through the content of the workshop we will be presenting to their girls and offer them to the chance to express their hopes and wishes for the day.

This session of the Celebration Day for Girls program is an important preparation for the full day workshop and has ongoing benefits for mothers, caregivers and daughters.

***One-day workshop with the girls***

At the Celebration Day, the girls enjoy lively discussion, fun activities, women’s stories and gentle celebration of the magical threshold of puberty and menarche.

During the Day they are warmly invited into the time-honoured, nurturing connection and support women have long shared with each other. Many participants report that their mother-daughter relationship is enriched and enlivened as the doors of communication in this key area of female experience and development are opened wide.

The first part of the day is spent with girls on their own (typically 10am – 1pm) and, just before lunch, the mothers/female carers join in for the remainder of the day (and grandmothers who are available and wish to participate), finishing at about 4pm.

The workshop can be divided into three topics, covering (but not limited to):

* Life Cycles and Life Stages
* Our Cyclic Bodies
* Connecting with our Womanhood.

Throughout the course of the day we engage the girls in gentle creative activities, stories and information relating to their unfolding experience into womanhood. Our focus is on creating a strong sense of mutual sharing and support around menstruation.

**FINANCIAL COST OF THE PROGRAM**

We offer Celebration Day for Girls programs at a cost of $125 per Mother-Daughter couple.

For your interest and consideration, we include below the story of how the Celebration Day for Girls program began 13 years ago at Castlemaine Rudolf Steiner School.

We look forward to speaking with you further about this important component of a holistic education, and are more than happy to meet with you to discuss it further.

Sincerely yours,

<name/s>

<phone number / >

**Celebration Day for Girls - Where did it begin?**

In the year 2000 Jane Bennett was asked by the Castlemaine Rudolph Steiner School, where she had been a parent since 1992, to run a ‘fun, celebratory and holistic’ rite of passage workshop about puberty and menstruation for their senior primary girls and their mothers.

Both challenging and exciting – for Jane – this was the first of many Celebration Days for Girls, which has now been attended by several thousand mothers and daughters and continues to enjoy growing popularity.

As they knew Jane well, and of her work with Natural Fertility Management, the College of Teachers at CRSS decided from the outset to make A Celebration Day for Girls an annual curriculum event for Year 5 girls.

Since 2000 this has occurred on a Sunday at the time of the year the class teacher feels most suitable for the girls, and with a mother’s only 2 hour session sometime in the previous week or two (with the class teacher when she’s a female). Being scheduled on a day outside the usual school week allows girls and their mothers sufficient privacy and comfort to explore this topic in a dignified way without concern about interruption.

In 2012 Jane began training experienced facilitators, with a passion for working with women and girls, to run A Celebration Day for Girls in their own right and in their own communities.

A Celebration Day for Girls is now available in the UK, Ireland, Italy and Mexico as well as Australia and soon to be New Zealand. And, as you can see, we have a website and are busily spreading the word!