<date>

<name/s>

<mailing address>

<Name of Principal / Management Group etc>

<School>

<Address>

Dear

We run a program called **Celebration Day for Girls™** -a unique Menstrual Education program for girls in classes 5 and 6. This program has been in Australia since 2000 and has been incorporated into several schools curriculum as an adjunct to the Australian Curriculum for Health and Personal Development.

Menarche (a girl’s first period) is a very significant developmental stage. Research has shown that the quality of information and level of support (physical, emotional & psychological) received at this stage directly influences the health and wellbeing of girls for years to come. Rates of depression, anxiety and eating disorders have been linked to negative experience around menarche.[[1]](#footnote-1) Alternatively girls who are well supported at this time have more positive body image, better self-esteem and healthier attachment to parents and peers.[[2]](#footnote-2) Mothers are also looking for more support and information to effectively and comfortably support and educate their daughters.[[3]](#footnote-3)

**The benefits of Celebration Day for Girls include**:

* 5 contact hours to cover all aspects of menstrual education, including the psychological and emotional aspects.
* We create a safe, nurturing setting for the girls that allows better engagement around a subject that can be thought of as embarrassing.
* Accessible to all students including those with learning difficulties/special needs.
* Fun activities, beautiful craft, stories and sharing create an atmosphere of respect and positive regard towards the subject.
* Girls can be more at ease with a woman facilitating who is not a teacher at the school.
* Fosters a respectful, caring class culture based on looking out for each other.
* Improves communication channels with parents around student welfare.
* Promotes the school as a leader in Pedagogy for Girls health and wellbeing.

**Celebration Day for Girls** is a progressive approach to Menstrual Education. It incorporates the best research and infuses it with the wisdom of traditional rites of passage that have long been a feature of successful cultures around the world. The pressures our girls face as they enter puberty are considerable and many girls struggle through early adolescence. The first period is a momentous experience in a girl’s life and marks the start of monthly periods that will continue for more than half of their lives. We believe that menstrual education deserves a dedicated space within the health and personal development curriculum.

**Celebration Day for Girls** is unique in that it focuses solely on menstrual health and wellbeing. Girls who relate positively to their first and early cycling experience have greater self-acceptance and relate more positively to their changing bodies. **Celebration Day** helps to empower girls to become confident, resilient young woman.

Thank you for taking the time to read our proposal. We would like to request a short meeting with you to discuss offering **Celebration Day for Girls** at your school.

Please find attached an outline of the program, the origins of **Celebration Day for Girls** and a sample of the flyers we provide for parents. You might also like to visit [www.celebrationdayforgirls.com](http://www.celebrationdayforgirls.com)

Yours sincerely,

Julia Dendrinos

0407 661 676

Julia@grapevine.com.au

**Outline of the Program:**

**Mothers Preparation Session** (held in the evening from 7-9pm)

We meet with the mothers before the **Celebration Day** workshop to provide an overview of the workshop, explain our approach and answer any questions. This chance to reflect on their own experience helps mothers to connect with their hopes and wishes for their daughter.

**Celebration Day Workshop** (with the girls and their mothers)

Usually held on a Sunday from 10-4pm on school grounds.

The morning session is just for the girls. After lunch the mothers join us for the afternoon session.

*\*There are other options for scheduling the workshop that we can discuss with you.*

**Cost of the Program**

$165 per mother /daughter pair. This includes the Mothers Preparation Session.

**The origins of Celebration Day for Girls**

In the year 2000, Jane Bennett was asked by the Castlemaine Rudolph Steiner School in Victoria to run a ‘fun, celebratory and holistic’ rite of passage workshop about puberty and menstruation for the Year 5 primary girls and their mothers. She called it **A Celebration Day for Girls** and it was so well received that it became an annual curriculum event for the Year 5 girls. Here in the ACT, Jane Bennett has been running **Celebration Days** at the Orana Steiner School for the past 14 years and for several years at The Canberra Montessori School.

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 communities.

There are currently over 100 Facilitators in 11 countries and it is continuing to grow. Patricia Falcetta and Julia Dendrinos are the first Facilitators in the ACT.

1. DeRose, LM and Brooks-Gunn, J, Running Ahead: *Adolescent Emotional Development and the Emergence of Depressive Disorder*s, 2007, Cambridge University Press, UK [↑](#footnote-ref-1)
2. Malony,S, “How menstrual shame effects birth”, *Women and Birth*, (2010)23,153-159 [↑](#footnote-ref-2)
3. Shah, N, *Menstrual Education: The Impact of its Shortcomings, National Women’s Health Network; the Women’s Health Activist* (March/April 2009) [↑](#footnote-ref-3)