**Kearsley Medical Centre**

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To whom it may concern,

It has recently come to our attention that your school has stated that a Doctor’s note should be provided in order to allow the provision of a “toilet pass” to pupils.

We consider access to safe, timely and appropriate personal hygiene to be essential to human dignity. This is particularly important to people who have periods, which often vary in timing and heaviness, especially in the years surrounding menarche.

While discipline issues are important and a small percentage of pupils abuse their right to access personal hygiene, this is not a medical issue. It is also not an NHS matter to provide evidence of a child’s lack of continence, urinary or faecal urgency or menstrual difficulties. It is not dignified for a pupil to be singled out as having toileting difficulties and there are significant potential medical ramifications in either deliberately dehydrating to prevent the need for a toilet or in withholding either stool or urine and both can worsen continence issues. It is also significantly harmful to a young person’s mental wellbeing to risk an episode of incontinence within the classroom or to prevent them accessing menstrual hygiene, leading to soiling.

As such, Kearsley Medical Centre will not be providing notes to specific pupils to allow them to use the toilet. Whether an individual child can delay their needs until the end of a lesson is a matter for the school, the child and their family. If you feel it necessary, please accept this letter as confirmation that we consider that all children have a need to access a toilet when they need to use it for urinary, defecation or menstrual reasons.

Yours sincerely,

Partners at Kearsley Medical Centre