

Thornton Medical Centre

To whom it may concern,

We understand that a letter has been requested for provision of a “toilet pass” for your pupil.

We consider access to safe, timely and appropriate personal hygiene to be essential to human dignity. This is particularly important to pupils 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 may 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 potential medical consequences from deliberately dehydrating to prevent the need to use the toilet or from withholding either stool or urine, which 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, Thornton 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,

GP Partners at Thornton Medical Centre