

Toileting, Hygiene, and Menstrual Care Learning Plan



Melbourne Archdiocese
Catholic Schools

Schools may choose to use this plan as a suggestion, to maximise opportunities for students to self-manage components of their menstrual hygiene, as far as possible and to acknowledge the learning that has occurred when success is achieved.

Name of student: _____ **Date:** _____ **Review Date:** _____

Tasks for care and learning	Independent	Learning target at home	Learning target at school	Dependent (at this time)	Comments
Toileting and menstrual health					
• Indicates when toilet is needed	☐	☐	☐	☐	
• Locks/shuts cubicle door	☐	☐	☐	☐	
• Wipes self using paper	☐	☐	☐	☐	
• Knows when menstruating	☐	☐	☐	☐	
• Knows when to change sanitary pad	☐	☐	☐	☐	
• Knows how to change sanitary tampon	☐	☐	☐	☐	
• Knows how to access sanitary items	☐	☐	☐	☐	
• Knows how to dispose of sanitary item appropriately	☐	☐	☐	☐	
• Puts on clean clothing (as needed)	☐	☐	☐	☐	
Accessing toilet					Indicate which toilet(s) will be used
• Needs to be reminded to go to the toilet at set times	☐	☐	☐	☐	
• Goes unaccompanied	☐	☐	☐	☐	
Handwashing					
• Remembers	☐	☐	☐	☐	
• Uses soap (or other handrub)	☐	☐	☐	☐	
• Uses taps	☐	☐	☐	☐	
• Washes hands adequately	☐	☐	☐	☐	
• Dries hands on towel/hand-dryer	☐	☐	☐	☐	
Other Personal Hygiene					
•	☐	☐	☐	☐	
•	☐	☐	☐	☐	
•	☐	☐	☐	☐	
Terminology	Parent/guardian/carer and/or student/ preference				
• Urine					
• Urethra					



• Bladder	
• Vagina	
• Faeces	
• Anus	
• Bowel	
• Pad	
• Tampon	
• Period	
Other issues	Action required
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Principal's (or delegate's) name			
Signature		Date	
Parent/ Guardian / Carer's name			
Signature		Date	
Student's (where relevant) name			
Signature		Date	

Approval authority	Director, Learning and Regional Services
Approval date	24 August 2023
Next review	Feb 2026

