

November 2011

Dear 7<sup>th</sup> & 8<sup>th</sup> Grade Parents,

Female students and parents may ask whether swimming is appropriate or advisable during a young woman's menstrual cycle. Simply stated, the answer is "yes." A young woman's period should not stop her from doing any physical activity, including swimming. In fact, swimming is an excellent activity that may actually help alleviate the symptoms associated with menses.

That said, it is important to use proper supplies, preferably tampons, to control the flow. If tampon use is not possible, menstrual flow has usually diminished by the third day to allow re-entry into the water with light protection. Understandably, if you wish to excuse your daughter for a day or two, we ask that you use your best judgment on this matter.

Thank you for your continued support of your child's pursuit of a lifetime of health and wellness. If you have any questions or concerns, please contact me.

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