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Dear Parents and Carers,

HEALTH RELATED BEHAVIOUR SURVEY

Our school, along with several others, has agreed to participate in a very important Health Behaviour Survey amongst young people. This survey is biannual and as a school we recognise the importance of taking part to collect very valuable information about our children. We have been asked to support the work of the Local Authority and Public Health and we stand to benefit substantially through our participation in the survey.

The survey has been created for **children in Year 4 and Year 6** to complete. Children who completed the survey in Year 4 will complete the survey for a second time, providing valuable information about how things have changed over time.

The questionnaire will be accessed online by Year 4 children during the week beginning the 24th of June and Year 6 children during the week of the 17th of June. The survey takes approximately 25 minutes and will be completed with the support of the classroom teacher.

The survey data in schools may prompt review of the curriculum and have also been used in a variety of ways including:

1. *As a starting point for discussion in classroom activities*
2. *As a guide in the choice of resources*
3. *As a prompt for appropriate timing of courses*
4. *As a beginning for further enquiry to strengthen existing programmes, e.g. in PE and PSHE*
5. *As a starting point for discussions between parents and schools*

The survey method that we are using has been developed by the Schools Health Education Unit, Exeter and has been in use now for over 30 years. Over 3000 schools have used the survey, many of them regularly repeating the survey.

The questions concern a wide range of health behaviours, for example:

- Home and family
- Relationships, emotional health and well-being
- Tobacco & Alcohol (Y6)
- Healthy Eating
- Leisure and money
- Exercise
- Drugs (Y6)

Each questionnaire is anonymous and confidential, and no pupil will be identified when the data is returned to our school. The Local Authority will receive only the summary of all schools in which individual schools are not identified. As part of the survey it will be helpful if your son/daughter is aware of their postcode (this will be used only for drawing maps of results in the area; your house will not be identified).

If you have any questions regarding the questionnaire, please contact Mrs Cooper.

Yours sincerely,

Mrs Davis and Miss Morris

