



17 June 2024

Dear Families

### **Health Related Behaviour Survey**

Our school, along with many others, has agreed to participate in a very important health related behaviour survey of children and young people. This survey supports the work of Children and Families Newcastle of which Newcastle City Council is a partner.

We stand to benefit through our participation in the survey in several ways. For example, the survey results may prompt us to review the Personal Social and Health Education (PSHE) curriculum. It will also help as a:

- Starting point for classroom discussion and activities
- Guide in choosing resource materials to support healthier lifestyle choices
- Guide for staff training requirements
- Starting point for discussions between parents and schools
- Valuable source of information to help support our COVID recovery programme

The survey method that we are using has been developed by the Schools Health Education Unit and has been in use for over 40 years, with over 3000 schools using it.

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

- Relationships, Mental health and emotional wellbeing,
- Tobacco, alcohol, drugs, and medicines
- Online safety
- Healthy eating
- Exercise
- Dental health
- Home and family

As a result of the survey Children and Families Newcastle will have reliable information from which it can better plan to meet the health needs of children and young people. They and the school find the content of the questionnaire acceptable. We hold a copy of the questionnaire in the school office. You are welcome to view it; please ask at the School Office.

Each questionnaire is anonymous and confidential, and no pupil will be identified when the data is returned to school. Pupils may be asked to give their full postcode so that pupils from different schools can be grouped into wards or neighbourhoods. No pupil's home will be identified.

The City Council's Public Health team will receive a summary of schools' results and data for use in further analysis. They will use this to help in planning and targeting resources and services. Any data protection concerns are covered in the 'Privacy Notice for Pupils', which can be found with this letter.

I hope you will agree with us that this is an exercise in which we wish to co-operate fully. I will assume you **do approve** unless I hear otherwise, and I look forward to working with you to support improved health and wellbeing for our pupils.

The survey will be carried out from 19 June 2024 (Year 4) and 24 June (Year 6).

Yours sincerely

*D Gray*

Mr Gray  
RHE Co-ordinator