



KESTON PRIMARY SCHOOL

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7th March 2014

Dear Parents of Year 4 and Year 6

HEALTH RELATED BEHAVIOUR SURVEYS

Our school, along with several others, has agreed to participate in a very important Health Behaviour Survey amongst young people. We have been asked to support the work of the Local Authority and Public Health.

The survey data returned to schools has previously 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
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
Leisure
Exercise

Relationships, emotional health and well-being
Healthy Eating
Tobacco, Alcohol, Drugs

The Local Authority and Public Health will also have a reliable database upon which it can objectively plan health care provision for young people. Links between the school and Public Health can be strengthened.

Both the Local Authority and the school find the content of the questionnaire acceptable; it has been customised to suit our local setting.

Each questionnaire is anonymous and confidential, and no pupil will be identified when the data is returned to the school. The Local Authority will receive only the summary of all schools in which individual schools are not identified.

I hope you will agree with us that this is an exercise in which we wish to co-operate fully; if you have any concerns please discuss them with Miss Bartholomew our pupil wellbeing coordinator. We hold a copy of the questionnaire in the school office; please ask if you wish to look it over prior to the survey taking place. The survey will be carried out in the next month.

Yours sincerely

Mrs Claire Murphy
Headteacher

