



10<sup>th</sup> November 2023

Dear Parent/ Carer,

### **Year Five and Year Six: Health Related Behaviour Survey – Cambridgeshire and Peterborough**

Our school, along with all Cambridgeshire and Peterborough primary schools, has agreed to participate in a very important Health Behaviour Survey amongst young people. The promotion of the health and wellbeing of our children/ young people has always been important to us and now it is a statutory responsibility for all schools. OFSTED will ask us to evaluate how well we are doing in this area and will require us to provide evidence of our success when we are inspected.

The information about our pupils' behaviour, feelings and opinions will be very valuable in helping to:

1. Identify what we are doing well and where we need to improve;
2. Make sure what we are doing and planning meets our pupils' needs;
3. Work better with parents and carers, and third parties in our community
4. Ensure that children's' voices are heard.

The survey method being used has been developed by the Schools Health Education Unit, Exeter and has been in use now for over forty years.

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

**Home and Family**

**Tobacco, Alcohol, Drugs (Year Six)**

**Healthy Eating**

**Relationships, emotional health and well-being**

**Leisure and money**

**Exercise**

Many schools have used the information gathered from the survey to inform and promote discussion in events and meetings with parents and carers. Over three thousand schools nationally have used the survey, many of them regularly repeating it. In our school, we will use the survey with our Year Five and Six pupils. Both the Local Authority and the school find the content of the questionnaire acceptable and appropriate for these age groups; 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 a worthwhile exercise in which you wish to participate in. I will assume you do approve unless I hear otherwise and I look forward to working with you in planning improved health promotion for our pupils. A copy of the questionnaire is available from the school office on request and we can arrange for you to view it by appointment. Please contact the school office if this is something you wish to do.

Pupils will complete the survey before the Christmas break.

Yours sincerely,

**Mrs. Amy Archer**  
**Head of PSHCE**