



15 October 2024

Dear Parents/Carers

## HEALTH RELATED BEHAVIOUR SURVEY 2024

Our school, along with many others across Southend, has agreed to participate in a very important Health Behaviour Survey amongst children and young people. We have been asked to take part to help make sure that those services that support children and young people are aware of and are meeting the needs of children and young people.

As a school, we will also receive some very valuable anonymised feedback from our pupils so we can improve our own support and provision for them.

Previously, the survey data in schools has also been used in a variety of ways including:

1. As a starting point for discussion in classroom activities or lessons.
2. To improve work on the health and well-being of pupils.
3. As a beginning for further enquiry to strengthen existing programmes or curriculum, e.g. PE, Healthy Eating etc.
4. To help schools track their progress.

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 forty years. Over 3000 schools across the country have taken part, many of them regularly repeating the survey.

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

- home and family
- internet safety
- emotional health and well-being
- tobacco, alcohol, vapes & drugs
- healthy eating
- physical activity

The Local Authority Public Health department will also have a reliable database upon which it can objectively plan provision for children and young people. Both the Local Authority and the school find the content of the questionnaire acceptable; it has been customised to suit our local setting in Southend for Primary Schools.

Each questionnaire is anonymous and confidential, and no pupil will be identified when the data is returned to our school. The Local Authority will not use data to identify individual pupils or individual schools in its wider reporting.



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# West Leigh Junior School

Principal: Mr M Aggus



I hope you will agree with us that this is an exercise in which we wish to co-operate fully and will be of real benefit in helping to shape provision for our pupils.

If you have any queries regarding the survey, then please contact the school office.

The survey will be carried out on the following dates:

6A and 6D Wednesday 6<sup>th</sup> November

6P and 6W Thursday 7<sup>th</sup> November

Thank you for your support.

Yours sincerely,

Mrs C. London

Vice Principal



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