

Dear Parent or Carer,

**RE: School Digital Health and Wellbeing Questionnaire**

During the school year 2023-24, all children in Nottinghamshire in year 9 will be invited to complete a school digital health and wellbeing questionnaire.

The purpose of this is to assess the health needs of young people and offer early intervention, online support and the opportunity for face to face support where required.

Nottinghamshire Healthcare NHS Foundation Trust's Healthy Family Teams (formerly known as school nurses) will be providing an electronic link to schools and this questionnaire will be completed in a classroom setting.

The school will not have access to the answers your child provides. This is an opportunity for your child to discuss any health concerns and to encourage them to take responsibility for their own health from a young age.

The following topics are some examples of what will be included within the questionnaire:

- Emotional health and wellbeing
- Low mood and anxiety
- School Life
- Home Life
- Online safety/ gaming
- Healthy lifestyle
- Body image
- Smoking and alcohol
- Body changes and relationships
- Grooming and Child Sexual Exploitation (this is around raising awareness)

The questionnaire will provide interactive advice with clear direction on where your child can access safe and appropriate support if required. They will also be signposted to [www.healthforteens.co.uk/nottinghamshire](http://www.healthforteens.co.uk/nottinghamshire) where they can access health information on all of the topics discussed in the questionnaire. A follow up face-to-face appointment by a member of the Healthy Family Teams may also be offered to your child if any health or wellbeing concerns are identified. The questionnaire will also highlight that they can also text the Healthy Family Teams via ChatHealth on 07507 329952 - we may also contact the young person on this platform.



The questionnaire weblink uses ReachDeck, a piece of software included for every visitor to the questionnaire and the Health for Teens website that adds instant access to supportive features, including text-to-speech, translation and magnification tools. Find out more about how to use the included ReachDeck tools on this website: <https://www.healthforteens.co.uk/about-reachdeck/>

The information provided by each child in the questionnaire will be confidential and held securely on NHS IT systems.

Data about key themes only, will be shared with schools and local authority public health commissioners which will enable an understanding of local trends and support planning the services required in Nottinghamshire for young people and their families.

If you DO NOT want your child to take part in this digital health and wellbeing questionnaire, please discuss this with your child. You must then contact your child's school who will arrange for them not to take part. Children themselves can also opt out if they do not want to participate.

If you are happy for your child to complete the questionnaire then you do not need to do anything.

If you would like to discuss this further please contact the school who have been provided with further information they can share with you.

Yours sincerely,

Nottinghamshire Healthy Family Teams.