

September 2026

IMPORTANT INFORMATION

Year 6 Health and Wellbeing Survey

Dear Parent/Carer,

Following our successful pilot of the Hertfordshire School Nursing Service online health and wellbeing survey we are pleased to continue delivering it this year. This allows us to identify the health needs of children, in line with national guidelines as per [The Healthy Child Programme](#). The survey is intended for children in Year 6 and helps us to understand your child's health needs so that we can provide appropriate help and support.

All children in year 6 will be given the opportunity to complete this online survey in school. The survey asks your child about things that can impact their health, such as lifestyle and their wellbeing. Members of the school nursing team will be present while the children complete the survey to provide support to any child who may require assistance.

For a snapshot of the health and wellbeing survey please see below. If you wish to discuss the questionnaire further, please contact the school nursing service via the contact details at the end of this letter.

Year 6 health and wellbeing survey

Once completed all surveys are reviewed by qualified nurses from the School Nursing Team. If your child's responses suggest that they may benefit from additional support, they may be offered the opportunity to speak to a member of the School Nursing Team. Children can also ask to speak to the school nursing team after finishing the questionnaire if they would like to.

If your child might benefit from some additional support from the school nursing team, we will contact you to discuss this.

In partnership with the school, we will be offering health promotion sessions to all children such as sleep, social media, dental health or other topics depending on the themes identified from the survey.

All personal information collected from this questionnaire will be treated as confidential and will be uploaded onto your child's electronic health records. The information is held securely to meet with data protection requirements.

The school will receive anonymised information regarding the themes which may include information around healthy lifestyles. This information would be about the whole school and not an individual child.

Information regarding how this data is stored by Hertfordshire Community NHS trust can be found here:

<https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>

For further information regarding the Hertfordshire school nursing service offer please see [here](#)

[Service details | Hertfordshire Community NHS Trust](#)

What you need to do

If you are happy for your child to take part, you don't need to do anything.

If you would prefer for your child **not to take part**, please access the online opt out form for the Year 6 Health and Well-Being survey on this link:

[School Screening Form](#)

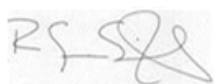
Or if you would like to discuss the information above, please contact the Public Health Nursing (5-19) Team within two weeks of receiving this letter using the details below.

To contact the Public Health Nursing (5-19) Team (between 9am-5pm, Monday to Friday):
Call: 0300 123 7572

We thank you for taking the time to read about the Year 6 Health and well-being survey.

We have also included some links below to websites you may find useful when talking to your child about their health.

Yours sincerely



Rosie Franklin-Smith

Community Service Lead

PHN 0-19 South Quadrant



Ce Ward

Community Service Lead

PHN 0-19 East Quadrant



Fiona Petty

Community Service Lead

PHN 0-19 North Quadrant



Jo Preston

Community Service Lead

PHN 0-19 West Quadrant



07480 635050

confidential texting service
for young people aged 11-19

Useful Websites:

Healthforkids provides health information including puberty, healthy eating, and mindfulness. There is lots of information for both parents and children.

www.healthforkids.co.uk (age 5-11Yrs)

HealthforTeens is a website designed for older children and includes health information and advice about a range of topics including alcohol, smoking and sex and relationships:

www.healthforteens.co.uk (age 11-19Yrs)

Emotional And Mental Health Information:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.youngminds.org.uk>

<https://www.withyouth.org/how-we-help-/lumi-nova/>

<https://thesandbox.mindler.co.uk/service-zone>

