

Dear Parent or Carer,

**RE: School Digital Health and Wellbeing Questionnaire for 2024/25**

All students in year 9 are invited to complete a school digital health and wellbeing questionnaire in the 2024/25 school year.



The Healthy Family Teams will provide an electronic link to schools for students to complete the questionnaire in a classroom. The school will not have access to the students' answers.



The information provided will be confidential and held securely on NHS IT systems. Topics include emotional health and wellbeing, low mood, anxiety, school life, home life, online safety/gaming, healthy lifestyle, body image, smoking, alcohol, body changes, relationships, grooming and child sexual exploitation.



If support is needed, the Healthy Family Team will contact the individual. A face-to-face appointment may also be offered.



Students will also be signposted to [www.healthforteens.co.uk/nottinghamshire](http://www.healthforteens.co.uk/nottinghamshire) for health information. The questionnaire uses ReachDeck offering supportive features, including text-to-speech, translation and magnification tools.



If you DO NOT want your child to take part, please discuss this with them first and then contact your school who will arrange for them NOT to take part. Children themselves can also opt out if they do not want to take part.



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.

(2024-25)

