



Solihull School Nurse Team
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Shirley
Solihull
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Dear Parent / Legal Guardian,

**RE: Digital Health and Wellbeing Questionnaire/ Health Review Year 9
2022/2023**

The Department of Health recommends that young people in year nine receive a health review by the School Nursing Team.

The purpose of this is to assess the health needs of young people. Your son/daughter will have the opportunity to raise any concerns they might have in regards to their health and wellbeing and to encourage them to take responsibility for their own health.

The questionnaire will provide interactive advice with clear direction on where your son/ daughter can access safe and appropriate support if required. They will also be signposted to <https://www.healthforteens.co.uk/solihull> where they can access health information on all of the topics discussed in the questionnaire. The team will offer your son/daughter an appointment in school to see a School Nurse if a health need has been identified. If there are no health needs identified no further action or feedback will be required.

The School Nurse team will be providing an electronic link to schools – this questionnaire is not available to be completed at home. The school will not have access to the answers your son/daughter provides.

The following topics will be covered within the questionnaire:

- Emotional health and wellbeing
- Bullying
- Online safety

- Healthy lifestyle
- Smoking, drugs and alcohol
- Relationships and sexual health.

The information provided by your son/daughter will remain confidential and held securely on NHS IT systems. A copy of the completed questionnaire will only be added to your son/daughter's electronic medical records if any health and wellbeing concerns are identified.

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 Solihull for young people and their families.

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

If you wish your son/ daughter to opt out of completing the questionnaire please contact the School Nursing Team on the above telephone contact details, giving your child's name, date of birth and school they attend within 5 working days from receiving this letter.

If you have any queries or concerns regarding your son/daughter, or you would like to discuss the health review further, you can contact a member of your School Nursing Team, either on the above details, **or on the Confidential parent Texting Service 07480 635 496**

Young people can also text a School Nurse on a Confidential Texting Service (11-19 yrs. only) 07520 615 730 Mon- Fri 8-5

Useful advice / support can be found at:

<https://www.healthforteens.co.uk/solihull>

<https://www.facebook.com/solihullschoolnurses> 

https://www.instagram.com/solihull_school_nurses 

<https://www.twitter.com/SolSchNurses>  @SolSchNurses

<https://www.chathealth.nhs.uk>

**Yours Sincerely,
Solihull School Nursing Team**