



9<sup>th</sup> September 2025

Dear Parents and Carers

## **Health Related Behaviour Questionnaire**

We are working with the Schools Health Education Unit (SHEU), who are used by hundreds of schools each year ([www.sheu.org.uk](http://www.sheu.org.uk)) to carry out a health related behaviour questionnaire with our children in Years 5 and 6.

This survey is totally anonymous and we encourage our children/young people to be as honest as possible with their answers. The survey will ask a series of validated questions about the health experiences of individual children and young people. The topics covered are emotional wellbeing, healthy eating, healthy relationships, substances, physical activity etc.

This will allow us to better understand the health needs of our children and help with our planning to make sure we have the right topics covered in our PHSE curriculum. The information is also a valuable source of evidence for school improvement work and valuable evidence for OFSTED. This will help us identify any changes we may need to make when we roll this out next academic year. This will also support in the collection of good baseline data on children's and young people's health-related behaviour.

The Public Health team will also use this information to commission a 0-19 service which will work with schools too.

As this is an anonymous survey there is nothing you need to do, however, there is an example held at the school office if you would like to see a copy. If you do not want your child to participate please contact the school by Friday 12<sup>th</sup> September 2025. There is a privacy notice that can be accessed on the website above that explains anonymity and how we will use the information to help us with our work and to target support.

Kind regards

Mrs R Ayres  
Headteacher

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**Headteacher: Mrs R Ayres**

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## Privacy Notice – school surveys



### 1. Who are you?

We are a research unit in South-West England. We have been asked by the school or the Council to help collect information from young people. [www.sheu.org.uk](http://www.sheu.org.uk)

### 2. What will I be asked?

You will be asked about your habits and feelings, and other important things about you.

You will not be asked for your name or address, and please don't tell us!



### 3. Why do you want to know this?

The reports are used to plan lessons and services for young people, and to see what has changed since the last survey.

The school will see if your lessons fit in with what you and other young people tell us. We want to be sure what we are doing is right.

### 4. How will you use my information?

We will send reports to schools and the Council, showing them how many pupils gave different answers. The reports might say things like:

- 30% of pupils in this school had cereal for breakfast, but in the whole County the figure was 40%



### 5. How will you collect this information?

We are going to ask you questions in a questionnaire, on a website or in a printed booklet.



### 6. How do you keep this information?

Your answers will be kept safe on our computers. We keep records for many years, so that we can see how young people's lives are changing.



### 7. Are you allowed to do this? ('legal basis for processing')

The Council is allowed to collect information to help it plan and monitor things it does to support young people's education, health and wellbeing – the sorts of things it has to do ('legal functions' and 'public interest').

SHEU is allowed to use information to produce its reports as long as no-one can tell what answers you gave ('legitimate interests').

### 8. Who gets to see the information?

Only staff from SHEU and from the Council who need to see the information to do their job are allowed to see your answers. They won't show your answers to anyone else. Everyone else sees only percentages. No-one in your school sees your answers.



BUT if you tell us something that makes us think you are in danger, we will have to tell your school that someone has said it, even if we can't find out who you are.

### 9. What's next?



If you agree with all this, please tick the box at the start of the survey. If not, don't take part.

You can leave out any questions you don't want to answer, and you can stop at any time.

Later, if you want to see what we know about you, you can ask, and you can tell us to delete it. But remember, we might not be able to find your answers.

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