

Haringey Public Health Directorate



Meinir Jones
Public Health Commissioner for Children and Young People

Date: 29 September 2017

Dear Headteacher,

We are writing to offer your school the opportunity to participate in the Health Related Behaviour Questionnaire (HRBQ) for pupils currently in years 4, 6, 8 and 10. The questionnaire will be administered by the Schools Health Education Unit (www.sheu.org.uk) which has previously undertaken this survey in Haringey schools.

This survey was last completed in Haringey in 2015, with 2,753 pupils participating from 26 schools across the borough.

Some of the data from the 2015 questionnaire highlighted that:

- 18 per cent of girls in year 10 reported having nothing to eat or drink for breakfast
- 75 per cent of primary pupils, and 74 per cent of secondary pupils worried about at least one of the items listed in the questionnaire. The top 5 worries were knives/guns, SATs/tests, gangs, crime, problems with friends, and the environment
- There was a 56 per cent decrease in the number of girls who considered themselves 'fit' or 'very fit' between year 6 and year 10

In response to the findings from the 2015 questionnaire, Haringey Council shared the data with front line workers to provide a greater understanding of the health-related behaviours of the children and young people they work with. The findings gathered on sexual health in particular were also used to inform the content of the annual public health report, and led to work with PSHE leads and Safe Talk nurses around the content of relationship and sex education in schools.

The HRBQ is funded by the Haringey Public Health team, and provides valuable insight into children's and young people's health-related behaviour through an anonymous survey. The data collected through the questionnaire will enable you to better understand the health needs of your pupils, to enable them to achieve their full potential. The questions cover the following range of health behaviours:

- Home, family, relationships, sexual health * (* secondary only)
- Emotional health and wellbeing
- Tobacco, alcohol and drugs
- Leisure and money
- Healthy eating and exercise

The questionnaire data for your school will be made available to you (individual school data will not be publicised more widely than this), and this information can be used to provide evidence for school improvement work, OFSTED inspections, and progress towards the Healthy Schools awards.

The data will also be used by Haringey Council to inform commissioning activity, and improve outcomes for children and young people in the borough.

Pupils will need 50 minutes - 1 hour to complete the questionnaire at any point between **Monday 6th November and Friday 1st December**. The questionnaire will be available online, to provide an interactive experience for pupils whilst providing assurance that their data will be kept anonymous.

We would be grateful if you could complete and return the attached form to indicate whether or not you wish your school to participate in the HRBQ. Could this please be returned to Meinir Jones by Friday 20th October. Further information can be found in the attached fact sheet.

Yours Sincerely

A handwritten signature in black ink, appearing to read 'J. de Gruchy'.

Dr Jeanelle de Gruchy
Director of Public Health

A handwritten signature in black ink, appearing to read 'M. Dennison'.

Margaret Dennison
Interim Director of Children's Services

Public Health

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Further information sheet

What is it?

The questionnaire is our local version of an established questionnaire developed by the Schools Health Education Unit (SHEU). It is preferable for the questionnaire to be completed online if possible as this provides a more interactive experience for pupils, provides extra assurance to pupils that their data will be anonymous, can be analysed more quickly, and is more cost effective.

What topics are included?

Topics for primary schools include:

- Questions about the pupil completing the survey
- Feeling safe (bullying)
- Feelings
- Food (including spending pocket money)
- Leisure time and physical activity
- Health and hygiene (including parental smoking)

Topics for secondary schools include:

- Questions about the pupil completing the survey
- Emotional health and wellbeing
- Smoking, drinking, drugs
- Relationships and sexual health
- Safety and internet use
- Food and diet
- Physical activity and leisure
- Support

Who is involved?

We are inviting **secondary and primary schools** to take part in the survey.
We are also inviting **all special schools and the PRUs** to take part in the survey.

Which year groups are involved?

Year groups 4, 6, 8 and 10 will be invited to take part. You may find it convenient to include pupils from other year groups.

How many pupils?

We would like **all** pupils at your school in Years 4 & 6 to take part.
From Years 8 and 10, we would like **at least 100** (4 classfuls) in each. If you are doing the survey online, you are welcome to include the whole year group, if you wish.

Are the results confidential?

Pupil-level information is not disclosed, although the school will be alerted to any information raising child protection concerns.

Haringey council will receive the headline figures and analysis with national comparisons.

Only a few selected officers in Haringey council will have access to school-level figures

What does the participating school need to do?

The school will need to:

- Identify a member of staff to manage and supervise the completion of the questionnaire. This individual may wish to attend the information and training session on 12th October 2017
- Identify the classes/forms in the target year groups providing a balance of gender, ability and community background to reflect the school's community
- Allocate 50 minutes – 1 hour at some point between Monday 6th November and Friday 1st December for pupils to complete the questionnaire
- Brief colleagues, parents/carers, and the pupils, in advance of the survey

The school will receive:

- All the materials needed to carry out the survey, including model letters for parents/carers, briefing notes for staff, questionnaires and feedback forms
- A report containing a summary of key aspects of the data, including a comparison with the overall borough
- Guidance on using the final results
- Access to the results service online
- Access to the action planning software online