

January 2026

## IMPORTANT INFORMATION

Dear Parent/Carer,

This year, Hertfordshire School Nursing Service is launching its own online health needs assessment questionnaire. This allows us to identify the health needs of children, in line with national guidelines as per [The Healthy Child Programme](#). The questionnaire 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 health questionnaire in school. The questionnaire 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 questionnaire to provide support to any child who may require assistance.

For a snapshot of the health needs assessment questionnaire 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.

<https://www.hct.nhs.uk/download/year-6-health-needs-assessmentpdf.pdf?ver=16565&doc=docm93ijjm4n12424.pdf>

The completed questionnaires 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 questionnaire.

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](#)

If you **do not want** your child to participate in any of the following:

The Questionnaire

The health promotion sessions – lite bites.

or BOTH

Then please contact the school nurse team, contact details below, by the 02.02.26

Email: [hct.w3rh@nhs.net](mailto:hct.w3rh@nhs.net)

Telephone: 0300 123 7572

**If we do not hear from you then we will assume you are happy for your child to complete the questionnaire.**

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

Yours sincerely

Public Health Nursing Team

Email [hct.w3rh@nhs.net](mailto:hct.w3rh@nhs.net)

Telephone 0300 123 7572



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](http://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](http://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>