



Direct dial: 0300 3000 007 Option 1, 1, 2
Email: School.Health&Wellbeing@leicspart.nhs.uk

University Teaching Trust
Riverside House
Bridge Park Plaza
Bridge Park Road
Thurmaston
Leicester
LE4 8PQ

Date: September 2018

Dear Parent or Carer

School Digital Health and Wellbeing Contact

During the school year 2018/2019 all children in Leicestershire and Rutland in year 9 will be invited to take part in a school digital health and wellbeing contact. Leicestershire Partnership NHS Trust's Healthy Together Public Health Nurses (formerly known as School Nurses) will be helping with the implementation of the contact by providing an electronic link to the school; this digital form is not available to be completed at home. The school will not have access to the answers your child provides. This is an opportunity for your child to discuss any health concerns and to encourage them to take responsibility for their own health from a young age.

The following topics will be covered within the contact:

- Emotional health and wellbeing
- Self-harm, low mood, anxiety
- Bullying
- Online safety
- Exams
- Body Image
- Body Changes/Puberty/Relationships/Sexual Health/Child Sexual Exploitation
- Healthy Lifestyle
- Smoking/Drugs/Alcohol
- Dental Health
- Immunisations
- Vision
- Disability

The contact will provide interactive advice with clear direction on where your child can access safe and appropriate support if required. Follow up by a member of the Healthy Together Public Health Nursing Team will be provided to your child if significant health concerns are identified. Your child can go to www.healthforteens.co.uk to access health information on all of the topics discussed in the contact. Alternatively they can text a Public Health Nurse on 07520 615387 for confidential advice.

Leicestershire & Rutland Year 9 E 2017



Text a public health nurse (school nurse)
Leicestershire & Rutland 07520 615387



www.healthforteens.co.uk

Trust Headquarters: Riverside House, Bridge Park Plaza, Bridge Park Road, Thurmaston, Leicester. LE4 8PQ
Chair: Cathy Ellis Chief Executive: Dr Peter Miller

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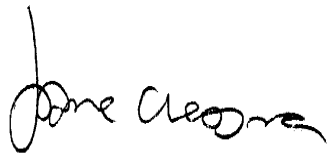
The information provided at this contact will be confidential. All the information from the contact will be held securely on NHS IT systems. Data about key themes only will be shared with Local Authority Public Health Commissioners who commission Public Health Nurse services, and with schools. This will enable an understanding of local trends and support planning services required in Leicestershire and Rutland for young people and their families. Completed health contact information will only be added to your child's electronic medical records where health concerns are identified. Your GP may have access to this information when health concerns are identified. No individual's information will be given to school staff or other children, and all information will be treated confidentially.

If you DO NOT want your child to take part in this digital health and wellbeing contact, please discuss this with your child. You must then contact your child's school, who will arrange for them not to take part.

If you are happy for your child to take part in the contact and for them to be offered a face to face appointment if required, then you do not need to do anything. Children themselves can opt out of taking part if they do not want to participate.

If you wish to discuss this further, please contact 0300 3000 007 (Option 1, 1, 2).

Yours sincerely



Joanne Chessman
Public Health Nursing Lead