

Dear Head Teacher

We have recently commissioned Healthy Attitude to do a short, anonymous on-line survey for year 9 students. The survey will be available to all secondary schools **free of charge**.

If you have previously been involved in social norms projects the format will be familiar to you. If your school has not previously been involved, the aim of the survey is to gather data on your students' actual behaviour in relation to lifestyle choices such as smoking, alcohol and drug use and also their perceptions around the extent to which their peers are engaging in these activities. In addition, the survey will gather information on mental health and wellbeing, bullying and eating disorders.

The results will be provided to you in the form of a comprehensive report which will not only provide evidence on how your school is addressing health and wellbeing issues, but will also highlight areas where additional input or support may be required.

A number of schools have been engaged with this approach for several years and have incorporated it into their PSHE delivery, as a result it would appear that levels of misperception have decreased in some areas and the level of risk taking has been delayed or in some instances decreased. It is also an innovative and personalised approach that students engage with enthusiastically. If, following the survey your school would like further support we will be happy to provide guidance on this.

The survey will be open until the end of term 2 with results available early in term 3.

We very much hope that all schools in Swindon take part in this interesting and informative survey as it would be particularly beneficial if we were able to report authority wide results. It will benefit the school to identify areas of need and meet the new Ofsted framework requirements. The survey will inform young people about their and their peer's behaviours around Health and wellbeing. It is a valuable resource for the school in designing and delivering the PHSE programme.

Please be assured that the results for your school will be confidential and not shared with any third party. If you have any questions please do not hesitate to get in touch.

If you are interested please complete the form below and return it to us as soon as possible so we can release the survey for your school. In due course we look forward to hearing from you.

S. Rai

Surbdeep (Su) Rai

Healthy Schools Manager

Year 9 Health & Well being Survey 2015/16 “How Are You?”

I would like my school to take part in the “How Are You?” survey.

School Name : _____

School Contact: _____

I understand the following requirements/assurances:

(Please tick the boxes to assure us that you have read and are completely satisfied with the programme we are offering)

The survey will be completed by the entire year 9 group.

The school will provide number on roll and gender split for year 9.

The survey is anonymous and this will be made clear to students.

The survey will close at the end of term 2

Results will be available in term 3

Results will remain confidential and will not be shared with any third party.

Any local authority reports will take measures to ensure that individual schools cannot be identified.

There will be no charge to schools for the survey or resulting report.

Return the completed document to: swindonhealthyschools@swindon.gov.uk