

You matter most

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Dear Parent/Carer

As part of the Healthy Child Programme, the Healthy Child Team offers confidential health advice and support to children, young people and families. As your child is now in Year 6 and will shortly be moving to secondary school we would like to review and assess their health needs.

Please find enclosed a health questionnaire for you to complete which will inform us of any concerns you may have regarding your child's health and wellbeing. Please return the questionnaire to the school within one week of receiving it.

Your child will also be asked to complete a similar questionnaire in school, which gives them the opportunity to highlight any concerns they may have during this transitional year to secondary school. **If you wish to see the questionnaire that your child will be asked to complete please visit www.hdft.nhs.uk click on services and then 5-19 link.**

All information in these questionnaires will remain confidential and the Healthy Child Team will contact parents if they identify any individual issues that your child may require support with. Any general themes within the year group will be discussed with the class teacher to enable school staff to complete work in school with all of the year group.

Attached is a list of top tips and useful resources for common issues with children of this age that you may find helpful.

If you do not wish your child to complete this health questionnaire in school please use the opt-out slip below and return it to your child's class teacher within one week of receiving it (do not enclose it in the envelope with your questionnaire).

Yours Sincerely

Healthy Child Team 5-19

OPT OUT SLIP

CHILDS NAME..... DATE OF BIRTH.....

SCHOOL & CLASS.....

I do not want my child to complete the year 6 health questionnaire in school

SIGNED.....DATE.....

TOP TIPS AND USEFUL RESOURCES

From previous years questionnaires we have identified a number of common issues affecting children of this age.

ISSUE	TOP TIPS / RESOURCES
Concerns about puberty	The Busy Bodies website has child friendly information to answer many of your child's questions and is the resource used by most schools currently. www.healthpromotion.ie/health/inner/busy_bodies
Headaches	Children should not frequently suffer with headaches. The main reason children get headaches is not having enough to drink. Children of this age should be drinking at least 1400mls of fluid per day (approximately 6-8 glasses) Headaches can be linked to problems with eyesight. If you have any concerns about your child's vision book an appointment with an optician. If your child has persistent headaches and the above advice has been followed it is advisable to take them to see your doctor.
Sleep problems	The psychology tools website has a useful guide on helping to address common sleep issues. http://media.psychology.tools/worksheets/english_us/guidelines_for_better_sleep_en-us.pdf
Emotional Issues	There are a number of excellent self help websites relating to emotional health issues e.g.: anger, fears, managing emotions, grief. <ul style="list-style-type: none"> • http://www.therapistaid.com/therapyworksheets/emotions/children • www.getselfhelp.co.uk • http://www.moodjuice.scot.nhs.uk/
Mental Health	Young Minds are an excellent resource that provides parents and young people support regarding any mental health issues. http://www.youngminds.org.uk
Young Carers	Children who are providing a caring role for a parent, sibling or other relative can get support from: <ul style="list-style-type: none"> • http://www.carersuk.org • http://www.childrenssociety.org.uk/ • www.carersresource.net (Scarborough and Ryedale only)
General Health Issues	NHS choices provides a wide variety of information, advice and support around many health related conditions. www.nhs.uk