

Dear Year 4 parents and carers,

This Autumn your child's school will be taking part in a Croydon-wide survey of children and young people's health and wellbeing.

The survey is being carried out by Croydon Council's Public Health and Education teams and has been designed by a specialist research company. Children and young people in years 4,6,8,10 and 12 will be invited to take part. The survey is completely anonymous – your child will not be identifiable to the school or anyone else if they take part. The survey will be completed electronically during school time.

The survey will ask about various topics that affect the lives of children and adolescents in the Borough. These topics include sleep, diet, exercise, wellbeing and mental health.

Please be reassured that the questions for all year groups will be completely age appropriate.

School staff will be available while children and young people complete the survey to help anyone having difficulties completing or understanding the survey, or finding any of the content worrying. Throughout the survey, students will be given guidance on where to seek help for any health or wellbeing worries they may have.

The results of the survey will allow us to build high-quality and relevant support services in schools and for schools, that will have the maximum benefit to our children and young people.

We hope that as many students as possible will complete the survey.

If you have any concerns or would like more information, please contact Zoe Barkham Manlow and Elizabeth Spendlove (educationwellbeing@croydon.gov.uk).

Best wishes,

Croydon Council's Public Health and Education