



Trinity School

A Church of England
Academy

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Sheila Johnston and Derek Kay
Co-Headteachers

11 January 2019

Dear Parent/Carer

Re: Public Health Surveys in Years 7 to 10

Trinity Students are all having an assembly the week beginning Monday 14 January on Mental Health and Wellbeing. This is being delivered by some of our Year 13 students who have received some extra training from Carlisle MIND in prevention and support. Trinity School is also working in conjunction with Cumbria Public Health and aiming to achieve a national wellbeing award this year. Mrs Walton is our Lead in School for this project and as part of the award we would like to work with Cumbria Public Health service to undertake a survey of our staff and students to then build an action plan of how we can best support our community in terms of mental health and wellbeing. If you would like to know more about this project please contact Mrs Walton on jwa@trinity.cumbria.sch.uk.

The Public Health 5-19 Service is a new service introduced throughout Cumbria in April 2017. The service comprises of a small team of Public Health Specialist Nurses who are based within the 6 localities where they are available to work with schools to identify and address the health and wellbeing needs of children and families.

An important part of the new service is to gather more information about the health and wellbeing of the children that live in Cumbria. In order to achieve this pupil surveys are being sent to all students in Years 7-10 at Trinity School, which will not only meet the universal elements of the 5-19 Healthy Child Programme (DH 2016) but also enable us to direct future health support and interventions to address the health problems and issues that our children worry about.

Your child will be given the opportunity to take part in the Public Health Pupil Survey in school. The survey is anonymous and should be completed on an electronic tablet or a computer and can be completed at any time, but before 31st January 2019. Each student will be emailed the link and you can also find each link on the Trinity school website.

The Public Health 5-19 Service is aimed at lifestyle improvement and the key priorities include healthy weight, emotional health, digital wellbeing and risk taking behaviour, all of which impact on the health of children in Cumbria. The survey will incorporate questions on these subject areas.

If you have any further questions or would like to see a copy of the survey then please email as above or contact the Public Health 5-19 Service on 07900664079, 07825340230 or 07795222766

If you do not wish your child to participate in the public health pupil survey please let the school know.

Yours faithfully
on behalf of Trinity School

J Walton (Mrs)

