



13 May 2021

Dear Parent/Carer,

Re: Harrow Pupil Health & Well-Being Survey

The Director of Public Health in Harrow, Carole Furlong, has requested that all schools and colleges in Harrow participate in the How Are You Harrow – Pupil Health & Well-Being survey, a new survey that will run every 1 to 2 years. This is a joint request from Harrow Council, the Harrow School Nursing Service, and the Young Harrow Foundation.

Carole writes: “The current generation of young people is the first generation that faces the prospect of not living longer, healthier lives than the previous generation. Harrow has one of the highest rates of diabetes in adults in the country, our children have the worst teeth in London and we know from the Young Harrow Foundation survey from 2018 that young people’s emotional well-being is something that we need to support more.

We need to start asking more questions about, for example, staying active, eating healthily, going to the dentist etc. so we know who needs a bit more support and from whom.

The data from the 2018 survey gave us the information to get more resources for the borough, like the new mental health support teams. We all need to get a better picture of where we need to direct our support and where conversations need to happen in order to make a difference.

The How Are You Harrow survey asks questions that cover three main areas: physical health, emotional well-being and staying safe. We hope that over time, it will be able to show us when our collective efforts have started to have a positive impact.”

Further information about the survey:

- The survey is anonymous: we do not ask young people for their names. We are collecting data trends within age groups, not data about individual children.
- The survey is online, and young people will complete it on their mobile phones or another device at home
- All questions are optional.



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- It should take no more than 15 minutes to complete
- We're asking for postcodes, but only at the level to identify district and not the exact address.

The How Are You Harrow survey is a crucial part of our collective efforts to improve the health and well-being of children and young people in our borough. If you have any questions about the survey, please email: PublicHealth@harrow.gov.uk.

A copy of the Public Health privacy policy can be viewed at <https://www.harrow.gov.uk/health-leisure/public-health-privacy-policy>

If you would prefer your child **NOT** to participate in the survey, please email Ms Rockell at srockell@rooksheath.harrow.sch.uk by midday on Friday 14th May.

We hope you will give this important survey your support.

Yours sincerely,

Ms S Rockell
Designated Safeguarding Lead & AHT of Student Support Hub