

Dear Parent and Carer

### **Secondary Healthy Lifestyle Survey 2019-2020**

We are writing to let you know about some exciting work we are going to be doing over on the next few months.

Our school is taking part in a local programme along with 6 other secondary settings locally. For some years now, the secondary schools in Darlington have completed a Healthy Lifestyle Survey with all students.

The survey gives us the opportunity to collect information on how our young people are being healthy and leading healthy lifestyles, it will also ask the young people about how they perceive others of their own age, locally to be behaving in relation to health. For example, the survey will ask, "Do you eat fruit every day?" "How many young people your age in Darlington do you think smoke?"

The information gathered from the survey will enable us to provide a curriculum that meets the needs of the students within our school, giving them information on smoking, energy drinks, relationships, alcohol, drugs, physical activity, eating habits, bullying, emotional wellbeing and internet safety. Our staff will receive relevant training, resources and support that will enable us to support our students to develop their knowledge, skills and explore their attitudes about relevant health issues, allowing them to make informed choices, stay safe and ask for help if they need it.

There is extensive evidence for this type of work and locally we are now seeing a change in attitudes and behaviour from young people in Darlington on health issues, with evidence telling us that local young people are making better choices about health related issues.

We hope to share key findings from the survey with you and would always encourage you to talk about these issues with your children at home. If you are interested in finding out more about this work, have any questions or would like to access information and support on these issues please contact the school and speak to Adam Goodwin by telephone on 03125 373770 or by email on [a.goodwin@staidansacademy.org.uk](mailto:a.goodwin@staidansacademy.org.uk)