

December 2023

IMPORTANT INFORMATION

Dear Parent/Carer,

The Hertfordshire Public Health Nursing Service uses an online health assessment questionnaire, called The Lancaster Model (TLM). This allows us to identify the health needs of children, in line with national guidelines such as [The Healthy Child Programme](#). The assessment questionnaire is designed for children to complete in Year 6 and enables us to learn about the health needs of your child and offer help. There is further information about the Lancaster Model here: <https://www.thelancastermodel.co.uk/>

All children in year 6 will be given the opportunity to complete this online questionnaire in school. The questionnaire asks your child about things that can impact their health such as lifestyle and emotional wellbeing issues. Members of the school nursing team will be present when the children complete the questionnaire so that we can support children who need assistance.

The completed questionnaires are reviewed by members of the School Nursing Team. Your child may be offered the opportunity to speak with a school nurse if their answers indicate they may want some support. Children can also ask to speak to the school nursing team after finishing the questionnaire if they would like to.

If your child might benefit from some additional support from the school nursing team, we will contact you to discuss this.

All personal information collected from this questionnaire will be treated as confidential and held securely to meet with data protection requirements. Some information is anonymised and shared with other organisations who work with children such as schools. This information would be about a whole school or area and not an individual child. For example, we may tell a school how many children have breakfast before school every day.

Information regarding how this data is stored by Hertfordshire Community NHS trust can be found here:

<https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>

If you do not want your child to participate in this questionnaire then please contact the school nurse team, contact details below, by **1st of January 2024**.

If we do not hear from you then we will assume you are happy for your child to complete the questionnaire.

To explain this questionnaire further we have made a short film which we hope will clarify the process. This can be found here:

<https://youtu.be/nwfS5kc8uI4>

The short YouTube film below describes the support school nurses offer children and their families in Hertfordshire:

<https://youtu.be/7RoTkp3vkB0>

We have also included some links to websites you may find useful when talking to your child about their health.

Yours sincerely



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Useful Websites:

Healthforkids provides health information including puberty, healthy eating, and mindfulness. There is lots of information for both parents and children.

www.healthforkids.co.uk (age 5-11Yrs)

HealthforTeens is a website designed for older children and includes health information and advice about a range of topics including alcohol, smoking and sex and relationships:

www.healthforteens.co.uk (age 11-19Yrs)

Emotional And Mental Health Information:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.youngminds.org.uk>