



**This letter is being sent by Parent Mail and a paper copy will be sent home via students on Thursday 10<sup>th</sup> September as there is a reply form.**

Dear Parents and Carers

I am writing to tell you about an exciting opportunity that I believe will benefit every student at Wood Green School.

In January 2015 the thinktank '2020Health' and healthcare charity Nuffield Health joined forces to carry out research into the wellbeing of secondary school-aged children across the country. The research highlighted the urgent need to address areas of concern facing young people today; more specifically, how these could be vastly improved with dedicated, coordinated support in the school setting.

The wellbeing of young people, both physical and mental, is crucial to the long term happiness of our students. I was very interested in Nuffield Health's search for a pilot school to work with to implement high quality wellbeing programmes. Out of almost 200 schools nationally who expressed an interest and following three selection rounds, I am delighted to announce that Wood Green School has been chosen to be the pilot school nationally to work with Nuffield Health. You can read more about the project at <http://www.nuffieldhealth.com/school-wellbeing>.

Nuffield Health are committing to placing a Head of Wellbeing in Wood Green School, who will develop wellbeing programmes across the school, including topics such as sensible exercise, what we eat, mental health and education about safe behaviour. We already aim to deliver these, but having a dedicated member of staff, with the support of Nuffield Health behind them, will enable us to deliver the highest quality wellbeing provision of any school nationally. Nuffield Health is also committed to ensuring that we have the right facilities and resources, to help your child to develop his or her wellbeing and we are jointly planning what these will be.

The project will be monitored and evaluated carefully by the University of Lancaster's Work Foundation and the findings will be used to evaluate how the Head of Wellbeing has an impact on our school. The findings will then be used to benefit schools nationally. It is very important that Nuffield Health get a good picture of the needs of our school; therefore I am asking you for your consent for your child to participate in this project, which will involve gathering wellbeing-related data from your child. At the end of this letter there is a special section called 'Nuffield Wellbeing project at Wood Green School: What data will be collected and how it will be used'. I know you may have further questions about this aspect of the project, so there will also be opportunity for you to learn more about it:

**Nuffield Health Wellbeing Project at Wood Green School  
Information Exchange**

**If you would like to:**

- **Learn more about this project**
- **Reassure yourself about how information about your child will be collected and used**
- **Get involved in this project on our Steering Group**

**please come to this information exchange at 6.30pm on Monday 14<sup>th</sup> September.**

The research also highlighted the important roles that families and school staff play in the wellbeing of our children. Staff will therefore have access to Nuffield Health wellbeing programmes too and we are looking for ways to involve families in the project. The first of these will be a 'Wellbeing Weekend' event at 10.30am - 3pm on Saturday 26<sup>th</sup> September at school. There will be many fun activities for all ages to try, so do drop in and try them. We will send out more details about this soon.

By working with Wood Green School, Nuffield Health aims to develop programmes that can be implemented in all schools across the country, so Wood Green will be at the forefront of a significant national development. We will, of course, continue to focus on the quality of teaching and learning, but I firmly believe that we need to consider the wellbeing of our students, in order to help them to be even more successful; in particular given the ever-increasing pressures our young people face. It has always been part of our ethos at Wood Green School to ensure that we are catering for the whole child; working with Nuffield Health will give us the chance to put this into practice at a whole new level.

I would be very grateful if you would return the consent form to school by **Thursday 17th September 2015**. Without your consent, your child will be unable to participate fully in the project and enjoy the full benefit that I am sure this will bring. The consent form can be found at the end of this letter.

I hope you will agree with me that this is a unique opportunity for Wood Green School students to learn about their wellbeing and to work with one of the leading wellbeing organisations nationally. We will develop the project with Nuffield Health more once the first set of surveys have been completed. If you would like to be more closely involved in contributing to the development of this project, because you have an interest in the wellbeing of young people, or if you have any questions, please come to the parent meeting on Monday 14<sup>th</sup> September or do contact me at school: [headteacher@wgswitney.org.uk](mailto:headteacher@wgswitney.org.uk)

Yours faithfully



Mr R Shadbolt  
Headteacher

## **Nuffield Health Wellbeing project at Wood Green School: The data being collected and how it will be used**

### 1. Questionnaire data

We would like all participants to complete a questionnaire at the start of the project. This focuses on general health, activity levels and nutrition, asking about eating and drinking behaviours, or if they smoke or use recreational drugs. How your child is feeling is important to their happiness, so, emotional wellbeing, bullying and relationship questions are included, along with time spent on the internet and gaming consoles and general lifestyle behaviours and habits.

The data will be collected anonymously and stored securely in encrypted files, according to protocols required by the Ethics Committee of Lancaster University.

Only aggregated data will be reported, making it impossible to identify individual results. The study will observe any changes over time in the attitudes, behaviour and health of groups of staff and students, to understand how healthier lifestyles can be promoted and, importantly, sustained.

### 2. Student Health and Lifestyle Coaching session

Over the school year, all students with consent from their parents/carers will be offered a student Health and Lifestyle Coaching session. This will be with a Nuffield Health trained physiologist. The sessions will subjectively review mental wellbeing, sleep, risk of bullying, prevalence of risk behaviours (i.e. alcohol and drug use), exercise levels and daily movement. Physical measurements will focus on body shape, fitness and hydration, in a non-judgemental and motivational manner.

It is extremely important to Nuffield Health that the Junior Health and Lifestyle Coaching session inspires each student. To ensure this, each session has dedicated time to lifestyle coaching, goal setting and personalised report with a small victory card. These sessions will help identify anyone in need of extra support, including mental health concerns; it will coach them on areas of their health and lifestyle that needs improving. The results from the Junior Health MOT remain confidential but please be assured that if any concerns emerge from this session, just as when a student talks to any support service in school such as our School Health Nurse, these concerns will be passed on appropriately.

In order for your son/daughter to participate in the Nuffield Health project and to fully benefit from this opportunity, we do require parental consent. Please complete the form attached and return to your son/daughter's form tutor by  
**Thursday 17<sup>th</sup> September 2015.**