

## Head of Wellbeing Pilot in Schools - Year 2

Dear Parent/Carer,

I am delighted to be able to update you on the Head of Wellbeing pilot study which is currently being carried out at Wood Green School, in partnership with Nuffield Health.

### The School Wellbeing Pilot Study

The School Wellbeing pilot study started in October 2014, following research conducted by Nuffield Health which suggests that employing a dedicated Head of Wellbeing in UK secondary school could have an important impact on the health and wellbeing of students and staff.

Following a nationwide competition, Wood Green School was chosen as the site for Nuffield Health to run a two year long pilot study. The aim of this pilot study was to find out if a Head of Wellbeing can create positive changes in healthy eating, physical activity, smoking and alcohol use and emotional wellbeing within the school.

### What we have done so far

The Head of Wellbeing (Mr. Terry Austin) joined Wood Green School in January 2016 and has since been working to understand the unique challenges to health and wellbeing faced by staff and students. Mr. Austin has so far delivered classes and other events to staff and students, including managing an extension to the school's fitness facility, organising whole school health promotion events and making healthy changes to the food and drink on offer at lunchtime in the school canteen.

### What we will do this year

As we start the second year of the School Wellbeing Pilot study, Nuffield Health would like to start a formal evaluation of the Head of Wellbeing. To do this, Nuffield Health will be approaching staff and students to collect some information on their health and wellbeing at the start and at the end of the school year. A researcher from Nuffield Health will ask all students to complete an anonymous questionnaire on healthy eating, physical activity, smoking and alcohol and emotional wellbeing and will invite around 20 students from different year groups to complete a research interview during the summer term. For further information, please see the Participant Information Sheet attached to this email.

### What should I do next?

If you are happy for your child to continue to take part in the Wellbeing pilot study, you do not need to do anything. Nuffield Health will update all parents/carers on the results of the School Wellbeing Pilot when this information is available at the end of the study.

If you **do not wish** for your child to provide information to Nuffield Health as part of their on-going evaluation, or for your child to be included in any wellbeing related initiatives throughout this school year, please contact Mr Terry Austin directly on [terry.austin@nuffieldhealth.com](mailto:terry.austin@nuffieldhealth.com) or by phone on 07342 060622.

Please indicate in any correspondence the name of your child and their tutor group.

**Parents - If you wish to opt-out, please email the above details to the Head of Wellbeing, Terry Austin by Monday 17<sup>th</sup> October 2016, at:**

[terry.austin@nuffieldhealth.com](mailto:terry.austin@nuffieldhealth.com)

If you have any further questions or concerns regarding this study, you can contact Terry Austin, the Head of Wellbeing at Wood Green School, by phone on 07342 060622 or by email on [terry.austin@nuffieldhealth.com](mailto:terry.austin@nuffieldhealth.com)

or, Dr Sophie Attwood, Lead Research Fellow at Nuffield Health, by phone on 07917 828603, or by email on [Sophie.attwood@nuffieldhealth.com](mailto:Sophie.attwood@nuffieldhealth.com)

Thank you for your continued support and I look forward to updating you further as the pilot progresses.

Yours sincerely,



Terry Austin (Head of Wellbeing at Wood Green School)