

22<sup>nd</sup> June 2020

Dear Headteacher

**Subject: School Readiness Health and Wellbeing Questionnaire**

To support those children and families who start school in September we are sending out a School Readiness Health and Wellbeing questionnaire directly to parents/carers as part of the Covid 19 response and return to school work.

As we are all aware there is potentially a significant issue regarding children's readiness for school in September and this is a way to identify and address some of these early. The questionnaire covers a number of physical and emotional health and wellbeing issues including health and development, nutrition, emotional health and digital wellbeing and is part of the Healthy Child Programme. It will be delivered through the 5-19 Public Health Nurses.

The data collected in the questionnaire will be gathered to help us identify any key issues for cohorts and offer support to your school to address these. The 5-19 Public Health Nurses will support your school with regards to staff training, curriculum, parents/carers sessions etc. regarding any issues raised. More information regarding the service is available at <https://www.cumbria.gov.uk/ph5to19/>.

The questionnaire is anonymised with exception of the name of the school and the child's gender. However, if parents/carers would like further support, advice or information regarding any of the issues covered in the questionnaire, they will be able to put their contact details to request a contact from the 5-19 Public Health Nurses. Parents/carers will be sent the link via email - please see example below.

If a parent/carer requests support, contact will then be made by the 5-19 Public Health Nurses and a follow up appointment will be offered via E-School Nurse to establish any further support needed. All information gathered would go on the Child's Health Record and would be held on RIO.

If appropriate the child/family would be referred onto another service area that could better support them – this could include Child and family Support Services, Early Years colleagues, Child Development Services etc or a conversation to look at further multi-agency support for family and school.

We hope this questionnaire will help us to identify those children/families who need support as a result of missing nursery or are facing new challenges such as sleep problems, continence, anxieties, separation issues, lack of routine etc. due to current issues.

We are aiming to send out the questionnaire over the next week with a follow-up email the week after.

If you have any questions or concerns, please do not hesitation to contact myself or the 5-19 Public Health team in your area further details available at <https://cumbria.gov.uk/ph5to19/>.

Yours faithfully



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Dear Parent/Carer,

As your child is due to start primary school this September we want to do everything we can to ensure that support is in place to make sure your child has a safe and successful transition into school life.

The transition from nursery school to primary school is an exciting time, but also big and sometimes daunting step for both children and parents/carers and the current coronavirus pandemic is likely to be causing some significant worries as to how your child will be cared for and supported whilst at school.

In order to ensure that the most appropriate health and community services are in place we are asking you to complete an anonymous questionnaire that will provide Cumbria County Council (CCC) and North Cumbria Integrated Care NHS Trust with vital information about the health and development of children aged 3- 4 years old living in Cumbria.

The link below will take you to the survey which begins with details about how the data will be used and stored before continuing to questions about your child's health & development, nutrition, emotional health and digital well being.

<https://www.oc-meridian.com/CumbriaPartnership/survey/SchoolReadinessCovidRecovery>

**The questionnaire is anonymous but we have provided an opportunity at the end of the survey to request a call-back from a Public Health Nurse if you would like any advice or support on any of the questionnaire content.**

On completion, all the anonymous data will be assessed by the Public Health 5-19 Nursing Service and used to help us make sure that we are meeting the needs of our children, families and schools to support their health and wellbeing. Where additional staff training or additional services are needed this information will be shared with CCC to help put those in place.

Thank you so much for completing our survey and we send our very best wishes to you and your family at this difficult time.

Kindest regards

The Public Health 5-19 Nursing Service  
North Cumbria Integrated Care NHS Foundation Trust.

<https://cumbria.gov.uk/ph5to19/>