



**Beam County Primary School**  
Oval Road North, Dagenham, Essex, RM10 9ED.

13<sup>th</sup> February 2026

Dear Parents and Carers,

**HEALTH RELATED BEHAVIOUR SURVEYS**

Our school, along with several others, has agreed to participate in a very important Health Behaviour Survey amongst young people. We have been asked to support the work of the Local Authority and Public Health and we stand to benefit substantially through our participation in the survey.

The survey data in schools may prompt review of the curriculum and have also been used in a variety of ways including:

1. As a starting point for discussion in classroom activities
2. As a guide in the choice of resources
3. As a prompt for appropriate timing of courses
4. As a beginning for further enquiry to strengthen existing programmes, e.g., in PE
5. As a starting point for discussions between parents and schools

The survey method that we are using has been developed by the Schools Health Education Unit, Exeter and has been in use now for over 40 years. Over 3000 schools have used the survey, many of them regularly repeating the survey.

The questions concern a wide range of health behaviours, for example:

- |                        |   |
|------------------------|---|
| Home and family        | Relationships, emotional health and well-being, |
| Tobacco, Alcohol, (Y6) | Leisure and money                               |
| Healthy Eating         | Exercise  |
| Drugs (Y6)             |   |

The Local Authority and Public Health will also have a reliable database upon which it can objectively plan health care provision for young people. Links between the school and Public Health can be strengthened.

Both the Local Authority and the school find the content of the questionnaire acceptable; it has been customised to suit our local setting.

Each questionnaire is anonymous and confidential, and no pupil will be identified when the data is returned to your school. The Local Authority will receive only the summary of all schools in which

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**Headteacher: Miss T A Whittington, NPQH, BA (Hons), PGCE**  
**Chair of Governors: Mr L Du Ploy**



individual schools are not identified. Data Protection concerns are covered in the Privacy Notice for pupils, which can be found on the reverse of this sheet.

I hope you will agree with us that this is an exercise in which we wish to co-operate fully. I will assume you do approve unless I hear otherwise and I look forward to working with you in planning improved health promotion for our pupils. We hold a copy of the questionnaire in the school office, and if you would like to examine it, you are welcome to do so by appointment.

As part of the survey, it will be helpful if your son/daughter brings the following information:

1. their postcode (this will be used only for drawing maps of results in the area; your house will not be identified)

The survey will probably be carried out in the next month.

Yours sincerely,

Mrs McKenzie  
Assistant Headteacher

# Privacy Notice – school surveys



## 1. Who are you?

We are a research unit in South-West England. We have been asked by the school or the Council to help collect information from young people. [www.sheu.org.uk](http://www.sheu.org.uk)

## 2. What will I be asked?

You will be asked about your habits and feelings, and other important things about you.

You will not be asked for your name or address, and please don't tell us!



## 3. Why do you want to know this?

The reports are used to plan lessons and services for young people, and to see what has changed since the last survey.

The school will see if your lessons fit in with what you and other young people tell us. We want to be sure what we are doing is right.

## 4. How will you use my information?

We will send reports to schools and the Council, showing them how many pupils gave different answers. The reports might say things like:

- 30% of pupils in this school had cereal for breakfast, but in the whole County the figure was 40%



## 5. How will you collect this information?

We are going to ask you questions in a questionnaire, on a website or in a printed booklet.



## 6. How do you keep this information?

Your answers will be kept safe on our computers. We keep records for many years, so that we can see how young people's lives are changing.



## 7. Are you allowed to do this? ('legal basis for processing')

The Council is allowed to collect information to help it plan and monitor things it does to support young people's education, health and wellbeing – the sorts of things it has to do ('legal functions' and 'public interest').

SHEU is allowed to use information to produce its reports as long as no-one can tell what answers you gave ('legitimate interests').

## 8. Who gets to see the information?

Only staff from SHEU and from the Council who need to see the information to do their job are allowed to see your answers. They won't show your answers to anyone else. Everyone else sees only percentages. No-one in your school sees your answers.

BUT if you tell us something that makes us think you are in danger, we will have to tell your school that someone has said it, even if we can't find out who you are.



## 9. What's next?



If you agree with all this, please tick the box at the start of the survey. If not, don't take part.

You can leave out any questions you don't want to answer, and you can stop at any time.

Later, if you want to see what we know about you, you can ask, and you can tell us to delete it. But remember, we might not be able to find your answers.