

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

Stockton 0-19 Children's Service
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Thornaby
Stockton on Tees
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Website: www.hdft.nhs.uk

www.hdftchildrenshealthservice.co.uk

Tel: 0333 320 2302

Email: hdft.stockton0-19service@nhs.net

Dear Parent/Carer

We are contacting you regarding completing a Mid Teen Review with your child. This is a universal offer we offer to residents living within Stockton borough during Year 9. Your school has consented for us to run this within their school, and we would like to give you advanced notice of this commencing.

What is it?

The Mid Teen Review is a questionnaire for young people in Year 9 to identify any difficulties with emotional or physical health and wellbeing at the earliest opportunity. Through the scoring of the questionnaire, 1 to 1, group work or an onward referral may be identified with the aim of building your child's wellbeing and resilience.

How is it completed?

Your child will complete their own questionnaire using the 'My Health and Wellbeing Tool'. Your child's selected answers will then be scored via a traffic light system and if any difficulties are highlighted, support will be offered or signposted to relevant services.

If you would like any further information, please email, or call to discuss.

If you would like to opt out of this service, please contact us by **9th of January 2026**. Otherwise, we will assume that you consent for us to complete this health review.

Kind regards,

5-19 School Nursing Service



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