

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 Service

Thornaby Family Hub
Tedder Avenue
Thornaby
Stockton-on-Tees
TS17 9JP

13 December 2024

Tel No: 03333 202302

Email: hdf.t.stockton0-19service@nhs.net

YEAR 9 MIDTEEN REVIEW-

Dear Parent/Carer,

Harrogate and District NHS Foundation Trust 5-19 Service (School Health Service)

Throughout the academic year the 5-19 Service (in partnership with Stockton Borough Council) will be providing/ offering a Year 9 health and wellbeing review to all the secondary schools within the Stockton borough.

The review will be offered within the educational establishment using the 'This is Me' tool. The purpose of this review is to identify any difficulties with your child's health and wellbeing at the earliest opportunity. This will ensure support is put in place either through providing a resource, 1:1 work or group work with the aim of building the child/ young person's resilience. Support may be offered around a variety of issues such as exam stress, friendships and bullying, behaviour, body image and risk-taking behaviours or any other health related concern.

The 0-19 service would like to work in partnership with you to help keep your child healthy and support their overall well-being. We can offer support with a number of health needs including; continence, sleep, growth/weight, sexual health, puberty, self-care/hygiene, head lice, smoking/ vaping education, drugs and alcohol, internet safety, body image/ self-esteem/ confidence. If you have any concerns and require further support with your child's health then please contact the 5-19 service on the Single Point Of Contact (SPOC) number above.

If you do not wish your child to take part in the review, please contact the 5-19 Service on the SPOC number above to opt out. If we do not hear from you within 2 weeks of the above date, we will assume that you have no objection to your child receiving this service.

Yours sincerely

5-19 Service (School Health Team)



@HarrogateNHSFT



HarrogateDistrictNHS



www.hdf.t.nhs.uk