

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

Date: 17th March 2023

Tel No: 03333 202302

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

Dear Parent/Carer,

Harrogate and District NHS Foundation Trust 0-19 Service (School Health Service)

Throughout the academic year Public Health Nurses from the 0-19 Service will be visiting all secondary schools within the Stockton Borough to complete a Year 9 review.

The review will be offered to all pupils in school year 9 using the 'This is Me' tool. The purpose of this review is to identify any difficulties with emotional health and wellbeing at the earliest opportunity. This will ensure support is put in place, either 1:1 or in a group setting, with the aim of building the child/ young person's personal resilience. Support may be offered around a variety of issues such as exam stress, friendships and bullying, behaviour, body image or other worries and a resource for this may be provided.

The 0-19 service would like to work in partnership with you to help to 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 above mentioned telephone number and we can provide this.

If you do not wish your child to take part in the review, please contact the 0-19 Service in writing at:

Year 9 Review, 0-19 Service, Thornaby Family Hub, Tedder Avenue, Stockton-on-Tees TS17 9JP

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

0-19 Service (School Health Team)