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Dear Parents and Carers,

We received the below message from the NHS WHOLE SCHOOL HEALTH (KENT COMMUNITY HEALTH NHS FOUNDATION TRUST). We thought this might be helpful to share which highlights the responses from the children. As a school, the Senior Leadership team and the class teachers have also received these results and will be supporting the children with areas of concern during PHSE lessons.

Many thanks

Thank you for taking part in The Lancaster Model (TLM) Year 6 health, wellbeing, lifestyle and behaviour screening questionnaire that identifies early intervention and prevention for better outcomes in health and wellbeing. We know that children and young people with poor physical or mental health are more likely to be absent from school which can have a significant impact on their overall wellbeing and wider development.

We have analysed the report and highlighted some key themes you may want to focus on

**It was reported by Year 6 pupils that:**

- 77% mostly feel happy at school
- 92% get help and support from family members
- 92% have friends they can talk to
- 72% take part in after school activities
- 86% have had a check-up at the dentist
- 81% have something to eat/breakfast every day
- 92% enjoy doing moderate physical activity and **69% are doing at least 1 hour of moderate physical activity each day**

**Some areas that we have identified which may require extra support moving forward are:**

- 67% eat less than the recommended 5 or more portions of fruit or veg a day
- 33% do not have their eyes tested at the opticians
- 19% have concerns about their body changing
- 14% only brush their teeth with toothpaste once a day and 14% sometimes brush their teeth with toothpaste
- 25% have had energy drinks
- 17% have worries/concerns about bullying
- 19% have worries/concerns about their safety – please see \*(this is broken down in more detail in the full report attached)
- 31% have someone in their close family with a disability and 33% have someone in their close family with a long-standing illness (this may be worth looking at from a young carer perspective)
- 25% would like help and support about internet safety

In addition, pupils said they would like more information on:

- 13% Puberty
- 13% Coping with change

And finally, 67% expressed concerns with the upcoming transition to Secondary school.