



**Central and  
North West London**  
NHS Foundation Trust

CNWL School Nursing Service  
Goodall Division  
Beaufort House  
Cricket Field Road  
Uxbridge  
UB8 1QD

January 2024

Dear Young Person,

**Re: Your health – a brief screening questionnaire**

The **School Nursing Teams in Hillingdon** work in partnership with children, young people and families as well as schools and the local authority to ensure that pupils are supported within their school community to **remain healthy and receive the right support where it is needed.**

As you are in Year 9 it is a **good time to review your health** through this brief questionnaire as recommended in the 'Healthy Child Programme' (Department of Health, 2009).

Each school in Hillingdon has a named School Nurse. The School Nurse runs a confidential service in schools. We can help where young people want advice or need to talk to someone about any worries relating to their health and well-being, as well as provide support and advice to parents/carers.

The questionnaire provides an **opportunity to identify any new or on-going health needs** you may have and require additional support with, and enable individual follow-up actions which may be required to support you in ensuring you **remain healthy as possible.**

This information will be kept safely in your School Health Record, and will not be shared with any third party. If information is to be shared we will always get your consent first unless we feel that you are in any danger or at risk of harm.

The questionnaire will take **less than five minutes to complete.**

Please complete the questionnaire even if you believe you have no health needs. The closing date for returned questionnaires will be **Friday 26<sup>th</sup> January 2024.**

**Please press control+click on the below link to open and complete the questionnaire:**

<https://www.oc-meridian.com/cnwl/survey/HILLINGDONCHILDSCHOOLYear9and12>

For further information and support from the school nursing service, please use the following link for the Hillingdon Children and Young People website - <https://www.hillingdoncyp.cnwl.nhs.uk/>

We **thank you** for taking the time to work with us in supporting our young people's health in Hillingdon.

Yours Faithfully,

**The Hillingdon School Nursing Team**

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Regent's Place, London NW1 3AX  
Telephone: 020 3214 5700 [www.cnwl.nhs.uk](http://www.cnwl.nhs.uk)



*Wellbeing for life*

[Please find listed below some useful websites](#)

Obesity.

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

<https://www.nutrition.org.uk/nutritionscience/life/teenagers.html?showall=1>

[http://www.youngpeopleshealth.org.uk/wp-content/uploads/2019/09/AYPH\\_KDYP2019\\_Chapter4.pdf](http://www.youngpeopleshealth.org.uk/wp-content/uploads/2019/09/AYPH_KDYP2019_Chapter4.pdf)

bullying.

<https://www.antibullyingpro.com/>

<https://www.nationalbullyinghelpline.co.uk/kids.html>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

Bed Wetting.

<https://www.eric.org.uk/Pages/Category/teens>

Asthma.

<https://www.asthma.org.uk/advice/manage-your-asthma/young-people/>

<https://kidshealth.org/en/teens/center/asthma-center.html?WT.ac=p-ra>

Diabetes.

<https://www.diabetes.co.uk/teenagers/>

<https://www.nhs.uk/conditions/diabetes/>

Anaphylaxis.

<https://kidshealth.org/en/teens/anaphylaxis.html>

<https://www.allergyuk.org/information-and-advice/conditions-and-symptoms/33-anaphylaxis-and-severe-allergic-reaction>

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

Epilepsy.

<https://www.epilepsy.org.uk/info/children-young-adults/young-people>

<https://kidshealth.org/en/teens/epilepsy.html>

Mental Health.

<https://youngminds.org.uk/>

[www.kooth.com](http://www.kooth.com)

[www.stem4.org.uk](http://www.stem4.org.uk)

Dentists.

<https://www.dentalhealth.org/teens-teeth>

<https://kidshealth.org/en/teens/teeth.html>