

To Parents and Carers of P7 Pupils

Please ask for: Bernadette Cairns
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Date: 20.3.2019

Dear Parent / Carer

Highland Lifestyle Survey 25th March – 5th April 2017

The Highland Council and NHS Highland have jointly developed a confidential and anonymous Highland Lifestyle Survey for all P7, S2 and S4 pupils in Highland. It asks questions about such things as leisure interests, physical activity, mental health and diet.

The Survey has been carried out every 2 years since 2009 and the information gained has been used to improve health and wellbeing programmes and provision for all learners in our school communities. No individual child can be identified from the survey. Completed surveys will be processed centrally and special measures will be taken in small schools to ensure confidentiality.

If you are **unwilling** for your child to participate please return the slip overleaf to the Head Teacher of your son or daughter's primary school **by Friday, 29th March**. The survey will be carried out the following week.

If you would like to ask any further questions please do not hesitate to contact your Head Teacher or me at the contact details above.

Yours sincerely

Bernadette Cairns
Head of Additional Support Services

Child's name

Please could you ensure the above named child **does not** participate in the Highland Lifestyle Survey.

Signed.....Date.....

Please return to the Head Teacher