



4 June 2026

Dear Parents and Carers,

Health Related Behaviour Survey 2026
Cambridgeshire and Peterborough Secondary Schools / Academies

All Cambridgeshire and Peterborough Secondary Schools have agreed to participate in a very important Health Behaviour Survey amongst young people.

The promotion of the health and wellbeing of our students has always been important to us and is a statutory responsibility for schools.

The information about our students' behaviour, feelings and opinions will be very valuable in helping us to:

1. Identify what we are doing well and where we need to improve
2. Make sure what we are doing and planning meets our students' needs
3. Work better with parents and carers and partners in our community
4. Ensure that students' voices will be heard.

The survey method that we are using has been developed by the Schools Health Education Unit, Exeter and has been in use for over 30 years.

Over 3000 schools nationally have used the survey. We will use the survey with our Year 8 and 10 students.

The questions cover a wide range of important issues including: Healthy Eating, Physical Activity and Fitness, Awareness of Drugs and Alcohol, Worries and Anxieties and important issues of concern to young people and adults, like bullying and internet safety.

Both the Local Authority and the school consider the content of the questionnaire acceptable and appropriate for this age group; it has been customised to suit our local setting.

Each questionnaire is anonymous and confidential, and no student will be identified when the data is returned to school. The Local Authority will receive only the summary of all schools in which individual schools are not identified.

I hope you agree that this is an exercise with which you wish to co-operate fully. I will assume you approve unless I hear otherwise and I look forward to working with you in planning improved health promotion for our students. We hold a copy of the questionnaire in school, and if you would like to examine it, you are welcome to do so by appointment.



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As part of the survey, it will be helpful if your child brings their postcode (only part of this will be used; your house will not be identified).

We expect the survey to be carried out in the next month.

Yours sincerely

G Heaney
PSHE Co-Ordinator