

Parent/s and Carer/s of Year 7 students
c/- Principal
Merici College
10 Wise Street
BRADDON ACT 2612

Year 7 Health Check Survey

Dear Parent/Carer

Health and wellbeing are important for effective learning. As such, the ACT Health Directorate is pleased to let you know about an annual health survey – the Year 7 Health Check (Y7HC) - which will be made available to all Year 7 students in ACT secondary schools from 2020.

WHAT IS THE Y7HC SURVEY?

Year 7 represents a time of significant change in young people's lives: they face a new school, study schedules and social life while navigating the developmental changes of adolescence. The Y7HC survey is being implemented to monitor the health and wellbeing of Year 7 students during this time of change and to help us design better health programs and initiatives for Canberra's young people.

Ethics approval for the Y7HC survey has been provided by the ACT Health Human Research Ethics Committee, which has been accepted by the ACT Government Education Directorate and the Catholic Education, Archdiocese of Canberra and Goulburn. The ACT Association of Independent Schools encourages member schools to review this information as they decide on their engagement.

WHAT IS INVOLVED?

The Education Directorate is administering the 2020 Y7HC on behalf of the ACT Health Directorate. The Y7HC survey is a brief anonymous online survey which will collect information on nutrition, hydration, physical activity, sedentary behaviour, sleep and the emotional wellbeing of Year 7 students. The survey will open from Monday 10 August 2020 and should take around 10 minutes to complete.

If you consent to your child taking part in the survey, please direct them to the anonymous survey at https://acteducation.au1.qualtrics.com/jfe/form/SV_4Or3OjhKBsjWZfl or to the QR code provided here to complete the survey by using a mobile phone. The QR code and survey link will remain open until Monday 31 August 2020.



WHAT WILL WE DO WITH THE RESULTS?

ACT Health will be provided with the Y7HC survey responses however, responses to the survey are completely anonymous and your child will not be linked to their responses. Only researchers who meet the requirements of the ACT Health Human Research Ethics Committee will have access to the data.

Analyses of the Y7HC survey responses will be reported at a population level; individual, school, regional and sector-based results will not be identified. ACT Health and the Education Directorate will handle all information collected from the Y7HC survey confidentially and in accordance with the Territory Privacy Principles set out in the *Information Privacy Act 2014*. Information collected from the Y7HC survey will be stored in a secure database.

A brief report of the population-level Y7HC survey results will be made available from the ACT Health Directorate website at <https://www.health.act.gov.au/about-our-health-system/population-health/epidemiology/year-7-health-check-survey>.

WHO SHOULD I CONTACT IF I HAVE ANY QUESTIONS?

More information about the Y7HC survey can be found on the ACT Health Directorate website (www.health.act.gov.au/about-our-health-system/population-health/epidemiology/year-7-health-check-survey) or by emailing the project team at Y7HC@act.gov.au.

If you have concerns about how the Y7HC survey will be conducted, you can also contact the ACT Health Human Research Ethics Committee by email to ethics@act.gov.au or by phoning (02) 6174 7968.

Thank you for helping us to improve the health and wellbeing of ACT children and young people.

Yours sincerely



Alan Philp
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ACT Health Directorate
27 July 2020