



Letter to parents

Dear Parent/Carer,

**Leicestershire Partnership NHS Trust (LPT) school nurses have launched a ground-breaking new website 'Health for Kids'.** It is the first NHS website of its kind, created especially for children to learn about staying healthy and looking after their health. The content in the website has been written by our experts from school nursing, health improvement, smoking, dietetics, paediatricians, and child and adolescent mental health. All materials have been developed in consultation with children from local primary schools.

The website content is presented through four themed worlds helping children to explore - Staying Healthy, Feelings, Illness, and Getting help. Each 'world' presents health advice through fun facts, quizzes, games or film where your children will be able to learn about any topic related to their physical or emotional health from bullying to brushing teeth, from allergies to bereavement.

We also have a separate section for parents to provide further advice. This includes a school health questionnaire, where parents' of children starting school in reception year can fill in the online form to inform school nurses about their child's health needs. It is important that you, as parents and carers trust our website to be a responsible source of information and education for your child, and that you can continue to use it as a source of guidance and reference as your child moves through school.

To have a look at our website please visit: [www.healthforkids.co.uk](http://www.healthforkids.co.uk) – please do encourage your child to explore it and use it to improve their health knowledge. We enclosed a health for kids bookmark as a reminder of the website address for your child.

**Many thanks,**

**Margaret Clarke**

Senior School Nurse – Professional Lead School Nursing LPT