

Year 6 School Health Questionnaire

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| First name: | |
| Surname: | |
| Date of birth: | |
| Name of school: | |
| Home address: | Postcode: |

My eyesight (including wearing glasses if you have them)

I don't have any problems reading the white board in school

I have problems reading the white board in school.

Do you have problems hearing?

Yes

No

Do you visit the dentist?

Yes

No

Do you clean your teeth with toothpaste twice a day?

Yes

No

Do you eat 5 or more fruit and vegetables every day? This includes vegetables cooked in meals

Yes

No

Do you drink water on its own or as diluted juice?

I drink lots of water/diluted juice everyday

I drink some water/diluted juice everyday

I never drink water/diluted juice

Do you drink fizzy or sugary drinks? E.g. Energy drinks, cola or fruit juices

I never drink them

I drink them sometimes

I drink them everyday

Do you take part in physical activity before or after school? E.g. swimming, dancing, running, walking)

I take part in physical activity out of school more than 3 times a week

I take part in physical activity out of school 1 to 3 times a week

I never take part in physical activity out of school

How do you travel to and from school most days?

In a car

On the bus or train

Walking

Bicycle or scooter

On a week day, how many hours screen time do you usually have sitting or lying down watching TV, DVD's and computer games?

Less than 1 hour

1 to 2 hours

2 to 3 hours

More than 3 hours

Do you use social media? E.g. Facebook, Snapchat, Instagram, YouTube or Skype

I never use social media

On average I spend between 1 and 3 hours a day using social media

On average I spend more than 3 hours a day using social media

Would you like information on growing up and how your body will change? (This is called puberty)

I would like to know more about this

I do not want to know more about this

Would you like to know more about periods? Periods happen to all girls, it is important to understand what this means and where to get sanitary products from. (Boys can answer too).

Yes

No

Thank you for completing this questionnaire