

Preliminary information form for parents of 9th grade pupils



This preliminary information form is intended for the guardians of 9th grade pupils. If the adolescent lives in two homes, each parent can fill in their own form. The topics included in the form should be discussed with the adolescent. After answering the questions, please assess whether you would like a health examination this year and whether you would like to participate in it yourself. Parents can also participate remotely when your child is alone at the appointment.

During the meeting, the topics in the form will be discussed, growth and development will be assessed and missing vaccinations can be administered if necessary. One parent's request for a health examination is sufficient and the pupil can always come to a public health nurse's appointment independently without an appointment or book an appointment themselves. The information you provide is confidential and subject to health care confidentiality regulations. Key issues related to the health examination and the responses you have provided in the form will be recorded in the patient information system, and can viewed in My Kanta.

1. Basic information

Child's name, school and class ID, for example, 9B

Guardian's name and telephone number where they can be reached during the day

I live with the child

☐ Yes ☐ No

Have there been any recent changes in the family structure?

2. Health and wellbeing

Our child is doing well

☐ Yes ☐ No

Does your child have a long-term symptom, illness or disability?

Does your child have health restrictions related to attending school or studying?

Has your child experienced any of the following on a recurring basis during the past year?

- ☐ Restlessness, difficulty concentrating
- ☐ Timidness or nervousness
- ☐ Fears, anxiety
- ☐ Pain during exertion
- ☐ Use of medicines
- ☐ Violent or aggressive behaviour
- ☐ Melancholy, being withdrawn
- ☐ Other symptoms, problems or pain
- ☐ Accidents

You can provide additional information if desired.

Would you like to receive additional information on puberty, the body, sexuality or relationships?

- ☐ Breasts
- ☐ Growth
- ☐ Menstruation has not started or there are problems related to it
- ☐ Genitals
- ☐ Sexuality (contraception, sexual orientation, gender questions)

You can provide additional information if desired.

3. Health habits

Sleep

Sufficient sleep is important for wellbeing. An adolescent in secondary school needs approximately 9–11 hours of sleep at night. The need for sleep does not decrease during puberty, but an adolescent may fall asleep later due to the effect of hormones. The most common sleep disorder among adolescents is morning fatigue. The reason for this is usually going to sleep too late.

Does your child usually get enough sleep?

☐ Yes ☐ No

Physical activity

The recommended amount of physical activity for adolescents aged 13–18 is 1-1.5 hours a day. The physical activity should include several periods of moderate physical activity that increase heart rate and breathing frequency and last for at least 10 minutes. Periods of sitting for longer than two hours should be avoided.

Does your child get enough physical activity?

☐ Yes ☐ No

Social media and games

Telephones and other screens easily attract an child's attention. Excessive screen time can be harmful.

Are you worried about the amount of time your child spends on their phone or gaming consoles?

☐ Yes ☐ Somewhat ☐ No

Do you usually know what your child is doing in the gaming world or on social media?

☐ Yes ☐ No

What methods does your family use to limit digital content?

Does screen time or limiting it often cause irritation or resentment in your child?

☐ Yes ☐ No

Would you like to receive support or additional information on this topic?

Nutrition

A regular meal rhythm and balanced diet are the cornerstones for growth and health. The Finnish Institute for Health and Welfare (THL) recommends five meals a day (breakfast, lunch, snack, dinner and evening snack) for pupils in secondary school. Each meal should include vegetables and your child should also take a 10 mg vitamin D supplement every day. Water or milk is recommended as a drink. Sweets, juices and salty or fatty foods are not recommended on a daily basis.

Does your child usually eat according to these recommendations?

☐ Yes ☐ No

Would you like to receive support or additional information on this topic?

Nicotine and intoxicants

Passive smoking or substance abuse by a family member or friend may affect the wellbeing of a child.

Is your child exposed to the harmful effects of smoking or substance abuse?

☐ Yes ☐ No

Has your child experimented with or used nicotine products or intoxicants?

Hygiene

Many pupils still need reminders about hygiene. An adolescent should brush their teeth in the morning and evening, and adult assistance is often needed to remind them about changing clothes and washing regularly. Greasy skin, body hair and other changes related to puberty may require some changes in previous hygiene habits.

Would you like to receive additional information or support on this topic?

School

Do you or your child have any concerns related to school or studying for which you would like to receive support?

☐ Yes ☐ No

Does your child usually go to school happily?

☐ Yes ☐ No

Does your child usually complete the homework assigned by their teacher within a reasonable time?

☐ Yes ☐ No

Does your child feel like there is a good atmosphere and friends at school?

☐ Yes ☐ No

Is some subject too difficult?

☐ Yes ☐ No

Is cooperation between the school and home going smoothly?

☐ Yes ☐ No

Is your child being bullied/disturbed or involved in bullying someone else?

☐ Yes ☐ No

Are there concerns about studies after comprehensive school or obtaining a study place?

☐ Yes ☐ No

Would you like to receive additional support or help in school-related matters?

4. Additional information

In addition to these questions, is there anything else you would like to tell school health care?
What?

5. Health examination

Please select one of the following options:

- ☐ 1. I would like my child to be called from class for a health examination (growth and discussion about the topics of this preliminary information form) during this academic year.
- ☐ 2. I would like to be present at the appointment. Check the instructions on how to book an appointment at LUVN.FI or ask your child's school nurse.
- ☐ a) I /we will participate remotely (the pupil is present at the appointment).
- ☐ b) I /we will arrive at the agreed time with the child.
- ☐ 3. I do not think a health examination is currently necessary for my child.

NOTE: If a health examination is not a current issue but the need arises later, you can book an appointment. Pupils can also always come to an appointment independently.

Western Uusimaa Wellbeing Services County

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