

School Health Team  
Prenton Clinic  
Prenton Village Road  
Prenton  
Wirral  
CH43 0TF  
Tel: 0151 514 2509  
wirralct.nhs.uk

## Measuring the height and weight of children in Foundation Stage 2 and Year 6

Dear Parent / Guardian,

The NHS needs to have a good understanding of how children are growing across the country, so that the best possible health service can be provided for them. As a result, all the children in England, in Foundation Stage 2 and Year 6 have their height and weight checked each year as part of the National Child Measurement Programme (NCMP). This important national programme is now in its eleventh year and your child's class will be taking part this year.

The School Health Screening Team is well known to the staff and children of the school as they currently deliver the Audio / Vision Screening Programme too.

The measurements will take place in a private area away from other pupils. Children who take part will be asked to remove their shoes and coats and will be weighed in normal indoor clothing. Any cultural needs of the child will be respected.

If your child is absent on the day the team will endeavour to measure them at a later date. **Children will not be made to participate if they decide against it on the day.**

Routine data, such as your child's sex, address, postcode, ethnicity and date of birth will also be collected. This information will then be used by our trust and the Local Authority to help us understand and plan interventions for weight related problems for children in your area. The records of children's heights and weights will be made anonymous before being submitted for analysis at a national level, but may be stored locally on child health records for the purpose of providing results and follow up advice to parents.

**All information and results will be treated confidentially.** Measurements will not be disclosed to school staff or other children. If you are happy for your child to be weighed and measured you do not need to do anything.

**If you do not wish for your child to take part** please notify our office, either in writing or by telephone, using the contact details at the top of this letter within 10 working days, otherwise the School Health Screeners will measure your child on the appointed day.

Once your child has been measured our team will contact you via telephone or letter with your child's results. A leaflet about the NCMP is enclosed and provides more information about the programme, tips on healthy eating and being active.

Yours sincerely,



Kathryn Hayes  
School Nurse Team Leader, 0-19 Health and Wellbeing service



# how many ways are you changing?

change  
4life

Eat well Move more Live longer

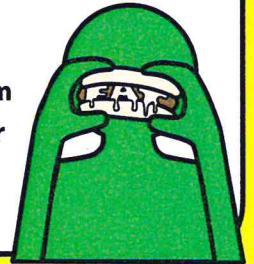
## 1 5-a-day

Our family are trying to eat 5 portions of a variety of fruit and veg every day.



## 2 cut back fat

I'm changing how I cook from frying to grilling to make our meals more healthy.



## 3 watch the salt

We're checking the label, choosing foods lower in salt and trying not to add salt to our food.



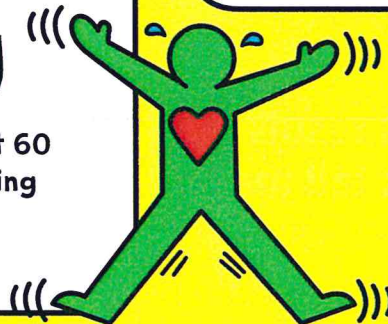
## 4 sugar swaps

Our family are swapping sugary drinks for water, lower fat milks, no-added-sugar or sugar-free drinks.



## 5 get going every day

I'm getting the kids to spend at least 60 minutes walking, playing sport, running around or being active every day.



Want more tips to help you stay healthy and happy?

 **Search Change4Life**

and sign up today for more hints and tips to help you and your family stay healthy



# The National Child Measurement Programme

## Measuring height and weight in schools

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). If your child is in Reception or Year 6, you should receive a letter with more information about the programme in your child's school.

Trained staff will measure your child's height and weight, in their clothes, at school. They will take care to ensure that the measurements are done sensitively and in private, and your child's results will not be shared with teachers or other children. Your child does not have to participate, but we urge you to encourage your child to take part.

## Why is it important that my child takes part?

Almost one in three children in England is overweight or obese by age 11. With so many children being overweight, an overweight child may not look different from their friends. Therefore, we tend not to notice when a child is overweight and are becoming accustomed to heavier children as the norm. That is why an objective measurement of how a child is growing is useful.

Collectively, information about children's weight helps to build a national and local picture on how children are growing. The more children that take part, the clearer that picture will be. The information collected is used to help plan and provide better health and leisure services for the children in your area.

## Will I find out my child's result and what will the result tell me?

How you get your child's result will depend on how the programme is run in your area. Most areas will send all parents a letter with their child's result after the

measurement. In other areas, parents can ask for their child's result. The letter telling you about the programme in your child's school will advise you of this.

The result will tell you your child's height and weight when they were measured and whether this means they are underweight, a healthy weight or overweight for their age, sex and height.

The letter will also include details for getting further advice and support to help your family lead a healthy lifestyle.

## What happens to the results?

Results from all the schools in your area will be gathered together and held securely by your local public health team. Some of the information will be sent to the Health and Social Care Information Centre (HSCIC). The HSCIC collects and holds health data on behalf of the NHS and social care. This information is used to produce reports and information to assist the development of services to help families lead healthy lifestyles.

## Why is a healthy weight important?

Research shows that modern living makes it more difficult to be a healthy weight. If we carry on as we are, many children may grow up with dangerous amounts of fat in their bodies, putting them at a greater risk of developing cancer, type 2 diabetes and heart disease in later life.

Because it is not easy to tell just by looking if a child is overweight, the results can help parents make decisions about their child's lifestyle and make simple changes if necessary.

To help your child achieve and maintain a healthy weight, encourage the whole family to enjoy eating healthily and being active. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

**For more information on helping your family lead a healthy life, please turn over...**



# Keeping your information private



We keep information about you like:

- Your name, date of birth, address
- Your health and the healthcare you have had

This information is called your **record**.



Your record may be written on paper or on a computer.



Staff that are helping with your care will need to see your record. This may include:

- Doctors, dentists and nurses
- Pharmacists
- Receptionists
- Other healthcare staff



All NHS staff have to keep information private by law.





Your record helps the staff to care for you in the best way.



It is important that you tell us if anything changes so we can keep your record up to date.



Your information may also be used to help make services better.

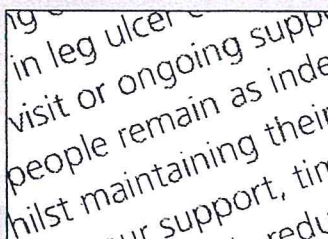


If it is used in this way **it will not** include things like your name and address.



For more information

Call **0151 514 6311** or **0800 694 5530**



If you need this information in another format or language, contact our Patient Experience team:

**0151 514 6311** or freephone: **0800 694 5530**

email: **wcnt.patientexperience@nhs.net**