

16 Dec 2016

Dear Parent / Carer

### **Height and Weight Checks for Children in Reception and Year 6**

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

The NCMP provides information to help build an understanding of national and local trends in child weight. It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families.

The measurements will be supervised by trained school nursing staff at school in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will also be collected.

The data from all schools in the area will be gathered together and held securely by our local authority public health team. Please note that we may store your child's information on their health record and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements, Reception children parents will be notified of their child's results in a sealed envelope following the session in school. Year 6 children parents will be notified of their child's results by post to the home address following the session in school.

### **Opting your child out of the programme**

If you are happy for your child to be measured, you do not need to do anything. If you DO NOT want your child to take part, please either write to or phone Helen Summerskill (Team Leader) using the contact details at the top of this letter within 2 weeks of receiving the letter. We will be commencing the programme from October 2016 throughout the academic year. Children will not be made to take part if they do not want to.

Yours sincerely

Karen Goy  
School Nurse Manager