

September 2017

Dear Parent/Guardian

### **Measuring height and weight of children in Year 6**

We need to have a good understanding of how children are growing across the country, so that the best possible health services can be provided for them and their families. As a result, since 2006 all children in England in reception year and year 6 have their height and weight measured every year. Your child's class will take part in this year's measurement programme.

Trained healthcare staff will supervise the measurement. The measurements will be done in a private area. Children who take part will be asked to remove their shoes and will be weighed in normal indoor clothing.

Routine data, such as your child's name, National Health Service Number, gender, address, postcode, ethnicity and date of birth will also be collected. This information will then be used within the local authority and NHS to help understand and plan interventions for weight-related problems for children and their families and, to look at the delivery of this programme in your area.

The records of children's heights and weights will be made anonymous before being submitted for analysis and may be stored locally on child health records. All information and results will be treated confidentially. No child's individual height and weight measurements will be given to school staff or other children. Once your child has had their height and weight checked you will be provided with the results.

Every September individual schools are informed by the Local Authority of the percentage of children who were overweight when measured during the previous academic year. This provides information that can influence schools to adopt strategies to promote healthier lifestyles within their school community.

If you are not happy for your child's measurement to be included in the National Child Measurement Programme data collection, please complete the opt out form.

Your school nurse team can be identified and contacted via the Children and Family Health Surrey Website <https://www.childrenshealthsurrey.nhs.uk/services/school-nursing-general>

Yours sincerely

*C. McDermott*

Mrs Chris McDermott - Professional Lead School Nursing

## Further information on 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). 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 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 health and leisure services for the children in your area.

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

Once your child has had their height and weight checked, you will receive a letter with the results. They may then be stored in your child's red child record book if you wish. The booklet 'Top Tips for Top Kids' will also be made available for each child through your school. Or visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life). It includes advice and support on helping your family lead a healthy lifestyle.

### What happens to the results?

Results from all 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.

## Opting out your child's data from being included in the National Child Measurement Programme.

### Form 1: Opt-out slip

**I DO NOT wish** my child's height and weight measurements to be included as part of the National Child Measurement Programme.

Child's name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Year: \_\_\_\_\_ Class: \_\_\_\_\_

Child's school: \_\_\_\_\_

Parent's/Guardian's name: \_\_\_\_\_

Parent's/Guardian's signature: \_\_\_\_\_ Date \_\_\_\_\_

Please return to your child's school office.