

NORTHUMBERLAND

Northumberland County Council

Your Ref: KH/LM

Our Ref:

Enquiries to: Sheila Leddy

Email:

Sheila.Leddy@northumbria-healthcare.nhs.uk

Tel Direct: 01670 564056

Date: 22 February 2018

Dear Parent,

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. 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, we will send you your child's results and information on healthy eating and being active. If your child is identified as being very overweight you may also be contacted by a member of staff to see if you would like any additional advice / support in helping your child achieve a healthy weight. To ensure you receive your child's results could we ask that you provide the school with your up to date address and telephone number. It is also helpful if you update the school with any health issues your child may have that may affect their weight.

**Liz Morgan, Interim Director of Public Health
Wellbeing and Community Health**

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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, or if you have any questions, please contact the school. Children missing from school on the day of measurement will be offered the opportunity to be measured later. Please be assured that children will not be made to take part if they do not want to.

Parents can access further information about the Heights and Weights programme on the NHS school nurses website, scroll down to "Useful Links" and click on "School Heights and Weights Measurement".

www.northumbria.nhs.uk/SNService

Yours sincerely

A handwritten signature in black ink that reads "Liz Morgan". The signature is written in a cursive style.

Liz Morgan FFPH
Interim Director of Public Health
Health and Wellbeing Directorate
Northumberland County Council