

Name:

Date of Birth:

Postcode:

Child Health Dept  
3<sup>rd</sup> Floor, 66 High St  
Aylesbury  
Bucks  
HP20 1SD

[www.buckshealthcare.nhs.uk/Children-and-young-people/](http://www.buckshealthcare.nhs.uk/Children-and-young-people/)

Dear Parent,

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

The NHS needs 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. As a result, a National Child Measurement Programme has been set up to weigh and measure children in England in Reception and Year 6.

Your child's class will take part in this year's programme. **The measurement will be supervised by trained healthcare staff from your local Buckinghamshire Healthcare Trust (BHT). The measurements will be done in a private area away from other pupils. Children who take part will be asked to remove their shoes and any heavy outdoor clothing. They will be weighed in normal, light, indoor clothing. Any cultural needs of the child will be respected.**

**Routine data, such as your child's sex, postcode, ethnicity and date of birth will also be collected. This information will then be used within your local NHS 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 BHT child health records for the purpose of providing results and follow-up advice to parents. All data and results will be treated confidentially. No child's height or weight will be given to the child, school staff or other children.**

Once your child has had their height and weight checked, your local NHS will send you your child's results through the post with some further information on healthy eating and exercise. It is a parental decision whether you share the information with your child.

These results are centrally generated and do not take into account pre-existing medical conditions that your child may have or being monitored for. Children with pre-existing conditions can be measured if requested but their results will not be included in the programme and will be sent directly from the measurement team to parents.

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

If you are happy for your child to be weighed and measured you do not need to do anything. **If you do not want your child to take part, please let your local School Nurse Team know, within 10 days in writing using the form over leaf and returning to school. Children will not be made to participate if they do not want to.**

Yours sincerely

Rosan Rowland  
Head of Children and Young Peoples Services

If you are happy for your child to be weighed and measured **you do not need to return this section.**

If you **do not** wish your child to be weighed and measured by the School Health Team **please sign below and return the form to school within 10 days**

**Child's Name:** ..... **Class:** .....

**School**.....

I **do not** wish my child to be weighed and measured by the School Health Team.

**Signature of person with parental responsibility** .....

You may also wish to send an email to [buc-tr.chascphnSN@nhs.net](mailto:buc-tr.chascphnSN@nhs.net) which will be forwarded to the appropriate School Nurse team.

# how many ways are you changing?

change  
4 life

Eat well Move more Live longer

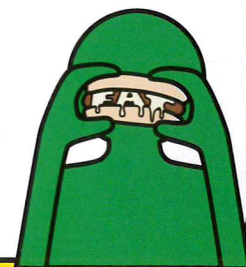
## 1 5 a day

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



## 2 cut back fat

I am changing how I cook to make our meals more healthy.



## 3 watch the salt

Even food that doesn't taste salty can have lots of salt inside. We're checking the label and trying not to add salt to our food.



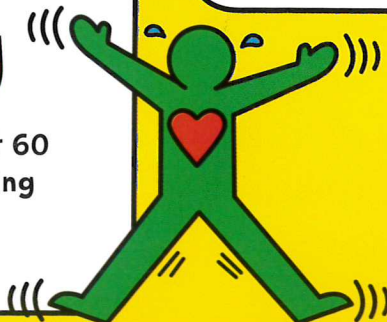
## 4 sugar swaps

Our family are swapping sugary drinks for water, milk or unsweetened fruit juice.



## 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



# 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.