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5th January 2018

Dear Parent/Carer

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

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. Helping children to achieve a healthy weight is a priority for all of us.

Children in England in reception year and year 6 have their height and weight measured and your child's class will take part in this year's measurement programme.

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 and school nurse teams. Please note that we may store your child's information on their health record. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme 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 our area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

It is important to us that after the measurement, you have the opportunity to discuss your child's result and for support to be given that is right for you and your child. Depending on your child's result:

- a) If your child is identified as being underweight or very overweight you will receive a feedback letter followed by a telephone call to offer you advice and support.

The letter will be addressed to you as a parent or carer and it is for you to decide if it is appropriate to share this result with your child.

- b) If you do not receive a feedback letter but have any questions you wish to ask regarding your child's health, including lifestyle, please do contact your Public Health School Nurse for support.
- c) The Public Health School Nurse service will also be working with schools in promoting healthy lifestyles, which may include additional activities for children and families.



However you are welcome to contact the school nurse or your family GP for support at any point if you are concerned about your child's weight, you do not have to wait for the measurements to be completed or to receive a telephone call.

It is important to recognise that each child is different and their weight can change over time and as they grow. It is also important to recognise that being underweight or very overweight can lead to health problems, both as a child and in the future as an adult.

As an approximate guide, the scale below shows where an **underweight**, **healthy weight** or **overweight** result will fall. If you receive a feedback letter, your child's BMI will be included on that.

Age 4/5 years BMI		
Below 10 - 13	13 - 17	18 and above

Age 10/11 years BMI		
Below 10 - 14	14 - 21	22 and above

Resources you may wish to refer to are
NHS Choices for NCMP information, BMI calculating tool and healthy lifestyle tips for the whole family – search for National Child Measurement Programme in the search box
www.nhs.uk

Change 4 Life for healthy lifestyle tips for the whole family, including recipe ideas and snack swaps – follow the many different links

www.nhs.uk/change4life-beta/your-childs-weight/home

Taking part in the programme:

If you are happy for your child to be weighed and measured at some point during this school year then you do not need to do anything. If you do not want your child to take part, please complete the opt-out slip at the end of this letter and return it to the school office by Monday 15th January 2018 so that your child will not be measured. Children will not be made to participate if they do not want to.

If you have any questions about this letter please contact the school nurse team on the number above. Thank you for your support in this important work.

Yours faithfully



David Phillips

Dr David Phillips
Director of Public Health
Bournemouth, Dorset & Poole
Local Authorities

Sara Tough
Director of Children's Services
Dorset County Council



FORM 1: Opt-out slip

Only return this form to your child's school office if:

You **do not** want your child to be weighed and measured as part of the National Childhood Measurement Programme

Opt-out slip

I do not wish my child to be weighed and measured as part of the

National Child Measurement Programme ☐

Child's name: _____

Date of Birth: _____

School year: _____

Class: _____

Child's School: _____

Parent's / Carer's name:

Parent's / Carer's signature:

Please return this part of the form to the school office by Monday 15th January 2018



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.

how many ways are you changing?

change
4 life

Eat well Move more Live longer

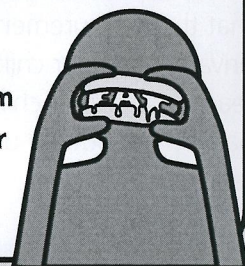
1 5-a-day

Our family are trying to eat 5 portions of 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.



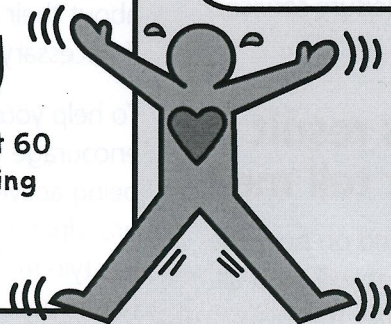
4 sugar swaps

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