



September 2017

Dear Parent/Carer/Guardian,

I am writing to ask for your permission to weigh your child and measure his or her height at school. Children who are overweight have an increased risk of future health problems including type II diabetes and heart disease. Local authorities and the NHS need to understand how children are growing across the country and how many children are over or underweight, so the best possible health services can be provided for them. To do this, all children in England in Reception and Year 6 have their height and weight checked.

Your child's class will take part this year. The measurements will be supervised by trained staff from the Sheffield School Nursing Service. The measurements will be done in a private area away from other pupils. Children will be asked to remove their shoes and coats and will be weighed in normal indoor clothing. The School Nurses will be extremely careful to handle this process sensitively.

Routine data, such as your telephone number and your child's name, sex, address, postcode, ethnicity and date of birth, will be collected. This information will then be used within the local authority and NHS to help plan the provision of advice and support for children and their families in Sheffield. We may store the information on your child's health record. No child's height or weight measurements will be given to your child, school staff or other children. The personal data of those pupils who are identified as 'very overweight' will be shared with the Weight Management Centre (Why Weight Sheffield) – please see below.

These data will also be submitted for national analysis and publication, in a way that means individual children cannot be directly identified. All information and results will be treated confidentially.

Once your child has been weighed and measured, the Sheffield School Nursing Service will send your child's results to you through the post. If you do not receive your child's results within 8 weeks of them being weighed and measured please contact the Sheffield 0-19 Service Administration team on (0114) 3053224, option 4 and not the school. Because of the health risks associated with being overweight, Sheffield City Council has commissioned a service called the Weight Management Centre (Why Weight Sheffield) to offer information, advice and support to parents of children who are identified as very overweight. If this applies to your child, the information, including your contact telephone number will be shared with them, and they will contact you (and not your child) directly by telephone.

If you **do not** want your child to be weighed and measured you **must write a letter confirming this to the Sheffield School Nursing Service. The School Nursing Service is not able to take you not consenting to your child being weighed and measured by telephone or email. It must be in writing. This should be sent to the School Nursing Service by Monday 30<sup>th</sup> October 2017.** If you do this your child will not be weighed and measured. You should provide the following details in the letter: **Your child's name, their date of birth and the name of the school that they attend.**

**Please do not send your no consent letter into school, it must be sent directly to the School Nursing Service.**

The letter should be sent to: **The Sheffield School Nursing Service, Centenary House – Lower Ground Floor, Heritage Park, 55 Albert Terrace Road Sheffield S6 3BR.** If you have any questions about this or would like more information please contact: The Sheffield School Nursing Service – (0114) 305 3224, option 4.

Yours sincerely

Head teacher