



Hertfordshire County Council
Public Health
County Hall
CHO231
Pegs Lane
Hertford SG13 8DE

Email: publichealth@hertfordshire.gov.uk

17th May 2021

Dear Parent/Carer

UPDATE: Measuring the height and weight of children in Reception and Year 6 – 2020/21

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).

This year however, due to Covid-19, it is not possible to hold the measurement programme.

We feel that it is important to let you know, that while the measurement programme is not taking place, the support we offer to young people and families has not stopped.

If you are concerned that your child is underweight or has difficulty with food such as fussy eating, and they are not currently receiving support for this, then you can contact the Public Health, School Nursing service for assessment and advice. This may result in a referral to a more specialist service. Please contact us by accessing our referral form at the [Herts Family Centres website](#)

If you feel that it would be of benefit to your family, there is information and support available to you right now from BeeZee Bodies, which is in line with all Government guidance relating to social distancing. Please see the last page of this letter for more information. BeeZee Bodies have been working in Hertfordshire since 2014, providing support to thousands of families to help make healthy choices. They are currently offering their award- winning BeeZee Families service (eligibility criteria applies) through online webinars due to COVID-19. You can also access healthy recipes, physical activity ideas and parenting blogs at www.beezeebodies.com

BeeZee Bodies' team of nutritionists, health and wellbeing, and physical activity specialists are available to provide tailored support to families who are looking to make healthy changes to their lifestyle. This doesn't have to be a huge decision to make big changes, just small changes that create big results!

All programmes are free but places are limited, so it is worth getting in touch as soon as possible by going to

0300 123 7572 www.hertsfamilycentres.org



www.beezeebodies.com or calling 01707 248648. You can also find more details about what they are offering by getting in touch, including following Beezee Bodies on Facebook and twitter: @beeeebodies1 and on beezee_bodies on Instagram.

You can also find information and fun ideas to help your kids stay healthy at www.nhs.uk/change4life and www.healthforkids.co.uk/

Yours faithfully,



Jen Beer
**Health Improvement
Lead**

Hertfordshire County
Council



Kay Gilmour
**Assistant Director of
Children's Universal
Services**

Hertfordshire Community
NHS Trust

BeeZee Bodies has free weekly webinars to help support your family to be healthier

Our award-winning BeeZee Families healthy lifestyles programme has gone virtual!

Over 12 weeks of webinars, we'll cover topics such as healthy snacking, balanced meals, portion size and physical activity. The webinars are fun and interactive, with games and quizzes, and prizes to be won!

Our team of family nutritionists are experts at engaging children around healthy eating and exercise and can help you turn one healthy behaviour into a good habit for life!

Looking for 1:1 support? Try BeeZee Lite

BeeZee Lite is a 1 hour, one-to-one, appointment with one of our dedicated Wellbeing Co-ordinators. Share your strengths and challenges around maintaining a healthy household in a supportive and non-judgemental environment.

At the end of your appointment, you will come away with an Action Plan detailing your identified goals. You'll be offered a follow-up appointment a month later to see how you've been getting on.

Our services are funded by Hertfordshire County Council, the free services are available to children aged 5-15 who have a BMI above the 91st centile (we can help you work this out if you're not sure).

Sign up for your free place at www.beezeebodies.com or call 01707 248648 for more information.