



East Sussex School Health Service

Private and confidential

School Health Service

School Public Health Services
School Health One Point
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Monday, 10 September 2018

Letter reference: Height and weight checks for children in Reception and Year 6

Dear Parent/Carer

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 children's 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 health 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.

Data from all schools in the area will be gathered together and held securely by East Sussex County Council's Public Health Team. Please note that your child's information is stored on their child health record. **No individual measurements will be given to school staff or other children, and all information will be treated confidentially.**

The programme's data is used by local authorities and the NHS to help plan the provision of services. It gives valuable insight to support healthy weight and lifestyles. Information is submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements have been taken, we will send your child's results to you, as well as information on healthy eating, being active and activities in your area. You may also be contacted by a member of the School Health Team by phone. We may also discuss Ready

Trust HQ The Oast, Unit D, Hermitage Court, Hermitage Lane, Barming, near Maidstone, Kent ME16 9NT

This service is provided by Kent Community Health NHS Foundation Trust



Our values Compassionate Aspirational Responsive Excellent

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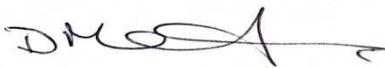
Steady Go with you. This is a healthy lifestyle club supported by East Sussex School Health. It is for children and their parents/carers and is designed to assist with achieving and maintaining a healthy weight. It is a fun, free, interactive programme. We will be offering healthy eating ideas, increasing physical activities with fun games, ideas and challenges as well as discussing the benefits of sleep, reducing screen time and how to improve overall health and wellbeing.

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 let us know using the contact details at the top of this letter. Please make sure you provide us with your child's name, date of birth and school name and address.

Children will not be made to take part if they do not want to.

Yours sincerely



Debbie Mentessi

Team Coordinator, Lead for NCMP and School Entry Screening

Do you have feedback about our health services?

Phone: 0300 123 1807

8am to 5pm, Monday to Friday

Text: 07899 903499

Email: kentchft.PALS@nhs.net

Web: www.kentcht.nhs.uk/PALS

If you need to speak to someone about your appointment, please contact the service directly using the details at the top of page one.



Patient Advice and Liaison Service (PALS)

Kent Community Health NHS Foundation Trust
Unit J, Concept Court
Shearway Business Park
Folkestone
Kent CT19 4RG

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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.