

**October 2015**

Dear Parent/Carer,

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

The NHS needs to have a good understanding of how children are growing across the country, so that the best possible advice and support can be provided for them and their families. As a result, all children in England in Reception and Year 6 have their height and weight checked each year.

Your child's class will take part in this year's measurement programme. We understand that some children will not be able to use our standard weighing and measuring equipment, however we would still like to offer the opportunity for them to take part in this programme. We will work in partnership with the schools and where possible, use specialised weighing and measuring equipment the schools have available.

**The measurement will be supervised by trained staff from your local NHS Community Healthcare Trust. 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 will be weighed in normal indoor clothing. Any cultural needs will be respected.**

**Routine data, such as your child's name, sex, address, postcode, ethnicity and date of birth, will also be collected to help the NHS plan services for families. This information will then be used within the local authority and NHS to help us understand and plan interventions for weight-related problems in children in your area. The records of children's height and weights will be made anonymous before being submitted for analysis at a national level. All information and results will be treated confidentially. No child's height or weight will be given to school staff or other children.**

After the measurement, we will send you your child's results, as well as general advice on healthy eating and being active approximately 8 weeks after the measurements have been taken if your child's weight is above a healthy weight.

Children will not be made to participate if they do not want to and if you do not wish your child to take part please inform the school nursing team on the number below within two weeks of getting this letter.

More information about the National Child Measurement Programme and tips on healthy lifestyle can be obtained from the following websites:

- <http://www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx>
- <http://www.nhs.uk/change4life>

A short film about the programme has been produced by children in Richmond. Here is the link:

<https://www.youtube.com/channel/UCpmdp9vmtEldfE3cLgyzclg>

Yours sincerely,

**On behalf of the School Nursing Service  
St Johns Health Centre, Oak Lane, Twickenham, Middlesex, TW1 3PA  
Tel 0207 798 0850**