

September 2023

Dear Parent or Carer,

Height and weight checks for children in Reception and Year 6

Every year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to calculate weight status. We collect this information to help understand how many children are overweight, of a healthy weight or underweight and offer support to families where appropriate. Your child's class will take part in this year's programme.

The School Nursing team from Guys & St Thomas' NHS Foundation Trust (GSTT) will take the measurements in a safe way in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

Your child will be measured between October and April

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. **Children are measured fully clothed, except for their coats and shoes.** Individual results are not shared with your child or their school. The weight and height information is shared with you in the parent or carer feedback letter. It is your choice if you share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or General Practitioner.

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

Your child's name, sex, address, postcode, ethnicity and date of birth, as well as your email address and telephone number will be collected. The information will be held on your child's health records in line with the General Data Protection Regulation (GDPR) so we can give results and follow-up advice to parents.

Anonymous records are collected nationally. No child's height or weight measurements will be shared with school staff or other children or parents. All information will be treated confidentially. Further information about the data processing can be found on <https://www.evelinalondon.nhs.uk/our-services/community/school-nursing-service/national-child-measurement-programme.aspx>

If you do not want your child to take part, complete the form at the end of the letter and return to the school. If you are happy for your child to be weighed and measured, you do not need to do anything. Children will not be made to take part if they do not want to.

Once your child's height and weight are checked, the School Nursing team will send you your child's results through the post or via email. If you do not receive your child's result within 6 weeks of measurement, please contact Denise Phillips, Nurse Matron for School Nursing on denise.phillips@gstt.nhs.uk or by phone 07824461120.

If you would like any further advice regarding healthy lifestyles or your child's weight please contact the School Nurse Service duty desk by phone on 0203049 4777 or by email: gst-tr.schoolnurseadmin@nhs.net

Sincerely,



Ruth Hutt
Director of Public Health
London Borough of Lambeth
rhutt@lambeth.gov.uk

Further information

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Further information about the data processing process can be found on <https://www.evelinalondon.nhs.uk/our-services/community/school-nursing-service/national-child-measurement-programme.aspx>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Another way to help maintain a balanced diet and physical activity for your family is the **NHS Healthy Steps** email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Scan the QR code or visit healthysteps.uk to sign up.



Opting your child out of being weighed and measured

Return this form to your school if you **DO NOT** want your child to participate.

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Form 1: Opt-out slip

I **do not** wish my child to be weighed and measured for the National Child Measurement Programme.

Child's name: _____ Year: _____ Class: _____

Child's school: _____

Parent/carer Name : _____

Parent/carer signature : _____

Please return to: **the school.**