

02 October 2020

PRIVATE & CONFIDENTIAL
The Parent and Carer of

Dear Parent/Carer,

Height and weight checks for children in Year 6

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 child 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 to them and their families.

The measurements will be supervised by trained school nursing 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, gender, address and ethnicity will also be collected. The data from all schools in the area will be gathered together and held securely by the local authority public health team. Please note that we may store your child's information on their 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 within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also 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 you your child's results together with information on healthy eating, being active and activities available in your area. Depending on the results of your child, Everyone Health may get in touch with you to see what support they can offer to your child and family. Everyone Health is the service that operates in Hackney and City of London to support families to become and stay healthy.

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, please let us know by completing the form overleaf.

If you are happy for your child to be measured but do not want to be contacted by Everyone Health based on your child's results then please indicate this on the form below.

Please note that, on the day of measurement, children will not be made to take part if they do not want to.

If you have any questions please contact the school nursing team on 020 7683 4991.

For more information please access the website links below:

<https://www.nhs.uk/change4life-beta/your-childs-weight/home>

<http://www.nhs.uk/Change4Life/Pages/why-change-for-life.aspx>

Yours faithfully



Dr Sandra Husbands
Director of Public Health
London Borough of Hackney & City of London Corporation

Opting your child out of being weighed and measured

Only return this form **through your child's school office**, if you **do not** want your child to be measured.

Please note: the school nurse must receive this form within one month of the date on this letter.

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's name: _____

Parent/Carer's signature: _____

Opting your child out of follow up from Everyone Health

Only return this form **through your child's school office**, if you are happy for your child to be measured but **do not** want Everyone Health to contact you about your child's results.

Please note: the school nurse must receive this form within one month of the date on this letter.

Opt-out slip

I do not wish to be contacted by Everyone Health about my child's results.

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

Child's school: _____

Parent/Carer's name: _____

Parent/Carer's signature: _____