

Children's Universal Services
School Nursing Team
12-18 Lennard Road
Croydon
CR9 2RS

Tel: 0208 274 6300

E-mail:- CH-TR.Northschoolnurses@nhs.net

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 in order that the best possible health services can be provided for them. In order to achieve this, all children in England in Reception Year and Year 6 have their height and weight checked. Your child's class will take part in this year's measurement programme.

The measurements will be done in a private area away from other pupils. Children taking part will only be asked to remove their shoes, and will be weighed in their normal indoor clothing.

All information and results will be treated strictly confidential and your child's measurements will not be shared with school staff or your child. The records of all children's height and weight will be made anonymised at a national level, but will be stored locally on individual child health records.

Once your child has had their height and weight checked, the School Health Team will send your child's measurements in a sealed envelope to your home address. You should expect to receive your child's measurements within two months. Please feel free to contact the school nursing team if you wish to discuss your child's measurements further.

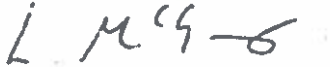
Should your child's measurements fall outside the healthy weight range you will be contacted by a member of Croydon's Child Weight Management Service provided by "The Palace for Life Foundation" to discuss options available to your family to support your child to maintain a healthy weight. The service will share minimum data for children whose measurements fall outside the healthy weight range with the child weight management service including name, date of birth, parental contact details and the child's measurements. This information will not be used for any other purposes whatsoever.

- If you are happy for your child to be weighed and measured and to be contacted by Croydon child weight management service provided by The Palace for Life Foundation if your child's measurements fall outside the healthy weight range, you do not need to do anything else
- If however you do not want your child measured and/or to be contacted by Croydon child weight management service provided by The Palace for Life Foundation if your child's measurements fall outside the healthy weight range, please write to the School Nurse via the school or email CH-TR.Northschoolnurses@nhs.net within the next 5 working days.

Please do not hesitate to contact the School Health Team at the above address, email or telephone number if you have any queries.

A leaflet called *how many ways are you changing?* is enclosed to provide more information about the National Child Measurement Programme, and tips on healthy eating and being active.

Yours sincerely



Loretta McGurry
Operational Lead for School Nursing

Visit www.nhs.uk/change4life for lots of handy hints and tips for a healthy family. You can join Change4Life for free and be the first to hear about new activities, apps and offers. Register with Change4Life online .



Has your child just been measured at school? The results can be surprising, but they're just a snapshot of your child's weight and it's not the end of the world. Get them back to a healthy weight with a few simple changes to help them eat more healthily and be more active.

Getting Support

For more advice and support you should always speak to your child's school nurse, GP or practice nurse.

If needed, they can refer you to your local weight management programme, which will help your family with diet and lifestyle changes, to help your child achieve a healthier weight.

Get Sugar Smart

We're all having too much sugar. Our kids might seem fine on the outside, but too much sugar can lead to the build-up of harmful fat on the inside.

Me-sized Meals

These days' larger portion sizes are more readily available, which means it's easy to eat too much.

A good rule of thumb is to start meals with small servings and, just like Oliver Twist, if they're still hungry they'll ask for more

Eat well

Having healthy eating habits helps your kids achieve and maintain a healthy weight, and teaches your child how to make healthy food choices for themselves.

There are lots of cheap and tasty ways you and your family can eat well every day

Get going

Kids need at least 60 active minutes every day. Being active every day keeps their heart healthy, reduces their risk of serious illness and strengthens muscles and bones. Boost your family's activity levels by squeezing 10-minute bursts of fun activity into every day, like our 10 Minute Shake Ups.

Less screen-time

Help your children avoid sitting and lying around too much, as this makes it more likely they'll put on weight.

Limit the amount of time your child spends on inactive pastimes such as watching television, playing video games and playing on electronic devices.

Please note that all measurements will be done in a private area away from other pupils. Children taking part will only be asked to remove their shoes, and will be weighed in their normal indoor clothing.

All information and results will be treated strictly confidential and your child's measurements will not be shared with school staff or your child. The records of all children's height and weight will be made anonymised at a national level, but will be stored locally on individual child health records.

Your Child's Data will not be extracted, stored elsewhere, used for research or marketing or sold to any other organisations.

If you have any further questions not answered in this Notice, please contact www.nhs.uk/change4life or your GP Practice

how many ways are you changing?

change
4 life

Eat well Move more Live longer

1 5-a-day

Our family are trying to eat 5 portions of a variety of fruit and veg every day.



2 cut back fat

I'm changing how I cook from frying to grilling to make our meals more healthy.



3 watch the salt

We're checking the label, choosing foods lower in salt and trying not to add salt to our food.



4 sugar swaps

Our family are swapping sugary drinks for water, lower fat milks, no-added-sugar or sugar-free drinks.



5 get going every day

I'm getting the kids to spend at least 60 minutes walking, playing sport, running around or being active every day.



Want more tips to help you stay healthy and happy?

 **Search Change4Life**

and sign up today for more hints and tips to help you and your family stay healthy

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.

For more information on helping your family lead a healthy life, please turn over...