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School Nurse Team (Dorset East): 01425 891162
School Nurse Team (Dorset West): 01305 361531
Public Health Dorset: 01305 224400

Dear Parent/ Carer

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

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. Helping children to achieve a healthy weight is a priority for all of us.

Children in England in reception year and year 6 have their height and weight measured and your child's class will take part in this year's measurement programme.

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, sex, address, postcode and ethnicity will also be collected.

The data from all schools in the area will be gathered together and held securely by our local authority public health and school nurse teams. 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 data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in our area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

It is important to us that after the measurement, you have the opportunity to discuss your child's result and for support to be given that is right for you and your child. Depending on your child's result:

- a) If your child is identified as being underweight or very overweight you will receive a feedback letter followed by a telephone call to offer you advice and support.

The letter will be addressed to you as a parent or carer and it is for you to decide if it is appropriate to share this result with your child.

- b) If you do not receive a feedback letter but have any questions you wish to ask regarding your child's health, including lifestyle, please do contact your Public Health School Nurse for support.
- c) The Public Health School Nurse service will also be working with schools in promoting healthy lifestyles, which may include additional activities for children and families.



However you are welcome to contact the school nurse or your family GP for support at any point if you are concerned about your child's weight, you do not have to wait for the measurements to be completed or to receive a telephone call.

It is important to recognise that each child is different and their weight can change over time and as they grow. It is also important to recognise that being underweight or very overweight can lead to health problems, both as a child and in the future as an adult.

As an approximate guide, the scale below shows where an **underweight**, **healthy weight** or **overweight** result will fall. If you receive a feedback letter, your child's BMI will be included on that.

Age 4/5 years BMI		
Below 10 - 13	13 - 17	18 and above

Age 10/11 years BMI		
Below 10 - 14	14 - 21	22 and above

Resources you may wish to refer to are

NHS Choices for NCMP information, BMI calculating tool and healthy lifestyle tips for the whole family – search for National Child Measurement Programme in the search box www.nhs.uk

Change 4 Life for healthy lifestyle tips for the whole family, including recipe ideas and snack swaps – follow the many different links www.nhs.uk/change4life-beta/your-childs-weight/home

Taking part in the programme:

If you are happy for your child to be weighed and measured at some point during this school year then you do not need to do anything. If you do not want your child to take part, please complete the opt-out slip at the end of this letter and return it to the school so that your child will not be measured. Children will not be made to participate if they do not want to.

If you have any questions about this letter please contact the school nurse team on the number above. Thank you for your support in this important work.

Yours faithfully



Dr David Phillips
Director of Public Health
Bournemouth, Dorset & Poole
Local Authorities



Sara Tough
Director of Children's Services
Dorset County Council



FORM 1: Opt-out slip

Only return this form to your child's school if:

You **do not** want your child to be weighed and measured as part of the National Childhood Measurement Programme

Opt-out slip

I do not wish my child to be weighed and measured as part of the

National Child Measurement Programme

Child's name: _____

Date of Birth: _____

School year: _____

Class: _____

Child's School: _____

Parent's / Carer's name:

Parent's / Carer's signature:

Please return this part of the form to the school

