

1 August 2018

Dear Parent/Carer

Measuring the height and weight of children in Year 6 – 2018/19

Helping children to achieve a healthy weight is important for their chances in the rest of life, and can help prevent some forms of diabetes and cancer in your child in later life, and also promote mental health and wellbeing. It is really important to have a good understanding of how children are growing so that we can provide the best possible advice and support.

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). This important programme helps us do this. It is now in its twelfth year in Herts.

We are writing to you because your child's class will take part in this year's programme. To make sure we respect the privacy and feelings of your child:

- The measurements will only be carried out by trained healthcare professionals from Hertfordshire Community NHS Trust Public Health Nursing Service (School Nursing).
- Measurements will be carried out in a **private area away from other pupils**.
- Children who take part will be measured **fully clothed** except for their coats and shoes.
- Any cultural needs of the child will be respected.
- Children will not be made to take part if they do not want to take part.

Information will be treated **confidentially**. We do **not** give height or weight measurements of any child to school staff or other children. We collect routine data such as your child's name, gender, address, postcode, ethnicity and date of birth. This data is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight. The data from all schools in the area will be gathered together and held securely by Hertfordshire Community NHS Trust.

Further information about the NCMP 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>

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

Opting your child out of the programme

If you are happy for your child to be weighed and measured, you do not need to do anything. However, if you do not wish your child to take part, you will find an opt-out slip attached to this letter which you should complete, sign and return to your school office within two weeks.

Yours faithfully



Jim McManus
Director of Public Health
Hertfordshire County Council



Jenny Coles
Director of Children's Services
Hertfordshire County Council



Clare Hawkins
Acting Chief Executive
Hertfordshire Community NHS
Trust

*In the Broxbourne area, your GP may contact you directly to offer you further support, but there is absolutely no obligation to take this support up.