



Hertfordshire  
Family Centre  
Service

Hertfordshire County Council



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Dear Parent/Carer

## **UPDATE: Measuring the height and weight of children in Reception and Year 6 – 2019/20**

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 year however, due to Covid-19, it was not possible to continue with the measurement programme and it was therefore stopped. Once it was halted, no further children were measured, and no further feedback letters were sent to parents or carers. This decision was made nationally by Public Health England, but was also in line with our local view that families, schools and our health partners had other urgent priorities and challenges to think about at this time.

We feel that it is important to let you know, that while the measurement programme has been halted, the support we offer to young people and families has not. If you feel that it would be of benefit to your family, there is information and support available to you right now from BeeZee Bodies, which is in line with all Government guidance relating to social distancing.

BeeZee Bodies have been working in Hertfordshire since 2014, providing support to thousands of families to help make healthy choices. They are currently offering their award-winning BeeZee Families service through online webinars due to COVID-19. You can also access healthy recipes, physical activity ideas and parenting blogs at [www.beezeebodies.com](http://www.beezeebodies.com)

From September 2020, BeeZee Bodies will be launching their new service, increasing the range of support available to children, young people and families across Hertfordshire to include:

- Healthy lifestyle masterclasses where you can learn about specific topics (e.g. fussy eating, getting active, parenting support, etc.) that will work for you at home
- \*1 – 1 individual family lifestyle advice from trained health and wellbeing coaches
- \*BeeZee Families service (online or at a location near you)
- Lots of online resources, including recipes, blogs, parents guides and information on services and events in your local area

\*Eligibility criteria apply

BeeZee Bodies' team of nutritionists, health and wellbeing, and physical activity specialists are available to provide tailored support to families who are looking to make healthy changes to their lifestyle. This doesn't have to be a huge decision to make big changes, just small changes that create big results!

**All programmes are free** but places are limited, so it is worth getting in touch as soon as possible by going to [www.beezeebodies.com](http://www.beezeebodies.com) or calling 01707 248648. You can also find more details about what we are offering by getting in touch, including following us on Facebook and twitter: @beezeebodies1 and on beezee\_bodies on Instagram.

You can also find information and fun ideas to help your kids stay healthy at

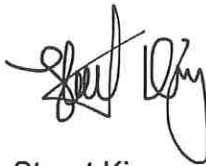
[www.nhs.uk/change4life](http://www.nhs.uk/change4life) and [www.healthforkids.co.uk/](http://www.healthforkids.co.uk/)

Yours faithfully,



Jen Beer  
**Health Improvement  
Lead**

Hertfordshire County  
Council



Stuart King  
**CEO**

BeeZee Bodies



Kay Gilmour  
**Assistant Director of  
Children's Universal  
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Hertfordshire Community  
NHS Trust