

Waltham Forest Town Hall, Forest Road, London E17 4Jf

Ask for: Delceta Daley
Email: Delceta.Daley@nelft.nhs.uk
Direct Line: 0300 300 1777
Date: 10 September 2018

To: Dear Parent/Carer,

Height and weight checks for children in Reception and Year 6

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. 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 both a national and local priority.

Your child's class will take part in this year's programme. The measurements will be taken by the local NHS School Nursing service. Children are fully dressed except for their coats and shoes and the measurements will be done in a private area away from other pupils. The measurements will take place throughout the year. Routine data, such as your child's name, sex, address, postcode, ethnicity and date of birth, will also be collected.

Height and weight information will be stored on your child's health record and will be shared within the local authority and the NHS, including their GP, to help us plan the provision of advice and support for children and their families. The data will also be submitted for national analysis by NHS Digital with Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

No child's height or weight measurements will be given to school staff or other children. **All information and results will be treated confidentially.**

Once your child has had their height and weight measured, the school nurses will send the results through the post, along with general advice on healthy eating, being active and services provided locally. Depending on the result of the measurements, you may be contacted directly and be offered support to help your child reach a healthy weight. If you do not receive your child's results within 6 weeks of your child being measured please contact the school nursing service on 020 8430 8017.

A leaflet called *School height and weight measurements* is enclosed to provide more information about the measurement programme and tips on healthy eating and being active. Visit our website at <https://www.walthamforest.gov.uk/service-categories/sports-clubs-and-leisure-centres> to see what leisure activities and healthy lifestyle programmes are available in Waltham Forest. Free swimming is available in all our leisure centres for children under 18.

If you are happy for your child to be weighed and measured, you do not need to do anything. If you do not want your child to take part, please return the opt-out slip to the School Office by **21st October** 2018. Children will not be made to participate if they do not want to.

Yours sincerely





Joe McDonnell
Director of Public Health
London Borough of Waltham Forest



David Kilgallon
Director of Learning and Systems Leadership
London Borough of Waltham Forest



Opting your child out of being weighed and measured

Return this form to your child's school office if you **DO NOT** want your child to participate.



Form 1: 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: _____

Child's NHS Number: _____

Parent's/carer's name: _____

Parent's/carer's signature: _____

Please return to:

Your child's school office

Please return by **21st October** 2018

