



Public Health
County Hall
B3S
Taunton
Somerset
TA1 4DY

For **general enquires** about
the National Child
Measurement Programme
publichealth@somerset.gov.uk

**For your child's results
contact Somerset Partnership
NHS Foundation Trust on
01278 410034**

1 October 2014

Dear Parent/Carer

Height and Weight Checks for Children in Reception and Year 6

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). Your child's class will take part in this year's measurement programme.

The NCMP provides information to help build an understanding of national and local trends in child weight. 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.

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 Somerset's Child Information System (which is a part of local NHS England, Area Team). No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme's data is used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified. No child's height or weight will be given to school staff or other children.

If you would like to receive your child's results, you can do this by contacting Somerset Partnership NHS Foundation Trust on **01278 410034**. This is a dedicated answer phone line. You will need to leave your child's name, school and date of birth and a contact number to be called back on. Your local School Nurse will return your call within 5 working days, during office hours. If you are unlikely to be able to take this call during these hours, please also leave a postal address for written details. If you are unavailable when the school nurse call, they are not able to leave you a message for reasons of confidentiality but they will try again. Please leave at least 2 weeks after your child has been measured before contacting this number to enable the information to be checked.

This letter is accompanied by a leaflet 'How many ways are you changing?' which tells you more about the National Child Measurement Programme. You can also find other tips and advice on healthy eating and being active at www.cypsomersethealth.org/hes_ncmp. To find out about opportunities to be active where you live visit www.zingsomerset.co.uk

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. Most parent and carers have no objections to their child being a part of this important programme but if you would like further information to help you decide then visit the web link above. If you wish to speak to someone contact Somerset's Public Health Team via the general enquiries email address at the **top of this letter**. If you do not wish your child to participate then please return the slip at the end of this letter **to the school** and your child will not be measured.

Yours faithfully



Trudi Grant
Director of Public Health
Somerset County Council



Peter Lewis
Director of Children's Services
Somerset County Council

Enc

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: _____

Parent's/carer's name: _____

Parent's/carer's signature: _____

Please return to your child's school office