



Southwark Public Health Department
160 Tooley Street
PO Box 64529
London
SE1P 5LX

September 2017

Dear Parent or Carer,

Measuring children's height and weight in Reception Year and Year 6

We need to understand how children are growing across the country, so we can better understand child weight-related problems and plan public health services. All children in Reception and Year 6 are invited to have their height and weight checked through the National Child Measurement Programme (NCMP). This important programme is now in its eighth year.

Your child's class will take part in this year's measurement programme between November and March. The school nursing team from Guys & St Thomas' NHS Foundation Trust (GSTT) will take the measurements and this will be done in a private area away from other pupils.

Children are fully dressed except for their coats and shoes and cultural needs of the child will be respected. Due to the type of equipment used only children who are able to stand unaided can be weighed and measured in school. If your child cannot participate and you would like to discuss this, please contact your child's school nurse.

Your child's name, sex, address, postcode, ethnicity and date of birth, will be collected and stored locally on child health records so we can give results and follow-up advice to parents. This information is used within the NHS and shared with Southwark Council. Anonymous records are collected nationally. No child's height or weight measurements will be given to school staff or other children and all information will be treated confidentially.

If you do not want your child to take part, please return the slip at the end of this letter to the school and your child will not be measured. If you are happy for your child to be weighed and measured, you do not need to return this form. Children will not be made to take part if they do not want to.



Evelina
London

Guy's and St Thomas' **NHS**
NHS Foundation Trust



Once your child has had their height and weight checked, the school nursing service will send you your child's results through the post. If you do not receive your child's result by the end of April 2018, please contact Denise Phillips, Nurse Manager for Health Visiting and School Nursing on denise.phillips@gstt.nhs.uk or by phone on 020 3049 5400.

Yours sincerely

Professor Kevin Fenton
Director of Health & Wellbeing

Opting your child out of being weighed and measured.

Return this form if you **do not** want your child to participate.

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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/carer Name: _____

Parent/carer signature: _____

If you would like to state the reason why please include below :

Please return to: **the school.**