

October 2023



Dear Parent/Carer,

Measuring the height and weight of children in Reception Year and Year 6. The National Child Measurement Programme 2023-24 (NCMP)

It is important to have a good understanding of how children are growing in Newham, so that we can work together with schools to promote healthy living. As a result, all children in reception year and year 6 have their height and weight measured.

From October 2023, we will be weighing and measuring your child. Trained staff from your school health service will undertake the measurements. The measurements will be done in a private area away from other pupils. Children who take part are weighed in their normal indoor clothing, but will be asked to remove their shoes and coats. The programme will be delivered in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. The individual weight and height information is only shared with you in the parent or carer feedback letter. It is your choice if you share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from the school health service or your child's General Practitioner (GP).

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not change as a result of being measured or parent/carers receiving feedback.

Routine data, such as your child's name, gender, address, postcode, ethnicity and date of birth, will be collected and made anonymous before being submitted for analysis at a national level. This information will then be used within the Local Authority and NHS including your child's GP to help service planning and provide advice and support for children in Newham.

No child's height or weight measurements will be given to school staff or other children. All information and results will be treated confidentially. After the measurement, we will send you your child's results, as well as general advice on healthy eating and being active.

**If you are happy for your child to be weighed and measured,
YOU DO NOT NEED TO RETURN THIS FORM**

Opting your child out of the programme:

If you do not want your child to take part, please complete and return the slip on the reverse of this letter to your child's school **within two weeks of receiving this letter**. Children will not be made to participate if they do not want to.

A fact sheet is enclosed to provide more information about the NCMP and some additional information below to support your child access a range of local leisure and sports opportunities including free

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swimming for children aged 16 and under. Go to www.activenewham.org.uk for further information. There is also further practical advice at www.nhs.uk/change4life and www.nhs.uk/ncmp3 For more information about Live Well Newham – Healthy Futures free programmes available locally, please go to www.xylahealthandwellbeing.com

If you require further information, please contact the school health service on **020 33739983 Option 2** or email SchoolHealth@newham.gov.uk.

Yours faithfully



Jason Strelitz
Director Public Health



Christina Pace
Director of Children's Commissioning & Universal Services, Children's Commissioning

Further information

Further information about the National Child Measurement Programme 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 how NHS Digital and Public Health England collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>

Live Well Newham – Healthy Futures <https://xylahealthandwellbeing.com/our-services/weight-management/livewell-newham-landing-page/healthy-futures/>

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Opting out of the programme – Please hand this form to the school office ONLY if you do not wish your child to be measured

I **DO NOT** wish my child to be weighed and measured

Child's name: _____ Date of Birth: _____ Class: _____

Child's school: _____

Parent/Carer
Signature _____