

# WE ARE GROWING.

# WE ARE NEWHAM.

## Screening and the National Child Measurement Programme



**INFORMATION FOR PARENTS AND CARERS  
OF RECEPTION AGED CHILDREN**

People at the Heart  
of Everything We Do

## SCHOOL ENTRY HEALTH ASSESSMENT

The School Entry Health Assessment (SEHA) is a questionnaire that we ask parents/carers of reception aged children to complete when they start school.

The SEHA asks questions about children's health and wellbeing. We will contact you if there are any long-term health needs or if you have identified any concerns or worries so we can discuss them further.

The information you provide on this form is confidential and not shared with your child's school unless you give us consent. We will first contact you to discuss before we share any information.

The SEHA can be completed online at [www.newham.gov.uk/SEHA](http://www.newham.gov.uk/SEHA) or you can request a paper copy from your child's class teacher. If you complete a paper version, please return it in an envelope to your child's class teacher who will make sure it is given back to us.

## GROWTH MEASUREMENT

### **Why is measurement of growth important?**

Measurement of height and weight helps to ensure that children are growing properly.

If they are unusually big or small there may be an underlying medical condition, or it could be related to their diet or activity levels. By measuring all children when they start school, advice on diet or referral for medical assessment can be arranged at an early stage.

### **My child's growth appears normal - are these measurements really necessary?**

It is impossible to assess a child's growth by sight alone, taking accurate measurements (height and weight) and plotting this on a growth chart will identify if there are any concerns. By measuring them and using the growth charts it is easy to tell if they are tall or short or over/under weight.

### **What does growth measurement involve?**

Their weight is measured by standing on weighing scales; their height is measured by standing against a height measurer against the wall both with their shoes removed. The measurements are then checked against a growth chart to see if they are within a healthy range.

### **What if my child's growth is outside the healthy range?**

If your child is overweight or very overweight, you are welcome to contact us on **020 3373 9983 Option 2** for advice and support.

If your child is underweight the school nurse will contact you to discuss your child's weight in more detail.

## **VISION SCREENING**

### **Why test vision?**

Good vision is important for learning as over 80 percent of everything we learn is through what we see. Vision development is completed by the age of 8, so it is important to detect any abnormalities as early as possible so that treatment can be commenced and the problems reversed whilst the child is young.

### **My child appears to have normal vision - is a vision test necessary?**

Yes, a vision test is still important, children can often be long-sighted or short-sighted but as they have always viewed the world this way, it is "normal" for them. It may be possible that there is poor vision in one eye therefore the "good" eye is doing all the work making it undetectable without proper testing.

This is typical of a lazy eye, treatment must be completed before the age of 8 otherwise the eye will remain lazy for life, and will increase the risk of visual impairment.

### **What does the vision test involve?**

Vision is tested using a letter of different sizes at a standard distance. If your child does not know their letters, they will be able to use a matching system. The vision is checked in each eye separately. We will then write to you and inform you if your child passes or fails.

### **What if my child fails?**

Depending on the type of vision loss, the school health service will arrange a direct referral to the ophthalmology department or will advise you to see your local optician.

## HEARING SCREENING

### Why test your child's hearing?

It may not always be obvious when a child has a hearing problem, sometimes their speech may be unclear or slow to develop and they do not reply when you call them. Your child may talk very loudly and their behaviour or progress at school may be affected. It is always better for any hearing loss to be identified and treated as early as possible.

### My child appears to have normal hearing - is a hearing test necessary?

Some hearing problems are hard to recognise, therefore it is important that all children have their hearing assessed soon after starting school. Sometimes it can be difficult to recognise when a child has a problem with their hearing and some may have learnt to adapt and hide their problem.

### What does the hearing test involve?

Their hearing is tested using a simple listening game using headphones.

### What if my child does not pass the hearing test?

If your child does not pass we will see them again in school for a second hearing test, if they fail the second test we will refer them to the audiology department for more detailed tests in a soundproofed room.

There are several reasons why a child may not pass the hearing test. For example, it is quite common for repeated coughs and colds to cause congestion and fluid to fill the space behind the eardrum resulting in hearing loss. Although not permanent, this type of hearing loss can still affect a child's progress in school.

If you have any further questions please contact the **School Health Team** on **020 3373 9983 Option 2** or email [schoolhealth@newham.gov.uk](mailto:schoolhealth@newham.gov.uk)