

October 2018

School Nursing Team
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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 health 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, gender, address, postcode and ethnicity will also be collected.

The data from all schools in the area will be gathered together and held securely by Brent local authority public health team and your local NHS Trust. Please note that we will store your child's information on their health record and may share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The 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.

Once completed, a letter with your child's results if they are underweight or overweight will be sent to you with information on healthy eating and being active. The Health4life team (who are part of the school health team), will also contact you directly if your child is overweight to offer you a 1:1 support or the option of attending a group session.

Opting your child out of the programme

If you are happy for your child to be measured, you do not need to do anything. If you do not want your child to take part, or if you have any questions, please let us know using the contact details at the top of this letter. Children will not be made to take part if they do not want to.

Yours faithfully



Dr Melanie Smith
Director of Public Health
Brent Council



Janet Lewis
Divisional Director, Operations
Children's Health & Development Division
Central London Community Healthcare NHS Trust