

November 2021

To: All Parents/Carers of Children in Reception and Year Six

Height and Weight measurements for Children in Reception and Year Six (January – April 2022)

Every year in England, children in Reception and Year Six 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 every child and their family.

The measurements take place in school and will be undertaken by trained school nursing staff in a private space away from other pupils. We are working closely with your child's school, ensuring that the programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures. This includes robust hand and respiratory hygiene and enhanced cleaning arrangements for the rooms and equipment used to measure your child's height and weight as recommended in the national guidance for schools and healthcare.

The school nurse will wear Personal Protective Equipment (PPE) as appropriate. Children will not be required to wear PPE at any point during the measurement process. 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 our local authority public health team. Please note that we may store your child's information on their health record and 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 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.

After the measurements, we will send you your child's results and information on healthy eating, being active and activities available in your area. The letter will be addressed to you as Parent/Carer and will include your child's name. We don't think you should automatically share your child's result with them, which is why this letter is directly addressed to you.

If you are happy for your child to be measured, you do not need to do anything. If you do not want your child's height or weights to be measured, please follow the instructions below to opt your child out of this year's measurements.

Children will not be made to participate if they do not want to.

Please ensure that you have opted your child out of the programme by 22nd December 2021.

How to Opt your Child out of the NCMP

You can opt your child out of the 2022 NCMP by following the below link to our digital opt out form or you can use your mobile device to scan the QR Code below. QR code scanners can be downloaded free of charge from your device's app store or type the short URL into your chosen browser on your phone, tablet, laptop or desktop computer.



QR Code

bit.ly/ncmpout

Short URL/Web Link

Alternatively, you can email or write to the NCMP Team using the contact information below:

Email Address: lpt.ncmpprogramme@nhs.net

Address for Written Correspondence:

National Child Measurement Programme
Bridge Park Plaza
Bridge Park Road
Thurmaston
Leicester
LE4 8PQ

You will need to ensure you have received a confirmation notification, email or letter otherwise your child may still be asked to take part.

For further information about NCMP please visit:

<https://www.healthforkids.co.uk/leicestershire/the-national-child-measurement-programme/>

or call the Leicestershire Partnership NHS Trust NCMP Administration Team on 0300 3000 007 and select option 1 twice.

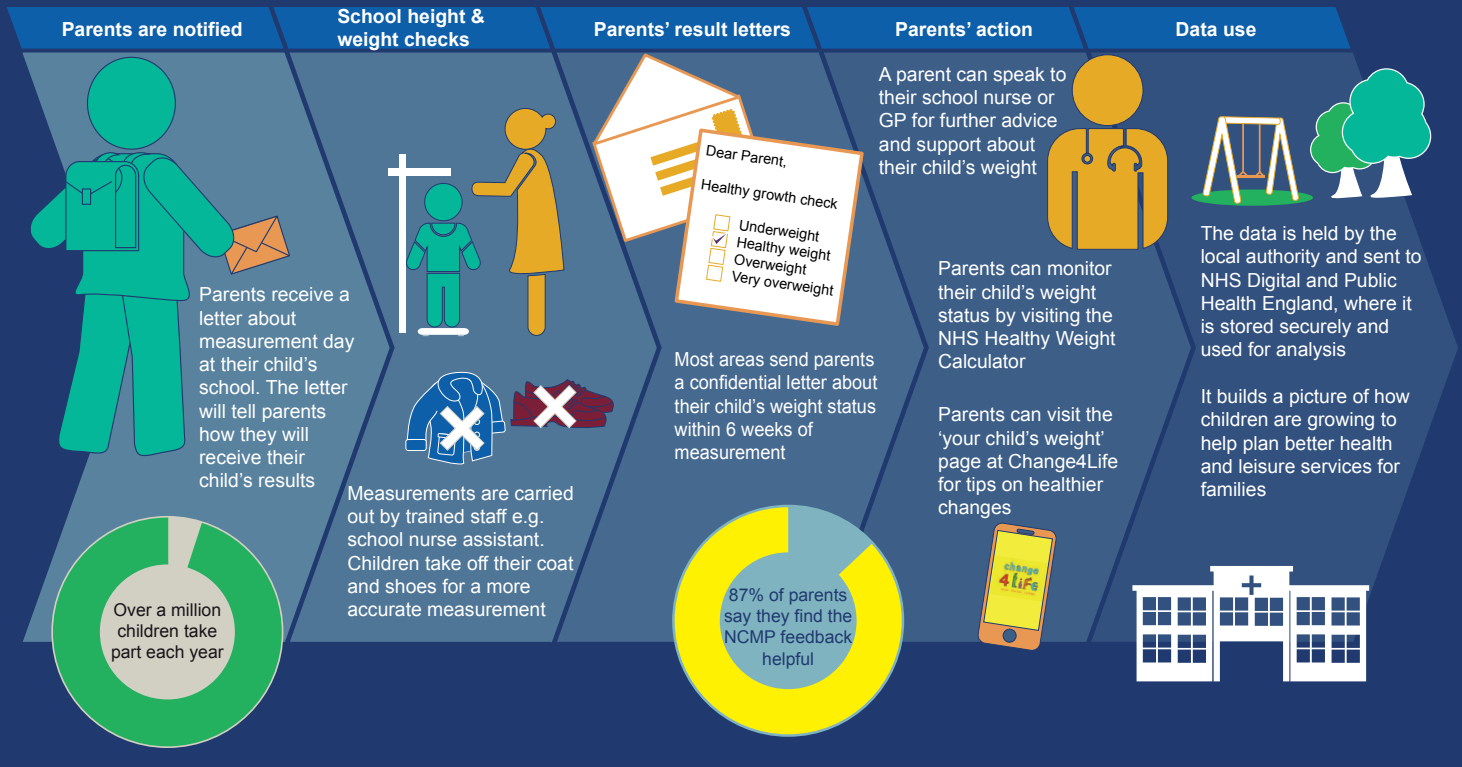
Yours sincerely,

A handwritten signature in black ink, appearing to read 'Rob Howard', is positioned above the printed name.

Rob Howard
Consultant in Public Health

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year.
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy weight is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

Change4Life is here to help your family be healthy and happy



Be Sugar Smart

Kids are having nearly three times more sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.

- 1** Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.
- 2** Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 A DAY by adding in chopped fruit.
- 3** Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.



See what's really inside your food and drink

Download our food scanner app for FREE and see for yourself the amount of sugar, salt and saturated fat in everyday food and drinks.



change 4 life is here to help.

Search Change4Life and sign up for loads of healthy eating tips, tasty recipes, easy lunchbox ideas, fun activities and much more!



We're on Facebook too and want to hear from you!