



Hampshire
County Council

*Adults' Health and Care
Public Health
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Academic Year September 2019 – August 2020

Dear Parent/ Carer,

Height and weight checks for children in Reception and Year 6

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Your child's class will take part in this year's programme. Information about the programme is included in the attached leaflet "School Height and Weight Measurements."

The checks are carried out by Hampshire's Public Health School Nursing Service. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. Children will not have to participate if they do not wish to on the day.

Once completed, you will receive your child's measurements and body mass index (BMI) in a letter together with useful information. It is helpful to have a good understanding of how children are growing so that the best possible advice can be provided for you and your family, BMI is the most useful and straightforward way to assess weight. Helping children to achieve a healthy weight is both a national and local priority and this programme of weighing and measuring can help to identify where additional support could be offered to families. The Public Health School Nursing Service is available for advice and support about your child's result. You can search for your local school nurse team using the following link:

<http://www.southernhealth.nhs.uk/services/childrens-services/school-nursing>

How information is used

All information is treated confidentially and held securely by the Child Health Information Service (provided by Southern Health Foundation Trust) and Hampshire County Council. It will not be shared with your child's school, school staff or with other children.

The information collected by us includes your child's height and weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number and ethnicity. This information is needed to ensure the record is correct and can help to explain demographic factors affecting a healthy weight.

All the information collected about your child will be sent securely by Hampshire County Council to NHS Digital. NHS Digital is responsible for collecting health and care information to monitor NHS and social care services to improve the care provided to people across England.

NHS Digital will then anonymise the information and share it with Public Health England. Public Health England is responsible for working to protect and improve the nation's health.

Both NHS Digital and Public Health England will use the information from the National Child Measurement Programme to understand trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or Public Health England that identifies your child.

If your child is now in Year 6 and was previously measured for the National Child Measurement Programme in Reception, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as any dental survey results or reasons for any hospital visits. Linking your child's information in this way helps better understand how and why the weight status of children is changing over time.

Anonymised information from the National Child Measurement Programme may also be shared by NHS Digital with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

Withdrawing your child from the National Child Measurement 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's height and weight to be checked, please let us know by writing a letter to your child's Head Teacher within two weeks of receiving this letter.

Children will not be made to take part on the day if they do not want to.

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>

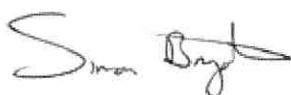
Information about how Public Health at Hampshire County Council collect and use information can be found at <https://www.hants.gov.uk/educationandlearning/dataprotection>

Information about how the Public Health School Nursing Service collect and use information can be found at <https://www.southernhealth.nhs.uk/patients-and-carers/privacy-notice/>

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>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Yours faithfully,



Simon Bryant
Interim Director of Public Health
Hampshire County Council



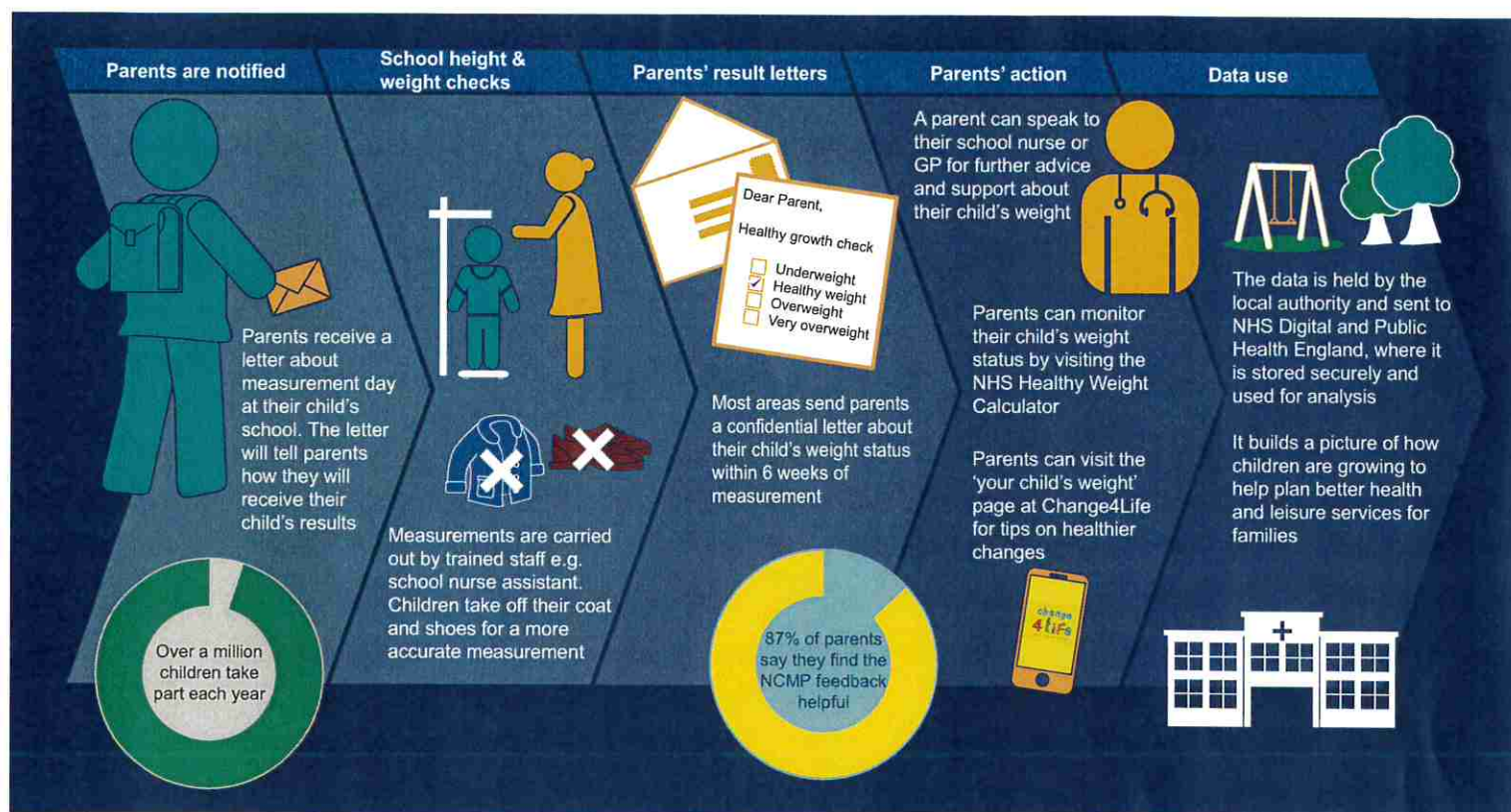
Steve Crocker
Director of Children's Services
Hampshire County Council

Date of signature: 15 August 2019

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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.



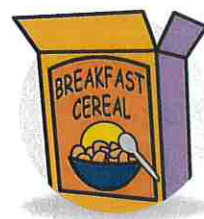
Change4Life is here to help your family be healthy and happy

change
4 life

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!