



Hertfordshire County Council  
Public Health  
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Email: [publichealth@hertfordshire.gov.uk](mailto:publichealth@hertfordshire.gov.uk)

19<sup>th</sup> September 2017

Dear Parent/Carer,

## Measuring the height and weight of children in Year 6 – 2017/18

Helping children to achieve a healthy weight is important for their chances in the rest of life, and can help prevent diabetes and cancer in your child in later life. It is really important to have a good understanding of how children are growing so that we can provide the best possible advice and support.

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). This important programme helps us do this. It is now in its eleventh year in Hertfordshire.

We are writing to you because your child's class will take part in this year's programme. To make sure we respect the privacy and feelings of your child:

- The measurements will only be taken by trained healthcare professionals from Hertfordshire Community NHS Trust School Nursing Service
- Measurements will be carried out in a **private area away from other pupils**.
- Children who take part will be measured **fully clothed** except for their coats and shoes.
- Any cultural needs of the child will be respected.
- Children will not be made to take part if they do not want to take part.

Information will be treated **confidentially**. We do **not** give height or weight measurements of any child to school staff or other children. We collect routine data such as your child's name, gender, address, postcode, ethnicity and date of birth. The data from all schools in the area will be gathered together and held securely by Hertfordshire Community NHS Trust. This information will be used within the local authority and NHS to help us understand and plan support for weight-related

problems for children. To repeat, we do not give height or weight measurements of any child to school staff or other children.

The measurements are analysed nationally in a way that are anonymised and that means individual children **cannot** be directly identified.

Measurements are stored locally on NHS child health records for the purposes of providing results and follow-up advice to parents. The results are based on Body Mass Index (BMI) and if there is any concern about your child's health based on the results, we will write to you, explaining the result and giving information that might support you. Your child's results may also be shared with your GP who may also provide support to your family if required\*.

More information about the National Child Measurement Programme can be found at:

<https://www.gov.uk/government/publications/national-child-measurement-programme-factsheet-for-parents>

### **Opting your child out of the programme**

If you are happy for your child to be weighed and measured, you do not need to do anything. However, if you do not wish your child to take part, you will find an opt-out slip attached to this letter which you should complete, sign and return to your school office within two weeks.

Yours faithfully,



**Jim McManus**

**Director of Public Health**

**Hertfordshire County Council**



**Jenny Coles**

**Director of Children's Services**

**Hertfordshire County Council**



**Clare Hawkins**

**Deputy Chief Executive,  
Director of Quality/Chief Nurse**

**Hertfordshire Community NHS  
Trust**

\*In the Broxbourne area, your GP may contact you directly to offer you further support, but there is absolutely no obligation to take this support up.

## Opting your child out of being weighed and measured

Please return this form to your school office **only** if you **do not** wish your child to participate within 2 weeks of receiving this letter. If you are happy for your child to participate, you do not need to do anything.

### Form 1: Opt-out slip

I **do not** wish my child to be weighed and measured for the 2017/18 National Child Measurement Programme

Child's name .....

Year .....

Class .....

Child's school .....

Parent's/Carer's name .....

Parent's/Carer's signature ..... Date .....

**PLEASE RETURN THIS TO YOUR SCHOOL OFFICE**

NCMP 2017/18