

January 2016

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 on 11 February 2016.

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 nursing 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, 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 are 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 and being active.

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.** If you do not want your child to take part, please return the slip at the end of this letter to the school and your child will not be measured. Children will not be made to participate if they do not want to.

Yours faithfully



Dr Chris Kenny  
 Director of Public Health  
 Nottinghamshire County Council



Colin Pettigrew  
 Corporate Director of Children, Families  
 and Cultural Services  
 Nottinghamshire County Council

**Return this form to school as soon as possible IF YOU DO NOT WANT your child to participate**

**I do not wish** my child to be weighed and measured for the National Child Measurement Programme because;  
*(please tick)*

My child has requested not to take part	<input type="checkbox"/>
My child is already monitored by another service	<input type="checkbox"/>
I do not wish my child to take part as I do not agree with the Programme	<input type="checkbox"/>
Other: <i>please feel free to comment overleaf</i>	<input type="checkbox"/>

Childs Name: \_\_\_\_\_ DOB \_\_\_\_\_ Year: \_\_\_\_\_  
 School \_\_\_\_\_ Class: \_\_\_\_\_

Parent /Carers name: \_\_\_\_\_

Parent /Carers signature: \_\_\_\_\_