

School Nursing Team

Wokingham Hospital

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SCHOOL NURSING SERVICE

NATIONAL CHILDHOOD MEASUREMENT PROGRAMME

Dear Parent / Carer

Height and weight measurements for children in Year 6

Every year in England, children in Year 6 are weighed and measured as part of the National Child Measurement Programme (NCMP). Full details of the NCMP can be found by following this link: [The National Child Measurement Programme - NHS Choices](#)

As part of the programme, your child's name, date of birth, sex, address, postcode, ethnicity and NHS number will be provided by your local authority. Your child's class will take part in this year's programme; the date of the screening will be available from your child's school.

The measurements will be carried out by trained staff from your local School Nursing team in a private area in your child's school. Children will be asked to remove their shoes and coats and will be weighed in their indoor clothing. In order to explain what will happen when your child is weighed and measured in school, please share with your child the information contained in this link: <https://campaignresources.phe.gov.uk/schools/resources/ohy-year-6-leaflet-for-school-nursing-teams>

All information and results will be treated confidentially. Your child's height and weight results will not be shared with your child, other children or school staff. These results will be entered onto your child's electronic health record. **The NCMP database** will place your child's height and weight into one of the following ranges – 'underweight', 'healthy weight', 'overweight' and 'very overweight'. If your child is outside of the 'healthy weight' range you will receive a letter by post with further information.

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.

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 the School Nursing Team know in writing/by email within 7 days of receiving this letter using the contact details overleaf.

Further information and advice

You may be interested to know that Berkshire Healthcare has produced child health information on the Berkshire Healthcare NHS Foundation Trust website: www.berkshirehealthcare.nhs.uk
This is an on-line resource for parents, carers and school staff offering advice sheets and information on child development.

Your School Nursing team is here to support you and your child. If you would like further advice or information, please contact your School Nursing Team (contact details overleaf).

Yours faithfully,

The Wokingham School Nursing Team



www.berkshirehealthcare.nhs.uk