



Harrogate and District
NHS Foundation Trust

Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

October 2017

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.

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 HDFT 5-19 Healthy Child Team 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 will store your child's information on their electronic health record which may be accessed by other professionals also providing care to your child, including 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, if your child's measurements are above or below the healthy range you will be contacted by a member of the 5-19 Healthy Child team. This will provide an opportunity to discuss the result and provide additional advice and support including the NYCC Healthy Choices team. We will send you your child's results and information on healthy eating and being active within 6 weeks of measurement.



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Opting your child out of the programme

If you are happy for your child to be measured, you do not need to do anything. Children will not be made to take part if they do not want to.

If your child is in Year 6 and you do not want your child to take part in this programme please contact us by email via children&families@northyorks.gov.uk or telephone 01609 780780 and press option 2.

If your child is in Reception you will already have received a School Entry Questionnaire which asked you if you wanted to opt-out of any part of the Healthy Child Programme. We will already have received your reply about opting out.

If you wish to know more about the National Child Measurement Programme and tips on healthy eating and being active see the following:

<http://tinyurl.com/ChildsWeightMatters>

If you are unable to access this leaflet or require a printed copy please contact your local Healthy Child Team using the telephone number on the label on the front of this letter.

Yours faithfully

5-19 Healthy Child Team



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