



School Health Advisory Service
Better Care: Healthier Communities

School Health Advisory Service
Children and Families Division

Charlotte Road School
Health Advisory Service Team
Charlotte Road Health Centre
45 Charlotte Road
Birmingham
B30 2BT

Tel: 0121 466 4505
www.bhamcommunity.nhs.uk

Dear Parent/Carer

Measuring the height and weight of children in reception and testing their hearing.

Information about height and weight measurement

The NHS needs to have a good understanding of how children are growing across the country so that the best possible health service can be provided for them. As a result, all children in England in reception year have their height and weight checked each year through the National Child Measurement Programme (NCMP). You can find out more about how to measure children's weight range by visiting the NHS Choices Website www.nhs.uk/tools/pages/healthyweightcalculator.aspx

Your child's class will take part in this year's NCMP. The measurements will be supervised by trained healthcare staff from your local School Nursing Team. Children who take part will be asked to remove their shoes, and will be weighed in normal indoor clothing. Any cultural needs of the child will be respected.

Routine data, such as your child's sex, address, postcode, telephone number, ethnicity and date of birth will also be collected. No child's height or weight will be given to school staff or other children. The information will be stored locally by the NHS and Local Authority for the purpose of providing results to parents and for planning local services.

The records of children's heights and weights will be submitted for analysis in a way that means your child cannot be directly identified. This information will then be used within the NHS to help us understand and plan interventions for weight related problems in children in your area. National and local summaries of the data will also be published. All data and results will be treated confidentially.

Once your child has had their height and weight measured they will be given a letter to tell you their measurements. If your child is outside the healthy weight range your local School Nursing Team will send you another letter through the post to explain their results and to offer you advice and support. If your child is within the healthy weight range you will not receive a follow-up letter.

Continued over the page...



Improving Working Lives



INVESTORS
IN PEOPLE | Silver



Information about hearing tests

For children to be able to learn they need to be able to hear properly. We will come into school to test your child's hearing during their reception year. We do the test with small groups of children. They are asked to wear headphones and inform us if they can hear different sounds. It takes only a couple of minutes and causes no discomfort. We will give your child a letter with the result of the test. If your child does not inform us they can hear all the sounds we will test them again within a few weeks. If they don't hear all the sounds at a second test we will refer them to a specialist for a more detailed test and inform you of this.

Opting your child out of the programme

If you are happy for your child to be weighed and measured, and for their hearing to be tested you do not need to do anything. If you do not want your child to take part, please let your school know within two weeks.

Children will not be made to participate if they do not want to.

Yours sincerely



Geraldine Goodall

Acting Operational Manager - School Health Advisory Service

Do you need this information in another language or format?

If you require this information in an alternative language or format such as Braille or large print, or in a different language please contact us on **0800 917 2855**.