

0-19 Universal Children's Service  
Duty Desk  
0300 300 1875  
e-mail :DutydeskchildrenBD@nelft.nhs.uk

Dear Parent/Carer

**National Child Measurement Programme**  
**Measuring the height and weight of children in Reception and Year 6**

The NHS needs to have a good understanding of how children are growing across the country, so that the best possible health services can be provided for them. As a result, all children in England in Reception and Year 6 have their height and weight checked each year. We are aware that many things have changed over the past few months and that due to the impact of Corona Virus (Covid 19) several screening programmes were paused including the National Child Measurement Programme.

The programme has now recommenced as directed by Public Health England and your child's school will be part of the screening programme, which will be delivered week commencing 20<sup>th</sup> September 2021. The staff delivering the programme will be wearing full personal protective equipment (PPE) and will maintain social distancing where possible. All measurements will be done in a private area away from other pupils. Children who take part will be asked to remove their shoes, and will be weighed in normal indoor clothing.

Routine data, such as your child's sex, address, postcode, ethnicity and date of birth, will also be collected to help the NHS plan services for families. All information and results will be treated confidentially. While no child's height or weight will be given to school staff, your child or other children, if your child is found to be underweight, overweight or very overweight, we would like your permission to share the results with the Barking and Dagenham Lean Beans Team.

This is a free and fun after school club to help families achieve and maintain a healthier lifestyle. <https://newme.london/leanbeans/>

The records of children's heights and weights will be made anonymous at a national level, but will be stored locally on child health records and may be shared with your GP. This information will then be used within the NHS to help us understand and plan interventions for weight-related problems in children across the country.

If you are happy for your child to be measured, and for us to refer to the Lean Beans Team if required, 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 us know using the contact details at the top of this letter by the Monday 20<sup>th</sup> September 2021.

Children will not be made to take part if they do not want to.

Once your child has had their height and weight checked, we will send your child's results to home through the post; this will reflect your child's weight on the date of measurement.

A leaflet called '*Handy tips for a healthy family: Why your child's weight matters*' provides more information about the National Child Measurement Programme and tips on healthy eating and being active. More information is available at [www.nhs.uk/change4life](http://www.nhs.uk/change4life).

Following your results, you can also contact the Healthy Lifestyles Team on 0208 724 8018 for advice, as there are various resources available to help you and your child.

Yours faithfully,



Eileen Dawson  
Operational Lead 0-19 Universal Children's Service