

Hounslow School Nurses  
West London NHS Trust  
Heart of Hounslow  
92 Bath Road  
TW3 3EL

Email: WLT.HounslowSchoolNurses@nhs.net

Dear Parent/Carer,

### **Height and weight checks for children in Reception**

Every year in England, school children in Reception have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, a healthy weight or are underweight. Your child's class will take part in this year's programme.

The checks are carried out by registered school nurses or trained health care providers on behalf of the Local Authority. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. Due to the type of equipment used to measure children, only those who are able to stand unaided can be measured.

The information we collect and what it is used for is listed below:

- your child's date of measurement, sex and date of birth are used to calculate your child's weight category.
- your child's name, date of birth and NHS Number are used to link your child's measurements in Reception. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health.
- your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England.
- your address is required to send you your child's feedback letter. This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

All the data collected is also used anonymously for improving health, care and services through research and planning. All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

### **How the data is used**

The information collected from all schools in the area will be gathered and held securely by the Trust. We will store your child's information as part of their local child health record and share it with their GP. All the information collected about your child will be sent by us to NHS England. They are responsible for collecting data and information about health and care so that this can be used to monitor and improve the care provided to people across England.



Are you a **parent** or **carer** of a **child aged 5-19 years**?

We offer advice and support about your child's health, wellbeing and development. Send a message to:

**07312 263 080**

Receive an answer within one working day from a qualified school nurse. **Monday to Friday, 9am-4.30pm (apart from bank holidays).**

The information collected about your child will also be shared by NHS England with the Office for Health Improvement & Disparities (OHID) but in a depersonalised form only. This means OHID will not be able to identify your child. OHID is responsible for working to protect and improve the nation's health.

Both NHS England and OHID will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. De-personalised information from the National Child Measurement Programme may also be shared by NHS England with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS England only ever shares information for research with the approval of an independent group of experts.

We are working closely with a family health organisation called BeeZee Bodies to offer free services to families living in Hounslow. If your child needs further support, we will let you know and pass relevant and appropriate information to them. You may be contacted by telephone by BeeZee Bodies after the measurements have been taken so they can talk to you about what support is available to you and your family, for free, from top tips and helpful articles to services in your local area. The BeeZee Bodies team will be available to answer any queries, concerns, or comments you have about the process and what is available to you.

You can see more about BeeZee Bodies services and the experiences of other families at [www.beezeebodies.com/for-families](http://www.beezeebodies.com/for-families)

If you do not want your information to be passed to BeeZee Bodies, please let us know.

### **Withdrawing your child from the National Child Measurement 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's height and weight to be checked, or your child has a medical condition that affects their height or weight please let us know using the contact details provided at the top of the letter. Children will not be made to take part on the day if they do not wish to.

|                                                                                                                            |                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Healthy Lifestyle; <i>healthy eating, being active/activities available in Hounslow</i>                                    | <a href="http://www.beezeebodies.com/for-families">www.beezeebodies.com/for-families</a><br><a href="http://www.nhs.uk/change4life">www.nhs.uk/change4life</a>  |
| National Child Measurement Programme (NCMP); <i>including a parent information leaflet and a short film about the NCMP</i> | <a href="http://www.nhs.uk">The National Child Measurement Programme - NHS (www.nhs.uk)</a><br><a href="#">School nursing Hounslow :: West London NHS Trust</a> |
| Privacy statement                                                                                                          | <a href="#">Privacy statement :: West London NHS Trust</a>                                                                                                      |

To find out a little bit more about the process and what will happen on the day, please scan this QR code:



Yours sincerely,

*Hounslow School Nurses*



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