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Dear Parent/Carer

### **Measuring height and weight of children in Reception and Year 6**

#### What is the National Child Measurement Programme?

The height and weight of all children in England in Reception and Year 6 is measured each year as part of the National Child Measurement Programme (NCMP). In Lincolnshire this is done by the Children's Health Service 0-19, which has recently become part of Lincolnshire County Council. The NCMP provides information to help build an understanding of national and local trends in child weight.

Your child's class will take part in this year's programme, which is supervised by healthcare professionals:

- The measurements will be taken in a private area away from other pupils
- Children will be measured fully clothed and asked to remove their shoes and coats only
- Your child's name, sex, address, postcode, ethnicity and date of birth will also be collected.

**All information and results will be treated confidentially** and stored in your child's health record. No individual child's measurements will be given to school staff or other children. After the measurements, we will send you your child's results and information on healthy eating and being active. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

#### Why is this important?

As a parent/carer, it will be important for you to have a good understanding about how your child is developing. Being a healthy weight in childhood promotes good health for your child's future.

The Children's Health Service 0-19 is also passionate about promoting the health and wellbeing of children in Lincolnshire, and can provide support for you to help your children to be as healthy as possible. We will use the overall results from all schools to plan ways to support healthy lifestyles for children in your area.

#### Can my child opt out?

If you are happy for your child to be weighed and measured you do not need to do anything. If you do not want your child to take part, please email [NCMP@lincolnshire.gov.uk](mailto:NCMP@lincolnshire.gov.uk) or call 01522 553271 before 10 November 2017 to let us know that you want your child to opt out; please tell us your name, the name of your child and which school they attend. Children will not be made to take part if they do not want to.

#### Further information and support

More information about the National Child Measurement Programme and tips on healthy eating and being active is available in the enclosed leaflet, but if you have any unanswered questions about the programme please email [NCMP@lincolnshire.gov.uk](mailto:NCMP@lincolnshire.gov.uk) or visit the NHS Choices website: [www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx](http://www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx)

Yours faithfully

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