

September 2014

Dear Parents/Carer

**Measuring the height and weight of children in Reception**

**Year and Year 6**

As part of the National Child Measurement Programme children in England in Reception Year and Year 6 have their height and weight measured. Your child’s class will take part in this year’s measurement programme. The measurements will be undertaken by trained staff from Central Manchester Foundation Trust School Health Service. Children are fully dressed except for their coats and shoes and the measurements will be done in a private area away from other pupils.

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. Helping children to achieve a healthy weight is both a national and local priority.

The information will be used to help us plan the provision of advice and support for children and their families in your area.

The records of children’s heights and weights will be made anonymous before being submitted for analysis at a national level and will be stored locally on child health records. All information and results will be treated confidentially. No child’s height or weight will be given to school staff or to any child.

**After your child has been measured you will receive a further letter with your child’s unique reference number on. You will then be able to access and view their results at** [**www.champ.cmft.nhs.uk**](http://www.champ.cmft.nhs.uk)**.**

This is restricted, secure and confidential access to only your child’s results. The website also provides information and support on keeping healthy.

A leaflet called ‘Why Your Child’s Weight Matters’ is enclosed to provide more information about the National Child Measurement Programme and tips on healthy eating and being active.

If you are happy for your child to be weighed and measured, you do not need to do anything further. If you do not want your child to take part in this national programme please contact your School Health Team, using the contact details at the top of this letter, to discuss. Children will not be made to participate if they do not want to.

Yours faithfully

 

**David Regan Gill Heaton**

Director of Public Health for Manchester Director of Patient Services/Chief Nurse

Directorate for Families, Health and Wellbeing Central Manchester University Hospitals

Manchester City Council NHS Foundation Trust