

1 August 2018

Head Teacher and
Chair of Board of Governors

Measuring height and weight of children in Reception and Year 6 - 2018/19

As set out in the White Paper, *The Importance of Teaching*, good schools play a vital role as promoters of health and wellbeing in the local community, understanding well the connections between pupils' health and their educational achievements.

The National Child Measurement Programme (NCMP) is an important part of our work in Hertfordshire to promote healthy weight in children. It can help **obesity** and **underweight** related conditions in children including diabetes, cancer and disability.

Your participation in the NCMP last year was greatly appreciated, and we would like to ask for your continued support by participating again this year.

More than 99% of state-maintained primary and middle schools across England take part in the programme, enabling the collection of robust data. The information enables us to have a good understanding about children's weight status and trends in our area, and helps to guide the planning and delivery of children's services.

For example, we can offer support to children and families, and where appropriate, signpost them to the weight management programme, Beezee Families <http://beezeebodies.co.uk> Over 800 families have completed the Beezee Families programme in Hertfordshire, and at the end of the most recent programme, 98% of families said they felt more confident making healthy choices after completing the programme.

As you will be aware, the NCMP is led by local authorities and involves us measuring the height and weight of all Reception and Year 6 children in schools. The programme, led by Hertfordshire County Council, will be delivered by the School Nursing Service (soon to be known as the Public Health Nursing Service (School

Nursing – further information to follow) of Hertfordshire Community NHS Trust, with support from schools by:

- Identifying any children who are unable to participate because of disability, medical condition or other reason;
- Sending letters to parents/carers of Year 6 pupils to inform them about the NCMP after your School Nursing team has contacted you and agreed a date for the measurements. This letter is available at <http://www.thegrid.org.uk/info/welfare/nhs> and should be given to your year 6 pupils to be passed on to their parents/carers;
- Collating names of any children who have been withdrawn from the programme by their parents/carers, and provide this information to the member of the School Nursing team doing the measurement;
- Providing class lists of the relevant year groups;
- Identifying a room or area where measurements can be taken privately;
- Arranging staff to help bring children to and from the measurement area.

We would be most grateful for your support and co-operation as we undertake the measurement programme over the coming months. Please pass on this information to your administration staff.

If you have been involved in the NCMP in previous years, you will be aware of what is involved. If you are new to the programme, you can find out more by visiting <https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance>

Further information about the programme and a report on last year's NCMP results for England is available at: <http://www.hscic.gov.uk/ncmp>.

Thank you for your participation in this important programme to help ensure our children are healthy.

Yours faithfully



Jim McManus
Director of Public Health
Hertfordshire County Council



Jenny Coles
Director of Children's Services
Hertfordshire County Council



Clare Hawkins
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Hertfordshire Community NHS
Trust