

School Health Service

Tel: 0161 209 9972

Email: cmm-tr.school-nurses-screening@nhs.net

Dear Parent/Carer

Re: Height and weight checks for children in Primary Schools in Manchester

Reception and Year 6

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme.

Years 1 to 5

In Manchester, as part of a unique feedback programme (CHAMP) provided by **Manchester Local Care Organisation** all primary school year groups have their height and weight measured and parents are invited to view their children's results on-line. Your child's class will therefore take part in this year's programme.

All Children

The NCMP and CHAMP both provide information to help build an understanding of national and local trends in child weight. 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.

The measurements will be undertaken by trained staff from the School Health Service provided by Manchester Local Care Organisation. The measurements will take place in schools in a sensitive manner. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, gender, address, postcode, telephone number and ethnicity will also be collected.

The data from all schools in the area will be gathered together and held securely by MFT. Please note that your child's information is stored on their health record and may be shared with relevant health professionals to support direct care (including ABL Health who are commissioned by Public Health Manchester to deliver a local healthy lifestyles service). No individual measurements will be given to school staff or other children and all information will be treated confidentially.

The data is used to help plan the provision of services and advice to support healthy lifestyles in the area. The information is also submitted for analysis and publication in a way that means individual children cannot be identified.

After your child has been measured you will receive a letter from CHAMP with information on how to view and track their results at www.champ.mft.nhs.uk.

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What happens if my child is above a healthy weight?

Reception and Year 6

Following their measurements, if your child's Body Mass Index (BMI) indicates that they are above a healthy weight, support and advice will be available to you and your family from the School Health Service. We will also share your details with ABL Health, our healthy lifestyles service. ABL Health will invite you and your child to an initial assessment to learn more about your family's lifestyle and how they can provide the most appropriate support for you.

Years 1 to 5

ABL Health's FAB programme is available to all children living in Manchester aged between 2 – 17 years, who are above a healthy weight. If you are concerned about your child's weight, please speak to your School Nurse who can refer your child to the service. Alternatively, parents can contact ABL Health directly. For more information about how to refer your child, ABL's contact details are: www.ablhealth.co.uk or telephone 0161 393 7576.

What happens if my child is below a healthy weight?

All Children

Following their measurements, if your child's Body Mass Index (BMI) indicates that they are below a healthy weight support and advice will be available to you and your family by the School Health Service. We will also share your details with your child's GP.

Next steps

If you are happy for your child to be measured and the details shared then you do not need to do anything. Children will not be made to take part if they do not wish to do so.

If you do not want your child to take part, their data to be shared or have any questions then please contact the School Health Service by e-mail: cmm-tr.school-nurses-screening@nhs.net or telephone **0161 209 9972**.

Yours faithfully

Sam Shaw, Clinical Head of Service for School Health.

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