

September 2023

Dear Parent / Carer

### Height and weight checks for children in Year 6

Each 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. **If you do not want your child to be seen as part of the National Child Measurement Programme, please complete the E-Form and opt out of screening.**

To find out more about the programme and how the data will be used, please visit [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/)

The School Nursing team will do this during term-time and weigh and measure children fully clothed, except for their coats and shoes, in a private space away from other pupils.

E-consent is quick and easy and can be completed on any device i.e., mobile phone, tablet, or computer.

Yes – your child will be seen in school for height and weight screening. The results will be sent to you via the contact details on Cinnamon portal. This email can sometimes be sent to the junk folder, so please check.

No – your child will be withdrawn from all screening.

No reply – your child will be seen for screening of height and weight as part of the National Child Measurement Programme, requests for results can be made on [csh.nwquadrantsn@nhs.net](mailto:csh.nwquadrantsn@nhs.net)

#### **What we need for you to do:**

**Complete the electronic consent form with either *Yes* or *No* (please read this letter for further information)**

**If you do not wish your child to be measured, please complete the e-consent form so we can record your preference.**

- Visit <https://www.cfhschilddevelopment.co.uk/Form/NCMP>
- Enter your school's unique code: - **SR125152**
- Complete the boxes

Children do not have to take part on the day if they do not want to.  
An automated email will be sent to you on completion of the e-consent form from Cinnamon Digital Applications (who host the website for us).

We send your child's measurements to you using the email you enter on the e-consent form. If you do not receive any results within 10 working days of the assessment, please contact the advice line on the number above.

If your child's weight falls outside predicted norms for their age and height, we will contact you.

You can read our Privacy Policy by visiting

[www.childrenshealthsurrey.nhs.uk/about-us/privacy-policy](http://www.childrenshealthsurrey.nhs.uk/about-us/privacy-policy)

If you are unable to complete the e-consent form online, have any concerns, or would like to discuss this further, please contact the school nursing team on [csh.nwquadrantsn@nhs.net](mailto:csh.nwquadrantsn@nhs.net)

Yours faithfully,

School Nurse team

Children and Family Health Surrey

For more information about our services and school nursing, visit

[www.childrenshealthsurrey.nhs.uk](http://www.childrenshealthsurrey.nhs.uk)

For more information about how to keep your family fit and healthy visit:



Healthy Surrey

[www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)

[www.healthysurrey.org.uk](http://www.healthysurrey.org.uk)