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Dear Parent or Carer,

Supporting your child's healthy growth and wellbeing

Every year, children in Reception and Year 6 across England are invited to have their height and weight measured at school as part of the National Child Measurement Programme (NCMP).

We know that every child is unique and grows and develops in their own way. The programme helps us understand how children are growing across Gloucestershire and England, so that health and wellbeing services can be planned to meet the needs of local families.

For some families, the information can also be a useful opportunity to learn more about their child's growth and to access support, advice or services if they wish to do so.

Your child's school has agreed to take part in the programme this year. If you would like to know when measurements will take place, please contact your child's school.

To help us organise the programme, your school will provide Gloucestershire's School Nursing Service with a class list containing your child's name, date of birth, address and parent/carers contact details. This helps us identify children correctly and contact families where appropriate.

Taking part in the programme

You do not need to do anything if you are happy for your child to take part.

If you do **not** want your child to be measured as part of the NCMP, please complete the online [opt-out form: here](#).

Please allow **2 working days** for your request to be processed.

If a large number of children are absent on the day of measurement, we may need to arrange a further visit to the school. Completing the opt-out form helps ensure that your child is not included in the programme during any subsequent visit.

What happens on the day?

Measurements are carried out by our friendly School and Community Health Facilitators, who are part of the School Nursing Service. Children are measured individually in a private area away from other pupils, remaining fully clothed apart from their coat and shoes.

We understand that conversations about height, weight and health can feel sensitive for some children and families. We are committed to delivering the programme with kindness, respect and compassion, helping children feel comfortable and at ease throughout the process.

If your child has additional needs, feels worried about being measured, or there is anything that would help us support them on the day, please get in touch.

How we use your child's information

The information collected is stored securely by Gloucestershire Health and Care NHS Foundation Trust (GHC), as part of your child's NHS health record. Your child's measurements will not be shared with their school or with other children.

To find out more about how we collect, use and protect information, please read:

- [Gloucestershire's NCMP Privacy Notice](#)
- [Department of Health and Social Care \(DHSC\) NCMP Privacy Notice](#).

Support available for families

As part of the NCMP, we may share your telephone number with [Beezee Families Gloucestershire](#), who deliver free healthy lifestyle programmes and family support services across Gloucestershire.

If your contact details are shared, a member of the Beezee Families team may contact you to make you aware of services, activities and support available in your local area.

Any contact from the service will be friendly, supportive and entirely optional.

Understanding your child's measurements

After measurements have taken place, some families will receive a letter containing information about their child's growth.

Children grow and develop at different rates, and a single measurement cannot tell us everything about a child's health, wellbeing or lifestyle. Height and weight are only one part of a much bigger picture.

Where appropriate, we may include information about services, activities or sources of support that families may find helpful.

If your child's measurements are within the expected range for their age, sex and height but you would still like to receive their results, please complete the online results request form: [online results form: here.](#)

Transition to secondary school

Moving to secondary school is an important milestone for children and families. While many children look forward to this change, it is also normal for them to feel nervous, worried or unsure about what to expect.

The School Nursing Team is here to support you during this transition.

All Gloucestershire secondary schools offer opportunities for students to speak confidentially with a School Nurse without needing an appointment.

Young people can talk to a School Nurse about anything that may be affecting their health or wellbeing, including:

- Physical health
- Emotional wellbeing
- Friendships
- Bullying
- Relationships
- Worries about school
- Healthy lifestyles
- Any other concern that is important to them

Once your child turns 11, they can also access **ChatHealth**, our free and confidential text messaging service.

The service is available Monday to Friday, 9.00am to 4.30pm (excluding bank holidays).

For more information about School Nurse drop-ins or ChatHealth, please visit the:

[School Nursing website](#).

Need to contact us?

We are always keen to understand what matters to you and your family.

If you would like to speak to a member of the School Nursing Team, please phone **0300 421 8225**.

Please leave a message including:

- Your child's name
- Date of birth
- Address
- Current school
- Contact telephone number
- A brief description of how we may be able to help

A member of the team will get back to you as soon as possible.

Yours faithfully,



Bridget Davies (Operational and Professional Head of School Nursing)

This letter is also available in other languages. Please call 0300 421 8225 to enquire.

Further information

All information about the NCMP, how we securely handle your data and free resources to support the health and wellbeing of your family can be found using the QR code below and the following link: <https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/screening/>



**National Child Measurement
Programme (NCMP) and
Vision Screening**