

School Nursing Team

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SCHOOL NURSING SERVICE

NATIONAL CHILDHOOD MEASUREMENT PROGRAMME AND RECEPTION YEAR SCREENING

Dear Parent/Carer

Now that your child has started school, the school nursing service will take over responsibility from the Health Visiting service. **Please keep this letter safe in your child's Red Book for future reference as it contains important information for you as a parent/carer regarding your child's health and development.**

Height and weight measurements and hearing checks for children in Reception Year

During their Reception year, your child will have the opportunity to be weighed and measured and have their hearing tested (but not necessarily all at the same time). This is part of the universal offer to all children when they start school. As part of the measurement programme, your child's name, address, postcode, date of birth, sex, ethnicity and NHS number will be provided by your local authority. As soon as all their screenings are completed, you will receive a summary of the results via your child.

The NHS needs to have a good understanding of how children are growing, so that the best possible health services can be provided for them. As a result, each year, all children in England in Reception year as part of the National Child Measurement Programme (NCMP) will be weighed and measured. The measurements will be carried out by trained staff from your local school nursing team in a private area in your child's school. Children will be asked to remove their shoes and coats and will be weighed in their indoor clothing. For further information on what happens to your child's results and other useful information please refer to www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx

All information and results will be treated confidentially. **Your child's height and weight will not be shared with your child, other children or school staff. If you do not wish for your child's hearing results to be shared with school staff please indicate on your child's health questionnaire.** These results will be entered onto your child's electronic health record. The NHS database will place your child's height and weight into one of the following ranges – 'underweight', 'healthy weight', 'overweight' and 'very overweight'. If your child is outside of the 'healthy weight' range you will receive a letter by post with further information.

The information collected about your child will also be shared by NHS Digital with Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

Health Questionnaire

You will receive a health questionnaire via your child's school to complete. The questionnaire enables us to identify any help and support we can offer.

Please complete the health questionnaire, ensuring that you have included your child's NHS Number on the form (this will be written in your child's Red Book). Once completed, please return it to your child's school in the envelope provided.

Please indicate on the health questionnaire if your child is under the care of Audiology / ENT as their hearing will not need to be tested.

Immunisations

As your child has now started school, it is an ideal opportunity for you to check that your child has had all of their pre-school immunisations. If you are unsure, please contact your child's GP practice where your child's immunisation history is held. Further information on childhood vaccination schedules is available at: www.nhs.uk/conditions/vaccinations

General Child Health & Development

As part of a child's healthy development, we recommend that all children and young people have regular check-ups with an Optician and Dentist. These services are available free of charge. More information on the dentistry service is available at: www.nhs.uk/dentists

To find out more about your school nursing service and what we can offer you and your child, please follow this link to our on-line resource: www.berkshirehealthcare.nhs.uk and click on **Our services** then **Public Health Nursing** and then **School Nursing**.

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme> and Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

If your child is still not dry at night you may find it helpful to look at the ERIC website www.eric.org.uk

Opting your child out of the programme

If you are happy for your child to be weighed, measured and have their hearing tested, you do not need to do anything.

If you do not want your child to be weighed, measured and / or have their hearing tested please inform your school nursing team in writing/by email **within seven days** of receipt of this letter, using our contact details overleaf.

Your school nursing team is here to support you and your child. If you would like further advice or information, please contact your school nursing team (contact details overleaf), or if you would like a member of the school nursing team to contact you please indicate this on the health questionnaire.

Yours faithfully,

The Wokingham School Nursing Team

