

September 2024

### IMPORTANT INFORMATION – Hertfordshire Public Health Nursing Service

Dear Parent/Carer,

School nurses and community nurses work in schools and the community as part of the Hertfordshire Public Health Nursing Service. The Hertfordshire Public Health Nursing Service uses an online health assessment questionnaire, called The Lancaster Model (TLM). This allows us to identify the health needs of children, in line with national guidelines such as The Healthy Child Programme. The assessment questionnaire is designed for children to complete in Year 6 and enables us to learn about the health needs of your child and offer help. There is further information about the Lancaster Model here: <https://www.thelancastermodel.co.uk/>

All year 6 children are given the opportunity to complete the questionnaire in school supported by a small team from the School Nursing Service. The questionnaire asks questions about things that could or are impacting on their health and wellbeing. Completed responses are reviewed by the school nursing service and where appropriate or where a child has indicated that they would like support they will be seen in school. Children can speak to the school nursing team during or after completing the questionnaire if they would like to

If your child might benefit from some additional support from the school nursing team, we will contact you to discuss this.

We collect and use data from this questionnaire in accordance with current GDPR guidance. All personal information collected from this questionnaire will be treated as confidential and held securely to meet with data protection requirements. Some information is anonymised and shared with other organisations who work with children such as schools. This information would be about a whole school or area and not an individual child. For example, we may tell a school how many children have breakfast before school each day.

Information regarding how this data is stored by Hertfordshire Community NHS trust can be found here: <https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>



Hertfordshire  
Family Centre  
Service



Hertfordshire Community  
NHS Trust

If you do not want your child to participate in this questionnaire then please contact the school nurse team, contact details below, by 19/09/2024

Email: [hct.shwbswh@nhs.net](mailto:hct.shwbswh@nhs.net)

Telephone: 0300 123 7572

**If we do not hear from you then we will assume you are happy  
for your child to complete the questionnaire.**

To explain this questionnaire further we have made a short film which we hope will clarify the process. This can be found here:

<https://youtu.be/nwfS5kc8uI4>

The short YouTube film below describes the support school nurses offer children and their families in Hertfordshire:

<https://youtu.be/7RoTkp3vkB0>

We have also included some links to websites you may find useful when talking to your child about their health.

Yours sincerely

Joanne Kerr

East Herts, Welhat and Broxbourne School Nurse Team Leader

Email [hct.shwbswh@nhs.net](mailto:hct.shwbswh@nhs.net)

Telephone 0300 123 7572



07480 635050

confidential texting service for  
young people aged 11-19

## **Useful Websites:**

### **Confidential Texting Service**

Hertfordshire School Nursing Service has 2 confidential text messaging service which can be used to ask school nurses questions about physical or emotional health problems, growth concerns -

#### **CHATHEALTH 11-19 -**

**07480 635050** confidential texting service for young people aged 11-19

#### **CHATHEALTH PARENTLINE -**

**07312 263002** confidential texting service for parents/carers of school aged children.

**Healthforkids** provides health information including puberty, healthy eating, and mindfulness. There is lots of information for both parents and children.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk) (age 5-11Yrs)

**HealthforTeens** is a website designed for older children and includes health information and advice about a range of topics including alcohol, smoking and sex and relationships:

[www.healthforteens.co.uk](http://www.healthforteens.co.uk) (age 11-19Yrs)

### **Emotional And Mental Health Information:**

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.youngminds.org.uk>





Hertfordshire  
**Family Centre  
Service**

Hertfordshire County Council  
Public Health  
Farnham House  
Six Hills Way  
Stevenage  
SG1 2ST

Email: [publichealth@hertfordshire.gov.uk](mailto:publichealth@hertfordshire.gov.uk)

Dear Parent/Carer,

### Measuring the height and weight of children in Year 6 – 2024/25

Every year in England, school children in reception and year 6 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. We collect this information to build a picture of how children are growing to help plan better health and leisure services for families. You will receive your child's measurement data as this can be useful information about your child's growth and provides an opportunity to offer you support, where required.

We are writing to you because your child's class will take part in this year's programme. To make sure we respect the privacy and feelings of your child:

- The measurements will only be carried out by trained healthcare professionals from Hertfordshire Community NHS Trust Public Health Nursing Service (School Nursing).
- Measurements will be carried out in a **private area away from other pupils**.
- Children who take part will be measured **fully clothed** except for their coats and shoes.
- Any cultural needs of the child will be respected.
- Children will not be made to take part if they do not want to take part.

Please watch this clip for more information about how this programme is delivered locally:  
<https://youtu.be/uNtJwwHViGk>

Information will be treated **confidentially**. We do **not** give height or weight measurements of any child to school staff, your child or other children. We collect routine data such as your child's name, gender, address, postcode, ethnicity, and date of birth. This data is needed because their age, gender, ethnicity, and the place they live are known to affect their height and weight.

This information will be used within the local authority, NHS, and with our partners Maximus UK who provide BeeZee (The Hertfordshire Healthy Lifestyle Service), if there are concerns about a child's weight, to help us understand

and plan support for children. Maximus UK, who provide BeeZee, may make direct contact with you so they can talk to you about what support is available to you and your family. You are also able to contact Maximus UK to discuss your child's results.

The measurements collected are analysed nationally in a way that are anonymised and that means individual children **cannot** be directly identified.

Measurements are stored locally on NHS child health records for the purposes of providing results and follow-up advice to parents. The results are based on Body Mass Index (BMI) and if there is any concern about your child's health based on the results, we will write to you, explaining the result and giving information that might support you. In some areas your child's results may also be shared with your GP or our partners Maximus UK who provide BeeZee (Hertfordshire's Healthy Lifestyle Service), who may also provide support to your family if required. The data from all schools in the area will be gathered together and held securely by Hertfordshire Community NHS Trust. Information regarding how this data is stored by Hertfordshire Community NHS trust can be found here:

<https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>.

The information collected about your child will be shared by NHS England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care but in a de-personalised form only. This means OHID will not be able to identify your child. OHID is responsible for working to protect and improve the nation's health. NHS England is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to improve the care provided to people across England.

Both NHS England and OHID will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child.

If your child was previously measured for the National Child Measurement Programme (NCMP), NHS England may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.

De-personalised information from the NCMP may also be shared by NHS England with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS England only ever shares information for research with the approval of an independent group of experts.

Further information about the NCMP can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>.

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/healthier-families/> and <https://www.healthforkids.co.uk/>.



Information about the organisations NHS England has shared information from the NCMP with, can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>.

### Questions about NCMP

If you are happy for your child to be weighed and measured, you do not need to do anything. However, if you have questions, concerns or do not wish your child to take part in the programme, you can email or call your Hertfordshire Public Health Nursing Team. The details are below.

***We thank you for taking the time to read about the NCMP programme and considering your child's involvement.***

Yours faithfully



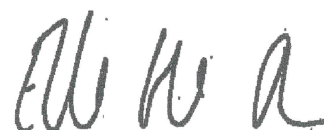
Sarah Perman  
**Executive Director of Public Health**

Hertfordshire County Council



Jo Fisher  
**Executive Director of Children's Services**

Hertfordshire County Council



Elliot-Howard-Jones  
**Chief Executive**

Hertfordshire Community NHS Trust

If you have questions, concerns or do not wish your child to take part in the programme, email the area in which your child attends school, see list below, **WITHIN TWO WEEKS** of receipt of this letter OR call the school nurse duty line – **Telephone 0300 123 7572**

Area	Email
East – Welwyn, Hatfield, East Herts or Broxbourne	<a href="mailto:HCT.SHWBSWH@nhs.net">HCT.SHWBSWH@nhs.net</a>
West – Dacorum & St Albans	<a href="mailto:HCT.stadac@nhs.net">HCT.stadac@nhs.net</a>
North – Stevenage, Royston or North Herts	<a href="mailto:HCT.rsnh@nhs.net">HCT.rsnh@nhs.net</a>
South – Watford & 3 Rivers, Hertsmere	<a href="mailto:HCT.W3RH@nhs.net">HCT.W3RH@nhs.net</a>