



Hertfordshire
**Family Centre
Service**

Hertfordshire County Council
Public Health
County Hall
CHO231
Pegs Lane
Hertford SG13 8DE

Email: publichealth@hertfordshire.gov.uk

Autumn 2023

Dear Parent/Carer

Measuring the height and weight of children in Year 6 – 2023/24

Helping children to achieve a healthy weight is important for their chances in the rest of life, can help prevent some forms of diabetes and cancer in your child in later life, and promote mental health and wellbeing. It is really important to have a good understanding of how children are growing so that we can provide the best possible advice and support.

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). It is now in its seventeenth year in Hertfordshire.

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 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 BeeZee Bodies (The Hertfordshire Healthy Lifestyle Service), if there are concerns about a child's weight, to help us understand and plan support for weight-related problems for children. If information is shared with BeeZee Bodies, they may make direct contact with you so they can talk to you about what support is available to you and your family.

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 BeeZee Bodies (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>.

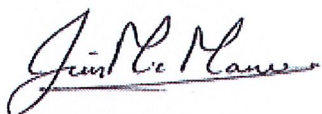
Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/healthier-families/> and <https://www.healthforkids.co.uk/>.

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>.

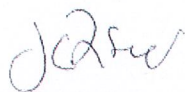
Opting your child out of the programme

If you are happy for your child to be weighed and measured, you do not need to do anything. However, if you do not wish your child to take part, you can email Herts Community NHS Trust (see details below).

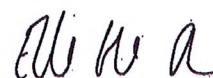
Yours faithfully



Jim McManus
**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 do not want your child to be included in this programme, please email the area in which your child attends school **WITHIN TWO WEEKS** of receiving this letter, stating that you wish for them to be excluded from the NCMP.

Welwyn and Hatfield, East Herts or Broxbourne:
HCT.SHWBSWH@nhs.net

Stevenage, Royston or North Herts: HCT.rsnh@nhs.net

Watford, 3 Rivers or Hertsmere: HCT.W3RH@nhs.net

St Albans or Dacorum: HCT.stadac@nhs.net



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September 2023

IMPORTANT INFORMATION

Dear Parent/Carer,

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 children in year 6 will be given the opportunity to complete this online questionnaire in school. The questionnaire asks your child about things that can impact their health such as lifestyle and emotional wellbeing issues. Members of the school nursing team will be present when the children complete the questionnaire so that we can support children who need assistance.

The completed questionnaires are reviewed by members of the School Nursing Team. Your child may be offered the opportunity to speak with a school nurse if their answers indicate they may want some support. Children can also ask to speak to the school nursing team after finishing 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.

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 every 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/>

If you do not want your child to participate in this questionnaire then please contact the school nurse team, contact details below, by **20th September 2023**.



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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/nwfS5kc8ul4>

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

Jo Kerr
East, Broxbourne, Welwyn & Hatfield School Nurse Team Lead

Email hct.shwbswh@nhs.net

Telephone 0300 123 7572



07480 635050

confidential texting service for
young people aged 11-19

Useful Websites:

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

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 (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>