

Your reference NCMP Team
Our reference NCMP/YR6



City of
Stoke-on-Trent
Social Care, Health Integration and Wellbeing
Public Health Services
National Child Measurement Programme.
Civic Centre
Glebe Street
Stoke-on-Trent
ST4 1HH

Dear Parent/Carer

Height and weight checks for children in Year 6

Every year in England, **Year 6** have their height and weight checked at school as part of the National Child Measurement Programme. Your child's class will take part in this year's measurement programme 2023/24.

The measurements are carried out by trained health care support workers, based within the local authority's public health team. Children will be measured fully clothed, except for their coat and shoes, in a private space away from other pupils. Your child will not be told the results and measurements will not be shared with any school staff or other children.

The programme will be delivered in a Covid-19 safe way, adhering to local authority safety measures that are in place at the time of the planned NCMP visit.

The information we collect;

Prior to completing their height and weight measurements your child's name, sex, date of birth, ethnicity, address, postcode and telephone number will be collected.

How we use your child's information;

- Your child's information will be used to calculate their height/weight status.
- Your child's ethnicity and address will be used to help understand some of the reasons for the difference and changes in child weight across England.
- Your address will be used to send you a feedback letter, which will include your child's measurements, together with information about healthy eating and ways to be active.
- Please be aware, that if your child's weight status falls within the healthy weight category, a feedback letter will not be sent out to you. Should you wish to obtain a copy or discuss your child's measurements, please contact the NCMP team directly by calling **01782 234267** or email the team at ncmp@stoke.gov.uk

Tell us if you need this letter in an alternative format

Get in touch

Telephone: 01782 234 234 stoke.gov.uk



- Your telephone number is required and may be used to contact you to discuss your child's measurements and offer further advice/support.
- Measurement information will also be used by the local authority to help understand and plan health services needed to support families within the city.
- Information collected will also be sent by the city council to NHS Digital who will share this information in a form that **does not** reveal your child's identity to the Office of Health Improvements and Disparities.

The information shared will be used to better understand numbers and trends in child weight and body mass index (BMI) to support service provision.

For more detailed on how your information will be used please visit www.stoke.gov.uk/gdpr

What do I need to do?

If you are happy for your child to be measured, you **do not** need to respond to this letter.

Opting out of the measurement programme;

If you **do not wish** your child's height and weight to be checked, or your child has a medical condition that affects their height or weight, you may withdraw from the programme within the next **14 days** by;

- Calling the NCMP service on **01782 234267**. Please state your child's details including their name, date of birth and the school that they attend.
Hours of service will be Monday to Friday (9.00am - 5.00pm) an answerphone service will be available for out of hours including Bank Holidays.
- Alternatively, please email your child's name, date of birth and the school that they attend to ncmp@stoke.gov.uk. You will receive an email to confirm that your child's details have been removed from the programme.
- Children will not be made to take part on the day should they choose not to.
- Please be aware, if an opt out request **has not** been received, children absent on the measurement day, may have their measurements collected during a follow-up visit later in the school year.

If you are responding to this, please address your correspondence to Heather Griffiths, Senior Public Health Officer – Start Well, Stoke-on-Trent City Council, Floor 3 Civic Centre, Glebe Street, Stoke-on-Trent ST4 1HH

Yours sincerely

Heather Griffiths

Senior Public Health Officer – Start Well, Adult Social Care, Health Integration & Wellbeing

Email: Heather.Griffiths@stoke.gov.uk

Contact number 01782 235857

Tell us if you need this letter in an alternative format

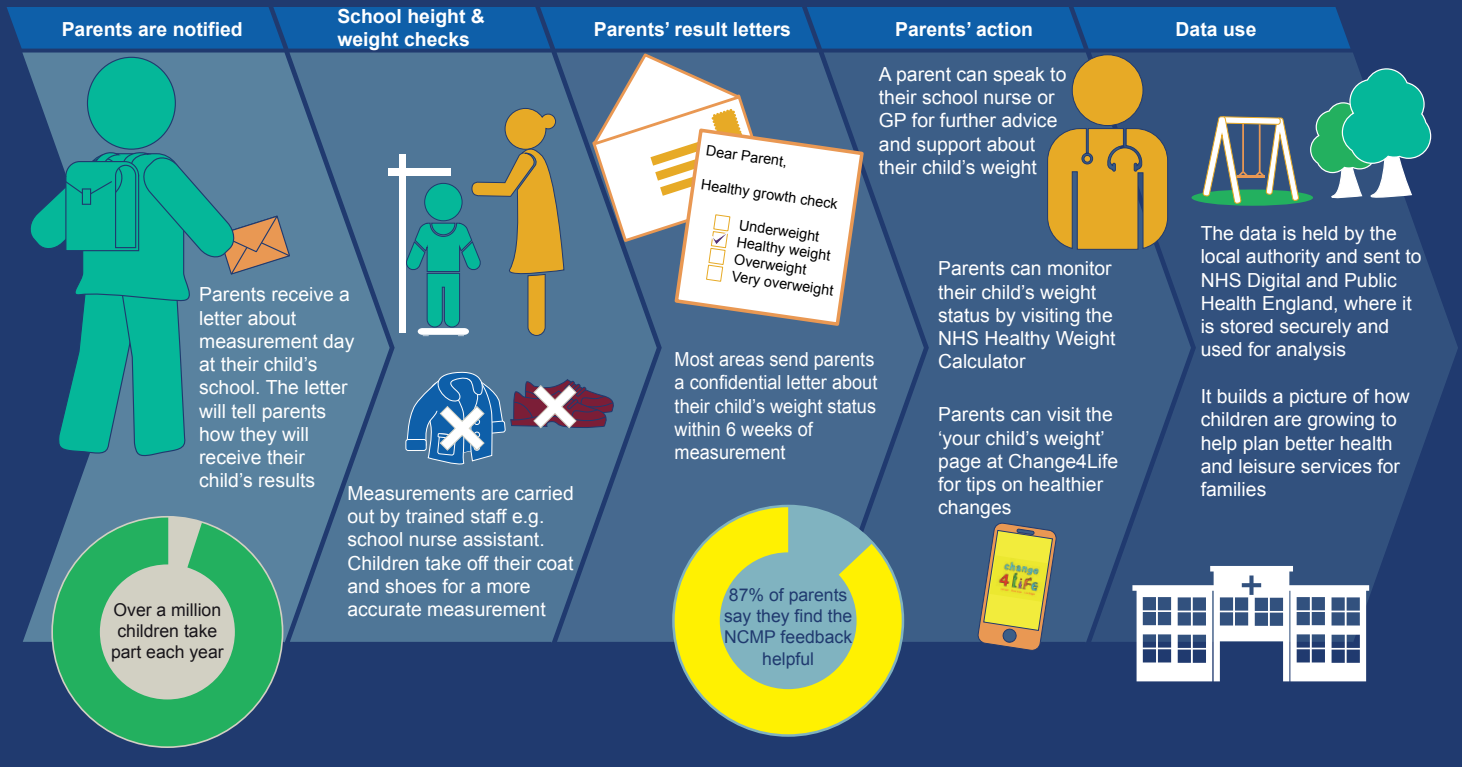
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School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year.
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

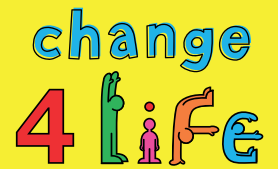
Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy weight is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

Change4Life is here to help your family be healthy and happy



Be Sugar Smart

Kids are having nearly three times more sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.

- 1** Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.
- 2** Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 A DAY by adding in chopped fruit.
- 3** Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.



See what's really inside your food and drink

Download our food scanner app for FREE and see for yourself the amount of sugar, salt and saturated fat in everyday food and drinks.



change 4 life is here to help.

Search Change4Life and sign up for loads of healthy eating tips, tasty recipes, easy lunchbox ideas, fun activities and much more!



We're on Facebook too and want to hear from you!