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Dorchester
Dorset
DT1 1TP

School Nurse Team (Dorset East): 01425 891159
School Nurse Team (Dorset West): 01305 361531
Public Health Dorset: 01305 224400

Dear Parent/ Carer

Measuring the height and weight of children in Reception and Year 6

It is important to have a good understanding of how children are growing, so that the best possible advice and support can be provided for them and their families. Helping children to achieve a healthy weight is a priority for all of us.

Children in England in reception year and year 6 have their height and weight measured and your child's class will take part in this year's measurement programme. **The measurements will be supervised by trained school nursing staff at school in a private space away from other pupils. Children who take part will be measured fully clothed except for their coats and shoes. Routine data such as your child's name, date of birth, sex, address, postcode and ethnicity will also be collected.**

The data from all schools in the area will be gathered together and held securely by our local authority public health and school nurse teams. Please note that we may store your child's information on their health record and share it with their GP. No individual measurements will be given to school staff or other children, and all information will be treated confidentially.

The programme's data are used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in our area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

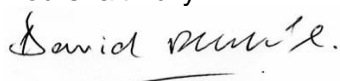
After the measurement, we will send you your child's results, as well as general advice on healthy eating and being active. In some cases, a member of the school nursing team will contact you directly to offer advice and support.

Taking part in the programme:

If you are happy for your child to be weighed and measured at some point during this school year then you do not need to do anything. If you do not want your child to take part, please complete the opt-out slip at the end of this letter and return to the school so that your child will not be measured. Children will not be made to participate if they do not want to.

If you have any questions about this letter please contact the school nurse team on the number above. Thank you for your support in this important work.

Yours faithfully



Dr David Phillips
Director of Public Health
Bournemouth, Dorset & Poole
Local Authorities



Sara Tough
Director of Children's Services
Dorset County Council



FORM 1: Opt-out slip

Only return this form to your child's school if:

You **do not** want your child to be weighed and measured as part of the National Childhood Measurement Programme

Opt-out slip

I **do not wish** my child to be weighed and measured as part of the

National Child Measurement Programme ☐

Child's name: _____

Date of Birth: _____

School year: _____

Class: _____

Child's School: _____

Parent's / Carer's name:

Parent's / Carer's signature:

Please return this part of the form to the school

