

**Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.**

15<sup>th</sup> October 2019

Dear Parent / Guardian,

You are receiving this email as your child has just moved up into Year 6, this can be an exciting time for some children, but also some children are worried about the transition to secondary schools. As part of the Healthy Child Programme, the Healthy Child Team offers confidential health advice and support to children, young people and families. We would like to take this opportunity to review and assess their health needs.

Please find more information on the attached detailing what other support we offer children, young people and families throughout their school years.

After reading the above information about the service please could you follow the link <https://fx.hdft.nhs.uk/Year6HealthParent/Form1/#!/Page1> to complete the health screening questionnaire for your child within **2 weeks** of receipt of this email, this should only take approximately 2 minutes to complete. Your School Code is 121666 and click **"Find School"**. The questionnaire has been designed to inform us of any concerns you may have regarding your child's health and wellbeing.

If you provide a valid email address you will receive an automatic email confirmation to say your form has been submitted.

Your child will be also asked to complete a more detailed questionnaire in school, which gives them the opportunity to highlight any concerns they may have through this transitional year to secondary schools. These will be completed in school along with a presentation about 'Change' giving key health messages to the whole class.

All information in these questionnaires will remain confidential and the Healthy Child Team will contact parents if they identify any individual issues that you may require support with. Any general themes within the year group will be discussed with the school to enable school staff with support from the healthy child team to complete work in school with the entire year group.

### **Height and weight checks for children in Reception and Year 6 – National Child Measurement Programme**

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). Your child's class will take part in this year's measurement programme.

The NCMP provides information to help build an understanding of national and local trends in child weight. 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.

The measurements will be supervised by trained HDFT 5-19 Healthy Child Team staff at school in a private space away from other pupils. Children who take part will be measured



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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 team. Please note that we will store your child's information on their electronic health record which may be accessed by other professionals also providing care to your child, including 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 is used within the local authority and NHS to help plan the provision of services and advice to support healthy weight and lifestyles in the area. The information is also submitted for national analysis and publication in a way that means individual children cannot be identified.

After the measurements, if your child's measurements are above or below the healthy range you will be contacted by a member of the 5-19 Healthy Child team. This will provide an opportunity to discuss the result and provide additional advice and support including the NYCC Healthy Choices team. We will send you your child's results and information on healthy eating and being active within 6 weeks of measurement.

### **Opting your child out of the screening programme**

We would hope that all children will take part in all of the health screening but if you do not wish your child to take part in any aspect of the screening offered please contact your Healthy Child Team by emailing [Children&families@northyorks.gov.uk](mailto:Children&families@northyorks.gov.uk) or by telephoning 01609 780780, stating your child's name, date of birth and school of attendance **if we do not hear from you, within two weeks from the date of this email, your child will be included in the above screening programme.** We would suggest that if you opt your child out, please would you discuss this with your child, as on occasions year 6 children, want to complete the screening, but this has not been explained to them by their parents / carers to the child. If your child does decide to take part on the day and you have opted them out, the team will measure them or complete the questionnaire and discuss this with you.

If you wish to know more about the National Child Measurement Programme and tips on healthy eating and being active see the following:

- <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/>

We will be extremely careful to handle the process with sensitivity and all information will be treated confidentially

Yours Sincerely

**5 – 19 Healthy Child Team**