



Berkshire Healthcare
Children, Young People and
Families services

Bracknell School Nursing Team

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NATIONAL CHILDHOOD MEASUREMENT PROGRAMME RECEPTION YEAR HEALTH SCREENING & HEALTH QUESTIONNAIRE

Height and weight measurements, hearing and vision check for children in
Reception Year – **Wednesday 29th and Thursday 30th June 2022**

Dear Parent/Carer

Now that your child has started school, the school nursing service will take over responsibility from the Health Visiting service. **Please keep this email safe for future reference as it contains important information for you as a parent/carer regarding your child's health and development.**

Health Questionnaire

Please complete the health questionnaire for your child following the link in red provided at the bottom of this form. The questionnaire enables us to identify any help and support we can offer. The questionnaire can be completed on a computer or a phone.

Please indicate on the health questionnaire if your child is under the care of Audiology / ENT as their hearing will not need to be tested, likewise please indicate if they are under an orthoptist or optician as their vision will not need to be tested.

General themes sometimes emerge from information received from the questionnaire; we may use this information to plan larger group health promotion sessions in your child's school.

During their Reception year, your child will have the opportunity to be weighed and measured and have their hearing and vision tested (but not necessarily all at the same time). This is part of the universal offer to all children when they start school. As part of the measurement programme, your child's name, address, postcode, date of birth, sex, ethnicity and NHS number will be provided by your local authority. As soon as all their screenings are completed, you will receive a summary of the results via your child.

The NHS needs to have a good understanding of how children are growing, so that the best possible health services can be provided for them. As a result, each year, all children in England in Reception Year as part of the National Child Measurement Programme (NCMP) will be weighed and measured. The measurements will be carried out by trained staff from your local school nursing team in a private area in your child's school. Children will be asked to remove their shoes and coats and will be weighed in their indoor clothing. For further information on what happens to your child's results and other useful information please refer to www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx

All information and results will be treated confidentially. **Your child's height and weight will not be shared with your child, other children or school staff. If you do not wish for your child's hearing and vision**

results to be shared with school staff please indicate this on your child's health questionnaire. These results will be entered onto your child's electronic health record. The NHS Digital database (NCMP) will place your child's height and weight into one of the following ranges – 'underweight', 'healthy weight', 'overweight' and 'very overweight'. If your child is outside of the 'healthy weight' range you will receive a letter by post with further information.

The information collected about your child will also be shared by NHS Digital with Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

Immunisations

As your child has now started school, this is an ideal opportunity for you to check that your child has had all the immunisations they were due. More information on childhood vaccine schedules is available at: www.nhs.uk/conditions/vaccinations for any missing immunisations, please contact your child's GP practice.

General Child Health & Development

As part of a child's healthy development, we recommend that all children and young people have regular check-ups with an Optician and Dentist. These services are available free of charge. More information on the dentistry service is available at: www.nhs.uk/dentists

To find out more about your school nursing service and what we can offer you and your child, please follow this link to our on-line resource: <https://cypf.berkshirehealthcare.nhs.uk/> and click on **Our services** then **Public Health Nursing** and then **School Nursing**.

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme> and Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

Opting your child out of the programme

If you are happy for your child to be weighed, measured and have their hearing and vision tested you do not need to do anything.

If you do not want your child to be weighed, measured and / or have their hearing and / or vision tested please inform your school nursing team in writing/by email **within seven days** of receipt of this letter, using our contact details on this form.

The School Nursing Team

Your school nursing team is here to support you and your child. If you would like further advice or information, please contact your school nursing team

The school nursing service has compiled the following useful links related to common health topics.

Growth, development, and well-being <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/5-10-years/>

Weight <https://www.nhs.uk/change4life/your-childs-weight/home>

Eating habits/fussy eater <https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/>

Sleep <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Continence – toilet training, daytime/nighttime wetting, soiling/constipation <https://www.eric.org.uk/>

- *Toilet training* <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/0-4-years/toilet-training/>

Daytime wetting and soiling/constipation – please see your doctor for advice and support. Advice is also available on the children's bladder & bowel charity (ERIC) <https://www.eric.org.uk/> or contact the Continence Advisory Service (CAS) team on 0118 949 5146.

- *Bedwetting* <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/feeding-and-toilet-training/bedwetting/> Further support is also available from your school nursing team.

Emotional Health <https://youngminds.org.uk/> or <https://www.mentalhealth.org.uk/> look under Mental Health Topics A-Z & choose C then Children & Young People

Dental clinic – find a dentist in your area <https://www.nhs.uk/service-search/Dentists/LocationSearch/3>

Children with Special Needs Specialist support & advice for Berkshire families
www.parentingspecialchildren.co.uk

[Link to health questionnaire](#)

Yours faithfully,

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