



Children & Young
People's Health Services
Cringleford Business Centre



Cringleford
Norwich
Norfolk
NR4 6AU
Tel: 0300 300 0123
Parentline: 07520631590
www.justonenorfolk.nhs.uk

COVID -19 UPDATE March 2021

School Height & Weight Check – National Child Measurement Programme (NCMP)

Each year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. The information gathered allows services to plan how to support families to lead healthy lives.

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

The checks are carried out by trained staff from the Healthy Child Programme. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures. This includes robust hand and respiratory hygiene and enhanced cleaning arrangements for the rooms and equipment used to measure your child's height and weight as recommended in the national guidance for schools and healthcare.

This year due to the COVID 19 pandemic we are only visiting the school once. If your child is not in school that day we will send you a letter with further advice.

Please see page 2 of this letter on how to opt your child out of these checks.

NCMP results – what happens next:

- **Healthy Weight** - You will not receive a results letter if your child is in the healthy weight range. You can talk to a member of our team about your child's height and weight results by contacting us on the details above.
- **Underweight** - You will receive a letter within 6 weeks with the results and further information. A member of our team will contact you to talk about the results.

- **Overweight** - You will receive a letter with the results within 6 weeks. This letter will also include useful links to further information available on our Just One Norfolk website.
- **Very Overweight** - You will receive a letter within 6 weeks with the results. This letter will also include useful links to further information available on our Just One Norfolk website. A member of our team may contact you to talk about your child's results. You can also get in contact with us using the above details.

Opting your child out of the National Child Measurement Programme

If you are happy for your child to be measured, you do not need to do anything.

If you **do not** wish your child's height and weight to be checked, please follow the steps below in the grey box. Children will not be made to take part if they do not want to.

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- Contact us by **Friday 26th March 2021** ***if you do not opt out by this date there is a chance your child may be seen***
- Call us on 0300 300 0123 or
- email: CCS-TR.NCMPScreeningOptOut@nhs.net
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - check/test you're opting them out of

It is very important that we receive all the above information when you are opting your child out. If you contacted us to opt our child out before the school closures you do not

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<http://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notice/pn-hcp-service-v1-2-sept-2018.pdf?sfvrsn=16>

For information regarding the data collection and how it's used please see separate attachment – NCMP data collection.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Healthy Child Programme (HCP) team



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COVID-19 UPDATE March 2021

Vision Screening

We will be visiting your child's school to test the vision of the children now they are in Year R. A member of the school staff may be present during screening. We are working with the school to ensure COVID 19 precautions are followed to keep your child safe.

Due to the COVID 19 pandemic we are only visiting the school once. If your child is away from school that day we will send you a letter with further advice.

All children are eligible for this service, including those who wear glasses. It is important to call us on **0300 300 0123** if your child:-

- **Is under regular review at the hospital for eyes**
- **Has additional needs**



Vision screening results

- **Pass result**
You will not receive a results letter if your child passes the screening.
- **Not passed or unable to test**
A letter will come home with your child on the day of screening with the results and further information on what happens next.

The team will **not** inform school staff of your child's results.

Please see page 2 of this letter on how to opt your child out of the vision screening.

Opting your child out of vision screening

If you are happy for your child to be screened, you do not need to do anything.

If you **do not** wish for your child to be screened please follow the steps below in the grey box.

If you wish to opt your child out of vision screening please follow the steps below:

- Contact us by **Friday 26th March 2021** ***if you do not opt out by this date there is a chance your child may be seen***
- Call us on 0300 300 0123 or
- email: CCS-TR.NCMPScreeningOptOut@nhs.net
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - check/test you're opting them out of

It is very important that we receive all the above information when you are opting your child out. If you contacted us to opt our child out before the school closures you do not need to contact us again.

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<http://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notices/pn-hcp-service-v1-2-sept-2018.pdf?sfvrsn=16>

You can discuss any hearing concerns with your child's GP. If you have any worries about your child's growth please call Just One Number on 0300 300 0123 or visit <https://www.justonenorfolk.nhs.uk/healthylifestyles/self-weigh-guide-for-children> to check your child's height and weight at home.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Healthy Child Programme (HCP) team