

Reading School Nursing Team

Southcote Clinic  
Coronation Square  
Reading  
RG30 3QP

[bks-tr.CSNReading@nhs.net](mailto:bks-tr.CSNReading@nhs.net)

Tel: 0118 955 6888

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## SCHOOL NURSING SERVICE

### NATIONAL CHILDHOOD MEASUREMENT PROGRAMME AND SCHOOL ENTRY HEALTH SCREENING

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 information safely for future reference as it contains important information** for you as a parent/carer regarding your child's health and development.

#### Height and weight measurements and hearing checks for children in Reception Year

During their Reception year, your child will have the opportunity to be weighed and measured and have their hearing checked\* (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](http://www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx)

All information and results will be treated confidentially. Your child's height, weight, vision and hearing results will not be shared with your child, other children or school staff. These results will be entered onto your child's electronic health record. The NHS Digital database 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.

## Opting your child out of the programme

If you are happy for your child to be weighed and measured and have a hearing check\*, you do not need to do anything. If you do not want your child to take part, please inform your School Nursing team in writing/by email within 7 days of receipt of this letter, using our contact details overleaf.

\*Please note that if your child is already under the Audiologist, we will not check their hearing as part of the screening programme.

## Vaccinations & Child Development

As your child has now started school, it is an ideal opportunity for you to check that your child has had all of their pre-school immunisations. If you are unsure, please contact your child's GP practice where your child's immunisation history is held. Further information on childhood vaccination schedules is available at: [www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations)

## 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](http://www.nhs.uk/dentists)

Additionally, you may be interested to know that Berkshire Healthcare has produced child health information on the website: [www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk) which is an on-line resource for parents, carers and school staff offering advice sheets and information on child development.

## Health Questionnaire

We will also be sending a brief health questionnaire for you to complete and return via your child's school. The questionnaire enables us to identify any support the service can provide to enable your child to stay healthy and happy in school.

Please complete the health questionnaire, ensuring that you have included your child's NHS Number on the form. Once completed, please return it to your child's school in the envelope marked "For the attention of the School Nursing team", writing clearly your child's full name on the outside.

**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 (contact details overleaf), or if you would like a member of the School Nursing team to contact you please indicate this on the Health Questionnaire.**

Yours faithfully,

## The Reading School Nursing Team

