

Snapdragons Centre
Cliffe Road
Strood
Kent
ME2 3FF
01634 333366 Option 3

Dear Parent/Carer

During year 6 your child will have their height and weight measured by the School Nursing Team.

It is not necessary for parents/carers to attend on the date of the check as your child will be seen with other children in their school year, but if you wish to be present you will need to contact the School Nursing Team as above to arrange a specific appointment time.

Your child's results will be sent via mail.

If your child's measurements indicate that they are above a healthy weight then we will automatically refer them to the Healthy Weight Team, who will contact you directly to discuss whether you feel any support or advice is required. They are a service that offers a variety of interventions from phone calls to weekly clubs, cookery lessons and activity sessions, with all advice being optional.

Your child will be weighed and measured as part of the National Child Measurement Programme unless you tell us that you do not wish them to take part in any or all of the checks.



Adobe Acrobat
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[Figure 1 What is NCMP](#)

All children are entitled to **FREE** dental and optician services.

If you have any queries please contact the School Nursing Team on the number above

Yours faithfully

School Nursing Team



The School Nursing Team

Children's Community Services

Who are we?

We are a team of skilled health professionals who specialise and work with school age children. The team includes School Nurses, staff nurses, health support workers and administrative staff.

What do we do?

We aim to help and support young people and children regarding their health and wellbeing. To achieve this we offer a range of services and work with other local and national services and organisations.

Primary School

During their primary years, children will receive the following services:

Year R: Health screening that includes vision and hearing test plus measurement of height and weight as part of the National Child Measuring Programme (NCMP) and a hearing test.

Year 6: Repeat health screening regarding growth measurements (NCMP).

Advice and support

Our team can give advice and support on a wide range of issues:

- Eating issues ~ weight, dietary needs, healthy snacks, faddy eating etc.
- Allergies including anaphylaxis (severe reactions)
- Asthma, Diabetes, Epilepsy and other chronic conditions
- Behaviour
- Emotional well-being
- Supporting you and your child as you grow

In the meantime, you may find the following websites useful:

Food issues; healthy eating: [Change4Life - Change4Life](#)

Toileting issues: [ERIC | Home](#)

Behaviour: Guide to Positive Parenting: [Positive parenting | NSPCC](#)

Health concerns and general advice: [NHS Choices Home Page](#)

