

Year 6

Child health checks at school

Children in Year 6 can take part in the National Child Measurement Programme which is their final health check of primary school. We know how important your child's health is to you so taking part is a great way to find out important information that helps you to keep them healthy.

If you are happy for your child to have this health check please do not return this form (unless you are providing medical information).

Name of child	Child's date of birth
Name of school	

I **do not** wish my child to be weighed and measured.

Signature of Parent/Guardian: _____	Date: _____
Parent/Guardian's name: _____	Relationship to child: _____

If your child has a medical condition or takes medication that affects their growth or weight, please provide brief details below.

If you prefer to provide this information through the school nurse you can do this via the contact details on page 5.

We ask this question to help us correctly assess your child's measurements.

Comments:

Please read the information on the back of this booklet to find out about how we keep your information safe.



Your child's health at school

Year 6



It is important that you read the information enclosed in this booklet. School health checks are carried out on an 'opt out' basis. If you do not wish your child to have them you need to 'opt out' on the form provided and return it to your school.



Height and weight checks; The NCMP (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 doesn't have to take part but every child measured contributes to building an understanding of national and local trends in child weight.

The measurements for all children will be gathered together and held securely by our local authority public health team. No individual measurements will be given to your child, school staff or other children, and all information will be treated confidentially.

The information 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.

Your child's measurements

Parents and carers have told us that they want to know their child's measurements so we send a letter to your home, addressed to the parent or carer with this information. We think this is a great idea as it allows you to have an important piece of information that you can add to what you already know about your child's lifestyle.

As well as your child's height and weight we also work out your child's BMI centile (different to adult BMI). If your child's BMI centile suggests they are underweight, very overweight, extremely short or extremely tall, we will contact your GP and ask them to make an appointment with you. This is so your GP can make sure there isn't an underlying medical cause for this.



You can see what the letters look like, get answers to frequently asked questions and see some videos that give more detail at www.cornwall.gov.uk/ncmp

The measurements will be supervised by trained school nursing staff, at school, in a private space away from other pupils. Children who take part will be measured 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.

Advice and support

If, like most parents, this booklet has got you thinking about your child's health and how their lifestyle affects it, or you have already thought about small changes you'd like to make but unsure how to do them we recommend having a chat with the Cornwall Healthy Weight Team. You can also use the information in this booklet about being physically active and having a healthy diet showing what all children need for good health.

Contact the Cornwall Healthy Weight Team

Tel: **01209 615600**

Email healthy.weight@cornwall.gov.uk

You can also contact your school nurse on **01872 22 14 00**.

Opting your child out of the programme

If you are happy for your child to be measured, you do not need to complete the form. If you wish to opt your child out of weighing and measuring, you must tick the box on the form attached to this booklet and return this to your school. We operate all school health checks on an 'opt out' basis and your child will be weighed and measured unless you return the form attached to this booklet. You may also opt out of the child health checks at any stage by contacting your school. School nurses always carry out the measurement process sensitively and children will not be made to take part if they do not want to.

Health review with the School Nursing Team

0 - 19 Children's Services

The school nurses belong to a wider team of nurses within children's services. They work very closely with the Health Visiting Team. The School Nursing service offers all parents the opportunity for their child to have a health review during year 6. We provide confidential support and advice that promotes the best possible health and educational outcomes for you child.

School Nurses have three main roles:

- To give confidential advice and care to young people and parents or carers.
- To support young people to look after their physical and emotional health
- To direct young people to the right services
- To guide and support children transitioning into secondary education

Health review with the School Nursing Team:

Nurses in the team are trained to support children's physical and emotional health and can also help if you have concerns about your child's weight, behaviour or continence problems (night and day time wetting).

If you would like to take the opportunity to have a health review for your child please contact the Care Management Centre on 01872 221400 who will contact the School Nurse team at your child's school to request an appointment.

How can we help?

The kind of things that young people come to see the School Nurse for are:

- Keeping safe
- Stress at home or at school including bullying
- Body shape or size
- Healthy eating
- Puberty, growing up and healthy relationships

Moving on to secondary school

School nurses run confidential clinics at some secondary schools in Cornwall. Young people can see the school nurse by calling 01872 22 14 00. When young people start secondary school they will be able to find the location and time of the clinics from the posters in school or from form tutors.





Healthy Schools

Is your school a Healthy School?

Our aim is simple; to support schools to improve health and wellbeing for pupils, staff, parents and carers. It is important that children are happy and healthy, so that they can concentrate and achieve their full potential at school.

School Meals

One part of what we do, is help schools provide children with the confidence, skills and understanding to make healthy food choices and help schools to provide nutritious food and drink across the school day. You can carry on their learning at home using things like the change4life website where there's loads of ideas for food swaps. The eat well plate is great for children and adults helping to check you get the right nutrients from the food your family eats..

We also offer a free fun six week family food and fitness challenges, just go to our website for more information.

You can find out more about Healthy Schools at our website www.cornwallhealthyschools.org.uk or call us on **01209 615600**.



Healthy Cornwall

Are you ready to make the healthy choice?

No matter what your age or ability we can help you to lead a happier, healthier life. We're here to support you with weight management, healthy eating and physical activity.

Eating well and being physically active is an important part of maintaining good health, and can help your child feel their best. We have lots of fun and friendly support available in Cornwall for children aged 7-13 years and can help you with things like:

- looking at the different food groups, eating a balanced and healthy diet and portion sizes for your whole family
- reading and understanding food labels and the importance of making healthier food choices, for the whole family
- looking at the hidden fats and sugars in our foods

You can find out more about healthy weight at our website www.healthycornwall.org.uk or call us on **01209 615600**.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	1046kJ	250kcal	13%	Fat	3.0g	LOW	4%	Saturated	1.3g	LOW	7%	Sugar	34g	HIGH	38%	Salt	0.9g	MED	15%
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Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS

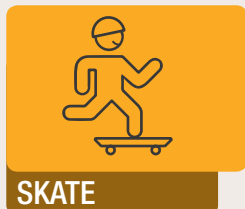


MAKES
YOU FEEL
GOOD

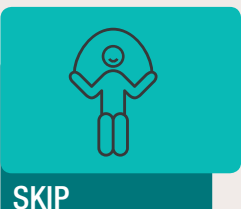
Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



Sit less

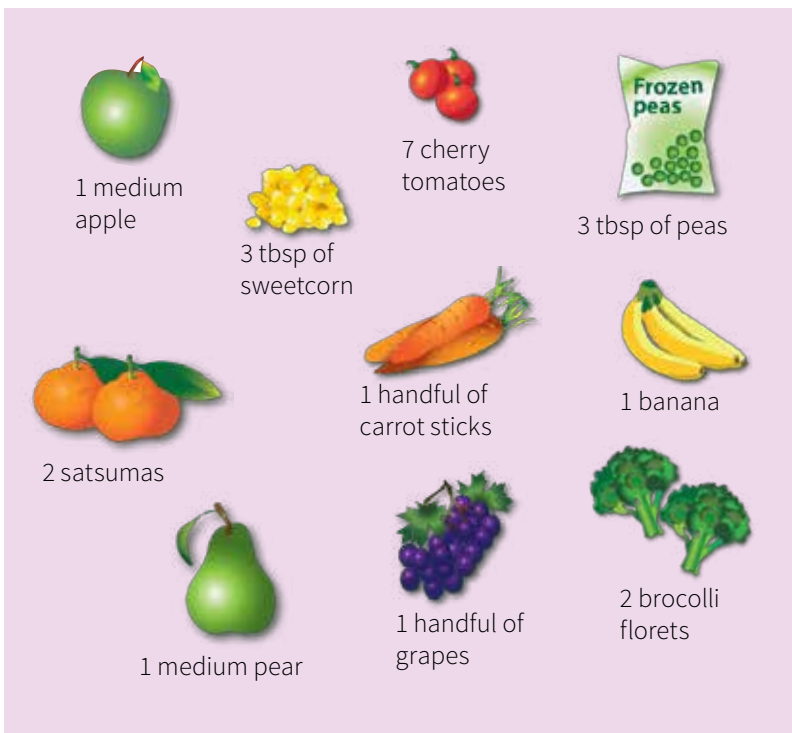


Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

5 top tips for helping your child stay a healthy weight

Aim for 5 or more portions of fruit and veg a day



Be physically active - aim for 60 minutes every day

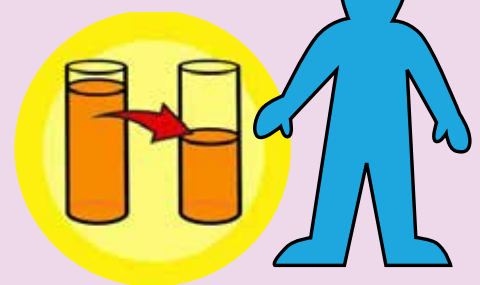


Swap



the snacks

Me size portions
kids tummies are smaller!



Be a good role model

Children learn by example.

One of the most powerful ways to encourage your child to be active and eat well is to do so yourself.





Healthy lunchbox

Choose an item of food from each of the five sections

Carbohydrates

Wholemeal bread roll	Zebra sandwich (1 slice brown bread/1 slice white)	Bread sticks
Crackers	Tortilla wrap	Potato salad
Oatcakes	Wholemeal pitta bread	Bagel
French toast		

Protein

Chicken slices	Sliced ham	Roast meat leftovers	Smooth peanut butter
Hard boiled egg	Kidney beans mashed with a little French dressing	Prawns (defrosted and dried on kitchen paper and placed in a pot)	
Salmon or tuna			

Dairy

Natural yoghurt in a small pot	Lancaster cheese with a chutney dip	Grated / sliced cheddar cheese	Rice pudding in a small pot
Soft cheese spread	Cup of milk	Cottage cheese	Fromage frais in a small pot
Cream cheese	Custard in a small pot	Nibbles of different types of cheese	
	Edam cheese, cubed		

Vegetables

Carrots, cut into sticks	Raw broccoli or cauliflower cut into mini florets	Red and yellow pepper sticks	Watercress
Roasted vegetable salad	Sugar snap peas	Sweetcorn from a can, drained	Assorted salad leaves
Cherry tomatoes			Cucumber

Fruit

Fruit salad in a pot	Apple wedges wiped with lemon juice and placed in a sealable pot	Kiwi fruit, top removed, serve with a spoon	Berries in a small pot
Banana	Seedless grapes	Melon wedges or cubes	Fruit jelly
Canned fruit in natural juice	Fruit juice or smoothie (150ml)	Nectarine, plum, pear	
Dried fruit		Easy peel clementine	



Healthy snacks

Offer variety:

- Try to eat foods from 2-3 different groups at each snack time
- Eat a rainbow of colours throughout the day

Between meals avoid sugary snacks which can damage teeth:

- Dried fruit, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurt
- Sweets, cake, biscuits and chocolate

Carbohydrates

Plain popcorn
Oatcakes
Pasta pieces
Plain rice cakes

Tortilla wrap triangles
Toasted pitta bread strips
Breadsticks

French toast
Plain crackers (e.g cream cracker, water biscuit)
Slices of a crumpet

Corn crackers
Crackerbread

Protein

Smooth peanut butter
Hard boiled egg pieces
Houmous
Mixed bean salad

Mini omelette
Sardines
Chickpeas
Slices of meat

Seeds
Chicken strips

Dairy

Natural yoghurt
Grated / sliced cheddar cheese
Cottage cheese

Cream cheese
Glass of milk
Plain fromage frais
Cheese spread triangle

check salt level
Nibbles of different types of cheese (avoid mould ripened cheese if under 5 years)

Edam
Mozzarella balls

Vegetables

Celery sticks
Carrot sticks
Cucumber sticks
Mange tout

Pepper sticks
Baby sweetcorn
Cherry tomatoes (cut into quarters)

2-4 olives (Rinsed well if in brine)
Raw / steamed broccoli or cauliflower florets

Tomato salsa

Fruit

Apple slices
Banana
Seedless grapes (cut into quarters)

Kiwi fruit
Pear slices
Nectarine

Small orange, clementine or satsuma
Berries
Small slices of melon or fresh pineapple

Plum, stone removed
Banana dip
Mango

Keeping your child well at school

Infections can sometimes spread from child to child in schools. There are three main ways you can help prevent this:

1. Make sure your child is up to date with their vaccinations.

Your child's GP will have their vaccination record, if you are unsure, please contact them to check things are up to date.

2. Stop bugs spreading

Encourage your child to wash their hands often throughout the day and always before eating and after using the toilet.

3. Keep your child out of school if they have:

- Tummy bugs – keep off school for 48 hours after the last time they vomited or had diarrhoea.
- Rashes and skin infections – these should be checked by your GP who will advise whether your child should be kept off school

If you are concerned your child is very unwell or might have a serious infection of any kind you should always consult your GP.

4. Other common bugs like head lice, threadworms and verrucas

Whilst these are uncomfortable or irritating, they are not serious and do not require children to be kept off school. You can use the NHS choices online for up to date information on how to treat these minor conditions. Speak to your school nurse, pharmacist or GP for further advice.



Top teeth tips for the family

- ★ Be Sugar Smart - Avoid sugary food and drink before bedtime, They should be consumed less often and only at mealtimes.
- ★ See the Dentist - It's free for kids under 16 to visit NHS dentists.
- ★ Brushing twice is nice - make sure your kids clean their teeth twice a day with a fluoride toothpaste. Brushing before bedtime is really important and then once more at any other time that suits your family.
- ★ Spit don't rinse - not even with water, the more contact toothpaste has with teeth the better!

To register with a dentist phone 01392 822 348.

Protect your family by keeping your home and car smoke free

Second-hand smoke harms everyone in your home. If people are going to smoke it's best to smoke outside. Opening windows or standing in an open doorway will not make your home smoke free.

If you feel ready to quit, call Healthy Cornwall on 01209 615 600 for all the information you'll need.



Smoke Free Homes
Cornwall & Isles of Scilly



When choosing snacks for the kids,
 look for **100** calorie snacks
 two a day max

Search [Change4Life](#) for loads more tips on healthier snacking



How much is too much?

Here are the maximum daily amounts for you and your family.

4-6 year olds



Tip: Offer "me-size" meals for kids. Remember we don't all need to eat the same amount, especially children and under 4s.

7-10 year olds



Tip: We often grab a quick snack, but the kids could be having more than you realise. Use the app to help you make a healthier swap.

11+ year olds



Tip: Involve the kids in cooking and shopping, so they can make healthier choices when they're out and about.

= 4 grams = 0.5 grams

Useful information



Healthy Cornwall

Free healthy lifestyle advice and support for the whole family on issues such as **smoking, physical inactivity, unhealthy diet/weight loss, excess alcohol, lack of social connections.**

Call us on **01209 615600** or email us **hps.admin@cornwall.gov.uk** If you're worried about the cost of your phone bill, just ask and we'll quite happily call you back. Alternatively, you can complete our online self-referral form.



Get Active Cornwall www.getactivecornwall.co.uk

Advice, inspiration and motivation to help the whole family get active, plus a directory of activities across Cornwall.



Active Scilly

For ways to get fit and active for the whole family on the Isles of Scilly contact **01720 424373**.



Change 4 Life www.nhs.uk/change4life

Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then check out the website and join Change4Life.



Cornwall and Isles of Scilly Family Information Service Directory www.cornwallfisdirectory.org.uk

Cornwall's directory of support, advice and services for families. Childcare, parenting, work and education, money matters, leisure activities, disability and much more.



Top Tips for Staying Safe in the Sun

- cover up
- apply a SPF 15+ UVA/UVB 5 star suncream every 2 hours (SPF 30+ for fair skinned and children)
- wear a hat and sunglasses
- seek shade during peak times – e.g. between 11am to 3pm
- drink lots of water and stay hydrated

BCG vaccination

BCG is a risk based vaccination programme, which means that it is only necessary for children at increased risk of infection. Children are considered at increased risk if they fall into one of the following groups:

- Born in a country with a high risk of TB
- Have a parent or grandparent who were born in a country with a high rate of TB

Children are eligible for BCG up until the age of 16, although it is recommended that they are vaccinated at an early age as this is when the vaccine works best.

BCG is a once only vaccination, so if your child has already been vaccinated they do not require another BCG.

You can check if a country has a high rate of TB on the WHO website. **www.gov.uk/government/publications/tuberculosis-tb-by-country-rates-per-100000-people**

For further information or to request an appointment, please contact the Community TB Service Tel: **01209 318052** or TB Specialist Nurse on **07747 457233**

Please note that BCG vaccination is not available from your G.P surgery.

If you would like this information in another format please contact:
Cornwall Council, County Hall, Treyew Road, Truro TR1 3AY
Email: comments@cornwall.gov.uk www.cornwall.gov.uk Telephone: 0300 1234 100

jn44600 August 2018

All information correct at time of going to print



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Height and weight checks for children in Year 6

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).

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.

Privacy Notice

The data collected on this form and the programme's data are 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. Cornwall Council is the data controller and you can contact them on 01872 326424 or email them at dataprotection@cornwall.gov.uk. The information is also submitted for national analysis to NHS Digital for publication in a way that means individual children cannot be identified and stored for a maximum of 25 years.

The measurements will be supervised by trained school nursing staff at school in a private space away from other pupils. Children who take part will be measured 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 be collected.

The data from all schools in the area will be gathered together and held securely by Cornwall Councils public health team. As well as your child's height and weight we will also work out their BMI centile (different to adult BMI). Letters are automatically generated and sent addressed to the parent or carers of the child. If your child's BMI suggests they are underweight, very overweight or extremely short we may also send a copy of the letter to your GP asking them to make an appointment with you so that they can make sure there isn't an underlying medical cause for this.

No individual measurements will be given to school staff or other children, and all information will be treated confidentially. Local Authority (Public Health, Health and Wellbeing Boards and Health Scrutiny) Regulations 2013 allow for all eligible children's name, age, address, date of birth and school to be collected and stored by NHS Digital to manage the opt out process. This data is still collected even if you opt your child out of the NCMP but is not shared with third parties.

If you have any concerns regarding the processing of your data please contact the National Child Measurement Programme team on 01872 322828 or go to www.cornwall.gov.uk/ncmp and you have the right to complain to the Information Commissioner's Office at www.ico.org.uk.

After the measuring process we will send you your child's measurements and information on healthy eating, being active and activities available in your area.

Opting your child out of the programme

If you are happy for your child to be measured, you do not need to do anything. If you do not want your child to take part, or if you have any questions, please let us know using the contact details on this form. Children will not be made to take part if they do not want to.