

**To all Parents / Carers of Year 1 and Year 7 Pupils**

Dear Parent/Carer

**Height and weight checks for children in Year 1 and Year 7**

Every 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. With the exception of those who may have opted out, your child took part in the programme last year.

Prior to taking the measurements last year, a letter was sent to all parents and carers outlining how Sefton had also been chosen to pilot the 'MapMe' intervention tool, which aims to improve parental acknowledgement and understanding of child overweight and obesity. The pilot follows on from smaller scale studies, which have demonstrated its' effectiveness in improving weight outcomes for children.

De-personalised information (including height, weight, age and ethnicity) was shared with the MapMe study led by Newcastle University. As part of the study, it is necessary to revisit children 12-months after the first measurements were taken, with de-personalised information again shared with the study team to assess the effectiveness of the Map Me tool. Your child can not be identified as part of the study.

**Please Note: Only children measured last year are eligible to be measured this year as 2 measurements are essential for the study.**

**Maintaining the well-being of children**

The wellbeing of children and families is very important. Measurements are conducted in a sensitive way, in private and away from other children. The weight and height information will not be shared with your child or their school. If you would like to know your child's result, you are able to do so by contacting the School Nursing Team on **0151 247 6354** or by email to [mcn-tr.seftonschoolhealth@nhs.net](mailto:mcn-tr.seftonschoolhealth@nhs.net)

The checks are carried out by trained members of the School Health Team. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

**Withdrawing your child from the Year 1 and Year 7 height and weight checks:**

If you are happy for your child to be measured as part of the study, you do not need to do anything. If you do not want your child's height and weight to be checked, or your child has a medical condition that affects their height or weight please let us know by contacting the School Nursing Team on **0151 247 6354** within **2 weeks** of receipt of this letter. Children will not be made to take part on the day if they do not want to.

Please find below supplementary information, including how data will be stored and used.

If you have any queries, please contact the Public Health Team at [public.health@sefton.gov.uk](mailto:public.health@sefton.gov.uk)

Yours faithfully,



Margaret Jones  
Director of Public Health  
Sefton Council



Tricia Davies  
Assistant Director of Education  
Sefton Council

## Supplementary information

### How the data is used

The information collected from all schools will be gathered and held securely by Mersey Care NHS Foundation Trust and Sefton Council. De-personalised information will also be shared with Newcastle University as part of the Map Me study. **No information that can identify your child will be shared with the university.** All data will be handled in accordance with the General Data Protection Regulations (2018) and the Data Protection Act (2018). Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local service providers are contracted to carry this out, through the School Nursing Team working in schools. All information is treated confidentially and held securely.

Information about how we Sefton Council and Merseycare NHS Foundation Trust School Nursing Team collect and use information can be found at:

<https://www.sefton.gov.uk/media/1632/privacy-notice-for-public-health-services-v21.pdf>

<https://www.merseycare.nhs.uk/about-us/privacy/privacy-statement>

#### The information collected includes:

- your child's height and weight
- date of measurement, sex and date of birth are used to calculate your child's weight category.
- a participant ID was assigned to pupils last year (MapMe ID) to enable their YR/Y6 and Y1/Y7 measurements to be linked. The university does not need any other data about the child for this purpose and no personal identifiers have been shared.
- your child's ethnicity, individual and school level Indices of Multiple Deprivation (IMD) will also be collected.

All information is treated confidentially and held securely.

### Improving your child's health and wellbeing

A good diet and physical activity are essential to maintaining a healthy weight and healthy growth. Here are some tips to help your child with their health:

- We all know that **eating well** helps your child grow well. Take a look at the **NHS Better Health, Healthier Families Website** for ideas for healthy (and tasty) food: <https://www.nhs.uk/healthier-families/food-facts/>

- **Children need to move for at least an hour every day** – so if you're doing this already, that's brilliant. It is a good idea to mix moderate activity like brisk walking with vigorous activity like running or fast cycling.
- Sign up to **MOVE IT**, a **free** weight management service for children and young people and their families who want to improve their health and wellbeing and need help with their weight maintenance. The programme is designed to encourage healthy eating habits and physical activity in a fun and interactive environment and is available in Sefton Leisure Centres.

For more information or to register for MOVE IT, please visit [www.activelifestyles-sefton.co.uk/move-it](http://www.activelifestyles-sefton.co.uk/move-it) or contact the team on **0151 288 6286** or [Active.Sports@sefton.gov.uk](mailto:Active.Sports@sefton.gov.uk). You can also follow Active Sefton on Twitter [@activesefton](https://twitter.com/activesefton), Instagram [@active\\_sefton](https://www.instagram.com/active_sefton) or [Active Sefton](https://www.facebook.com/ActiveSefton) on Facebook.