

Child Health Programme 25/26

Year 6

We know how important your child's health is to you. The Child Health Programme is a great way to find out information that helps you to keep your child healthy.

Health review with the School Nursing Team

0-19 Children's Services

The School Nurses belong to Children's Public Health Services working alongside other Public Health Nurses such as the Health Visiting Team. The School Nursing service offers parents/carers the opportunity for their child to have a health review during Reception Year and Year 6 at school. They also offer additional School Nurse Health assessments throughout your child's school years via the Early Help Hub.

The School Nursing team provide confidential support and advice that promotes the best possible health and educational outcomes for your child.

The School Nursing team can support you with children's physical and emotional health. For example, they can help you if you have concerns about your child's emotional health or continence problems (night and day time wetting) keeping a healthy weight, healthy eating and lifestyle, and supporting their health needs in school. We support you alongside other professionals such as family workers, speech and language, emotional well-being professionals, school SEN staff.



School nurses have four main roles:

- To give confidential advice and care to young people and their 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

Here to help you and your child

We can help you with or refer you for:

- Health assessments
- Healthy eating/lifestyle
- Supporting a school where a child has a health condition
- Supporting you alongside other professionals such as family workers, speech and language, emotional well-being professionals, school SEN staff.

Year 6 health assessments

This year the School Nurses are offering you the opportunity for you to complete a **Year 6 Child Health Checklist**. This checklist can be found on **page 13** of this booklet.

This checklist will help you to identify if your child would benefit from a full and confidential Year 6 Health Assessment with their School Nurse.

Once you have completed the pre-assessment checklist, if you would like your child to have a Year 6 Health Assessment, you can contact the School Nurse team to ask for advice or to book an appointment:

For advice:

Email: hvsnadvice@cornwall.gov.uk

School Nurse Advice Line: **(01872) 324261**

For appointments:

School Entry/Reception & Yr 6 Health Assessments

Email: coco.childremscmc@nhs.net

School Nurse Advice Line: **(01872) 324261**

Early Help

Throughout your child's school years (ages 5-19), the School Nursing Team offer additional health assessments and can support referrals into other support service, for example:

- Community paediatrician
- Children's mental health services
- Dietitian/weight management programmes
- Readiness for toileting
- Behaviour & Emotional support
- Parenting support

You can request a School Nurse Health Assessment (other than the Reception or Year 6 health assessment) at any time during your child's school years by visiting the **Early Help Hub**.

Visit www.cornwall.gov.uk/earlyhelp Email: earlyhelphub@cornwall.gov.uk Tel: **(01872) 322277**

For Isles of Scilly children and families

Family Scilly is a website which provides information resource for you and your family including:

- News and information;
- Tips and advice;
- Where to go for support
- How to access services
- Visit www.scilly.gov.uk/childrens-services

Alternatively, if you have any questions or would like to speak with someone, contact **Children and Family Services** Tel: 0300 1234 105 (Option 5)

Email: familyscilly@scilly.gov.uk

Height and weight checks; The NCMP (National Child Measurement Programme)

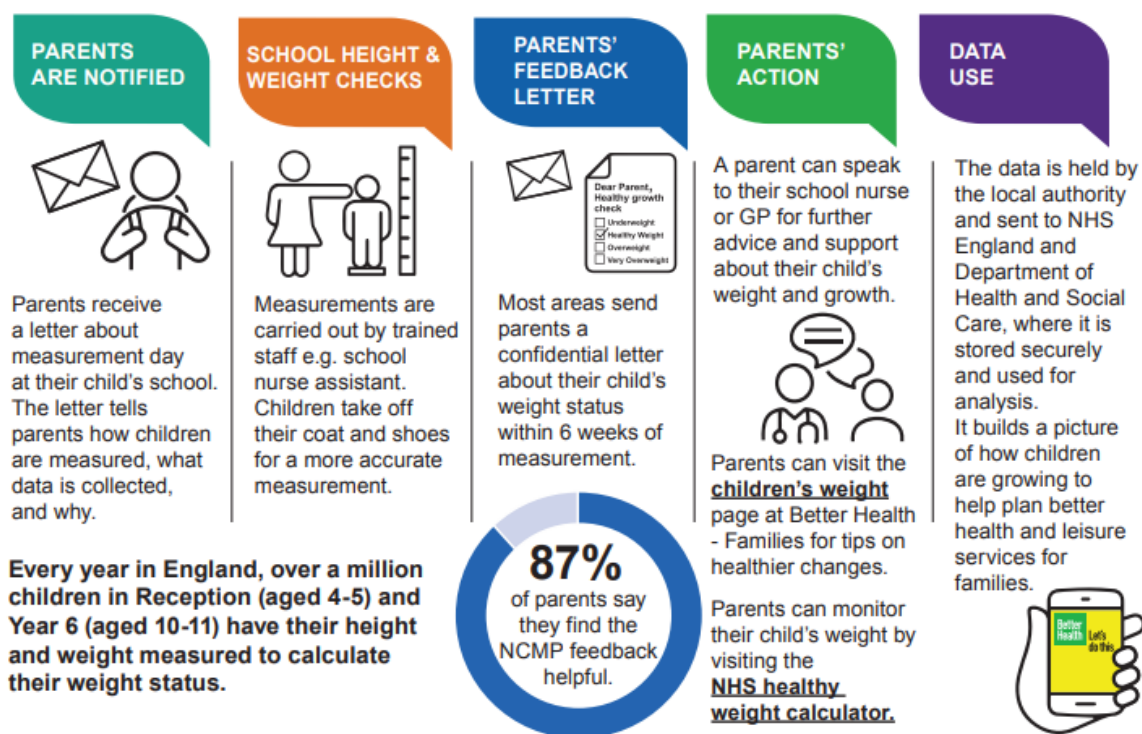
Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme. Your child doesn't have to take part, but every child measured contributes to building an understanding of national 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.

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



Your child's measurements

Parents and carers have told us that they want to know their child's measurements, so you will receive a feedback letter, with your child's height and weight measurements and a link to the NHS Body Mass Index (BMI) calculator. If you would like to find out whether your child is underweight, a healthy weight or above a healthy weight, you can do this by simply entering their height and weight details into the BMI calculator (use child tab). A child's BMI centile is calculated differently to an adult's BMI and takes into account their height, age and sex. You could also plot their height and weight in their 'Red Book' to see how their growth may have changed since early childhood. 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.

Visit the NHS body Mass Index page here: www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/

If your child is identified as being significantly above a healthy weight, your child's results letter will contain more information about what options you have for support, if you wish to receive any. If your child's BMI centile suggests that they are underweight, significantly above a healthy weight or extremely short, we may contact your GP and ask them to make an appointment with you. This is so your GP can make sure that there isn't an underlying medical cause for this.

The measurements will be conducted by trained schools 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.

Opting your child out of the NCMP programme

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

We operate all school health checks on an 'opt out' basis and your child will be weighed and measured unless you return a completed opt out form. 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.

You will find an opt out form for on **page 14** of this document. Please complete and hand to the School Secretary who will pass it on to the Health Screening Team.

Talking to your child about weight

"Talking to your child about weight" is a valuable guide specifically created for parents and caregivers of children aged 4-11 years. It gives an insight into how to approach conversations about weight in a positive and supportive manner. The guide offers practical tips and advice on fostering healthy habits, promoting body positivity, and maintaining open lines of communication with your children. This guide supports parents to confidently navigate discussions about weight and empower children to develop a healthy relationship with their bodies.

Visit <https://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/> to download the guide

Healthy Cornwall Are you ready to make the healthy choice?

No matter what age or ability we can help you to lead a happier, healthier life. Healthy Cornwall are here to support you with healthy lifestyle, 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.

Please visit www.healthycornwall.org.uk, or call us on **01872 324200**

Useful information

Keeping your child well at school

Infections can sometimes spread from child to child in schools. If you are concerned that your child is very

unwell or might have a serious infection of any kind you should always consult your GP.

There are three main ways you can help prevent infection:

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

Is my child too ill for school?

Visit <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> for more guidance and information.

Other common bugs like headlice, 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.

Visit <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> for more guidance and information.

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

Top teeth tips

- 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 18 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 the teeth the better!

To register on the waiting list for an NHS dentist:

call **0333 006 3300**, or email accessdentalhelpline@nhs.net

Asthma

Making sure your child stays safe with their asthma at school can feel a bit daunting. It's important to let the school know if your child has asthma and provide any medication that may be needed while they are there. The school needs to know what triggers your child's asthma, how it affects them and how they will know if they need their blue

(Salbutamol) inhaler.

Visit www.asthma.org.uk/advice/child/life/school/ for more information

Puberty

Puberty can start at different ages -usually between 8 and 13 for girls and 9 and 14 for boys. Everyone starts puberty at different times. Your child will go through lots of changes during puberty and some changes are more noticeable than others. It can take up to four years for all the changes to happen but sometimes it's quicker.

For more information visit www.childline.org.uk/info-advice/you-your-body/puberty/

Vaccinations

It's important that vaccinations are given on time for the best protection. Click on this link to find out about NHS vaccinations and when to have them. <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Flu: The children's flu vaccine is safe and effective. This year all primary school children will be given their flu nasal spray either in school or in other community health settings. If your school-aged child has a long-term health condition, you can ask the GP surgery to give the vaccine instead of having it at school.

Why protect your child against flu?

- The nasal spray is painless and easy to have
- Flu can be really serious especially for children with medical conditions like heart disease and diabetes
- If your child gets flu, you may have to take time off work to look after them
- Protecting your child can stop flu spreading to other members of the family, especially babies and grandparents, who may be at higher risk from the flu

For more information visit <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/> or speak with your child's GP if you have any questions.

BCG: 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

You can check if a country has a high rate of TB by visiting: www.gov.uk/government/publications/tuberculosis-tb-by-country-rates-per-100000-people . Children are eligible for the **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.

For more information visit <https://www.nhs.uk/conditions/vaccinations/bcg-tuberculosis-tb-vaccine/> or contact the TB service for any queries or referrals by email: cft.tuberculosisteam@nhs.net

It's really important to find, and practice, positive ways of thinking as they can help you through life's ups and downs. Visit www.startnowcornwall.org.uk to discover some simple ways to support the wellbeing of your family. They are easy to do and don't have to cost a penny!

Healthy Steps

The free 8 week healthy steps programme encourages families to eat better and move more, with budget conscious, easy and practical ideas.

How does Healthy Steps work?

Parents/carers can sign up at any time by completing a quiz about their current eating and physical activity habits. Once they've completed the quiz they will receive weekly emails on one of these themes, tailored to their quiz results:

- Reducing sugar
- Eating 5 a day
- Meal planning

The content in the emails will then provide you and your family with simple ways to take steps towards healthier behaviours. As part of the programme, families are set goals or tasks to complete every other week, such as swapping out sugary fizzy drinks, or adding fruit or veg to their breakfasts.

Take the Healthy Steps quiz:

Visit https://healthysteps.betterhealth-healthierfamilies.co.uk/signup?bh_hf=

Parent and Carer Workshops

Public Health Cornwall and Headstart Kernow have teamed up with a range of experts in Cornwall to provide a series of multimedia workshops for parents and carers living in Cornwall and the Isles of Scilly. Designed to help you get a better understanding of the everchanging world your child is growing up in, to guide you to available services and support and to promote helpful conversation.

Visit www.headstartkernow.org.uk for more information

Protect your family by keeping your home and car smoke free

More than 80% of second hand smoke is invisible and odourless, so no matter how careful you think you're being, your family still breathes in harmful poisons, putting them at risk of meningitis, cancer, bronchitis and pneumonia.

Opening windows and doors or smoking in another room in the house will not make it safe for those around you. Babies exposed to second-hand smoke are more at risk of cot death.

If you feel ready to quit, contact **Healthy Cornwall** Tel: **01872 324200**

Do you need a helping hand?

We all need a little extra support at some point in our lives, so we offer helping hand services to make things a bit easier. Helpful advice, and financial support is available to you.

Visit www.cornwall.gov.uk/helpinghand to find out more.

School Health Screening Privacy Notice

Height and weight checks for children in Reception and Year 6

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 (NCMP). Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing, to help plan better health and leisure services for families.

Parents/carers receive their child's measurement data, because this can be useful information about their child's growth and provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

The checks are carried out by registered school nurses or trained health and care providers. Measurements are conducted in a sensitive way. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

Maintaining the wellbeing of children in the NCMP

The wellbeing of children and families is very important. Research is ongoing to ensure this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared only with you, via a parent feedback letter or telephone call. It is your choice if you use the height and weight information provided in the parent or carer feedback letter to calculate your child's Body Mass Index.

It is your choice if you share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a School Nurse or General Practitioner.

The information we collect and what it is used for is listed below:

Your child's data

- Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).
- Your child's name, date of birth and NHS Number are used to link your child's measurements in reception and year 6.
- Other data sets held by NHS England and Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include your child's health data relating to:
 - their birth, hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions) mental health social care
 - primary care (including all healthcare outside of hospital, such as GP and dental appointments)
 - public health (including data relating to preventing ill health, such as immunisation records)
 - records for when and the reason why people pass away
 - medical conditions, such as cancer and diabetes
 - health, lifestyle and wellbeing surveys that your child has participated in
 - Your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England.

Why we need your contact details

We need your address to send you your child's feedback letter. This will include your child's measurements together with links to provide information about healthy eating, being active and related activities available locally.

We need your email address and phone number because we may:

- contact you by email or phone to discuss your child's feedback
- send you your child's feedback letter by email
- offer you further support following your child's height and weight measurement

How the data is used

All the data collected is used for research and planning to improve health, care and services.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

Local authorities have a legal duty to collect the NCMP data. The information collected from all schools in Cornwall will be collated and held securely by Cornwall Council. The data is used to generate personalised feedback letters to parents and carers based on the specific measurements of their child. Also, record level data is used for a wide variety of analyses around the trends in child weight and body mass index (BMI) to support our population health surveillance responsibilities and planning of services to support healthy lifestyles. We will never publish information that could be used to directly identify an individual.

What is the legal basis for collecting the data

The statutory authority for processing NCMP personal data is provided by The Local Authorities (Public Health Functions and Entry to Premises by Local Healthwatch Representatives) Regulations 2013 and The Local Authority (Public Health, Health and Wellbeing Boards and Health Scrutiny) Regulations 2013.

The lawful basis for processing this data under the GDPR includes:

article 6 (1) (c): for compliance with a legal obligation to which the controller is subject

article 6 (1) (e): for the performance of a task carried out in the public interest

article 9 (2) (h): for the provision of health or social care or the management of health and social care systems and services

article 9 (2) (i): for reason of public interest in the area of public health

We will hold this information from the start of the programme (2006) and will hold the data 20 years from the last contact, or until the child reaches the age of 25, whichever is the longer period which is aligned to the retention schedule for child health records as required by the Records Management Code of Practice for Health and Social Care. The period of time that we will hold this data for will facilitate trend analysis, and to resolve parent/carers queries relating to previous years of the programme.

Who do we share the data with

We will send all the information collected about your child to NHS England (Digital) via an approved secure system. NHS England is responsible for collecting data and information about health and care so that it can be used to monitor and improve the care provided to people across England.

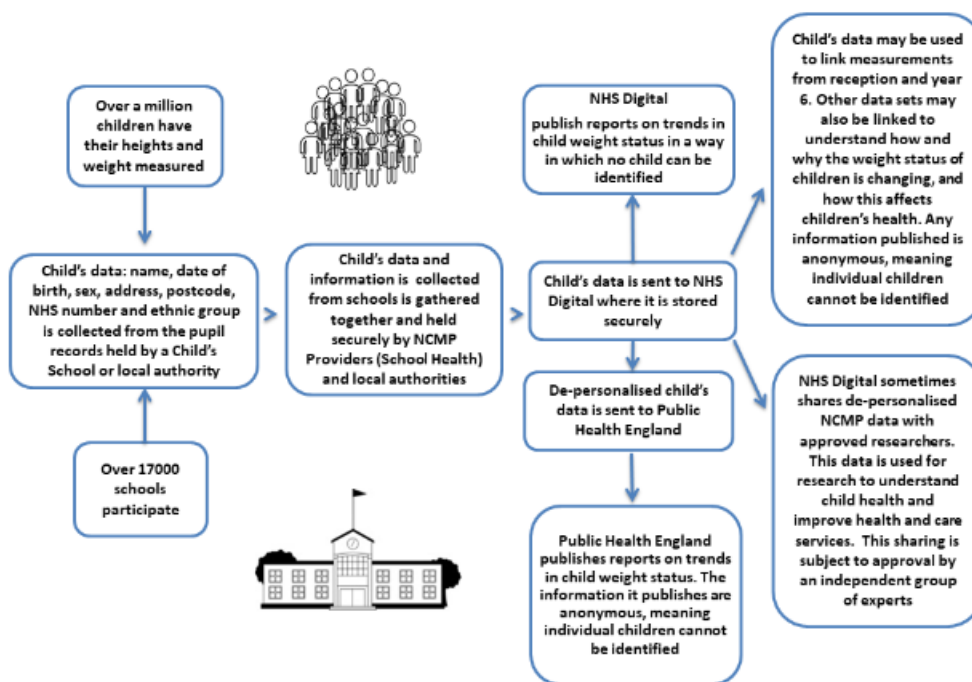
The information collected about your child will also be shared by NHS England with the Office for Health Improvement and Disparities (OHID) which is part of DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No

information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce National Child Measurement Programme statistics reports showing trends at national and local level.

De-personalised information from the NCMP may also be shared by NHS England with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

The chart below displays what happens to your child's data as part of the NCMP.



Withdrawing your child from 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 want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight, please let us know using the opt out form which can be found on page 14 of this document. Children will not be made to take part on the day if they do not want to.

Further information

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS [Healthy Steps - Step this way](#) webpage or scan the QR code:



How your child's data is collected and processed as part of the NCMP

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from the Office for Health Improvement and Disparities part of the Department of Health and Social Care. Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS Digital. Your local authority is responsible for sending the data to NHS Digital. NHS Digital and the Office for Health Improvement and Disparities are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

[If you have a general query related to NCMP and your child's information, please contact ncmp@cornwall.gov.uk](mailto:ncmp@cornwall.gov.uk)

You can contact the Council's Data Protection Team on **01872 326424** or email them at dataprotection@cornwall.gov.uk if you have any questions.



Together 
for Families

Child Health Checklist | Year Six

Child's Name		Date of Birth	
Address		Postcode	
Contact Number		Name of School	
Please indicate Yes or No to the following prompts.			
			Yes / No
My child is registered with a Cornwall GP			Y ☐ N ☐
My child is registered with a Cornwall Dentist			Y ☐ N ☐
My child has medical/health conditions			Y ☐ N ☐
My child is up to date with vaccinations			Y ☐ N ☐
Are you worried about the following?			
• Hearing, vision, speech			Y ☐ N ☐
• Continence difficulties			
- Day time wetting			Y ☐ N ☐
- Night-time wetting			Y ☐ N ☐
- Soiling (poo problems)			Y ☐ N ☐
• Behaviour			Y ☐ N ☐
• Emotional health, wellbeing, development			Y ☐ N ☐
• Eating healthy diet?			Y ☐ N ☐
• Maintaining a healthy weight?			
- Underweight			Y ☐ N ☐
- Overweight			Y ☐ N ☐
• Dental			Y ☐ N ☐
• Development			Y ☐ N ☐
• Growing up and puberty			Y ☐ N ☐
• Personal Hygiene/presentation			Y ☐ N ☐
• Sleep			Y ☐ N ☐
Do you have any other concerns related to your child's health and wellbeing?			Y ☐ N ☐
Do you have any parenting concerns you would like some help with?			Y ☐ N ☐

If you answer yes to any of the statements above, please consider an appointment with your School Nursing Team for further support and advice.

For advice:

Email: hvsnadvice@cornwall.gov.uk

School Nurse Advice Line: **(01872) 322779**

For appointments:

School Entry/Reception & Yr 6 Health Assessments

Email: coco.childremscmc@nhs.net

School Nurse Advice Line: **(01872) 322779**

Withdrawing your child from health screening

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' by completing the form below. You can also let us know if your child has a medical condition which affects their height and weight.

If you are happy for your child to have these health checks, there is no need to contact us unless you are providing medical information.

Please complete this form and hand into the school secretary

Health Screening Opt out (Year 6)

Name of child:

Child's date of birth:

Name of school:

Parent / guardian name:

Relationship to child:

Please tick the statements that apply:

	I do not wish for my child to be weighed and measured (Year 6)
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If your child has a medical condition or takes medication that affects their growth or weight, please provide brief details below. We ask this question to help us correctly assess your child's measurements.

Your comments:

Please hand into the school secretary. We will keep this information on record and inform the health screener / school nurse of your choices. If you would prefer to provide this information through the school nurse, you can do this via the contact details in this booklet.